

BALLET & CONTEMPORARY DANCE CONSERVATORY- Grades 7-8

An entry into the lottery for this conservatory can only be added if the applicant scores an average of 3 points or higher.

Applicant Name _____ Applicant Number _____ Incoming Grade _____

Criteria	1	2	3	4	5	Score #1	Score #2	Score #3
<u>Ballet</u> Alignment	Beginner demonstration of: Weight distributed on 3 points of foot, neutral pelvis placement, ribs positioned over hips, and neutral head alignment.	Sporadic demonstration of: Weight distributed on 3 points of foot, neutral pelvis placement, ribs positioned over hips, and neutral head alignment.	Moderate demonstration of: Weight distributed on 3 points of foot, neutral pelvis placement, ribs positioned over hips, and neutral head alignment.	Elevated demonstration of: Weight distributed on 3 points of foot, neutral pelvis placement, ribs positioned over hips, and neutral head alignment.	Mastery demonstration of: Weight distributed on 3 points of foot, neutral pelvis placement, ribs positioned over hips, and neutral head alignment.			
<u>Ballet</u> Placement	Beginner demonstration of: -Proper shoulder placement, remaining consistently square and level throughout execution of movements. -Proper pelvis placement, remaining consistently square and level. -Proper port de bras placement, with shoulder, elbow, wrist decline and elbow support.	Sporadic demonstration of: -Proper shoulder placement, remaining consistently square and level throughout execution of movements. -Proper pelvis placement, remaining consistently square and level. -Proper port de bras placement, with shoulder, elbow, wrist decline and elbow support.	Moderate demonstration of: -Proper shoulder placement, remaining consistently square and level throughout execution of movements. -Proper pelvis placement, remaining consistently square and level. -Proper port de bras placement, with shoulder, elbow, wrist decline and elbow support.	Elevated demonstration of: -Proper shoulder placement, remaining consistently square and level throughout execution of movements. -Proper pelvis placement, remaining consistently square and level. -Proper port de bras placement, with shoulder, elbow, wrist decline and elbow support.	Mastery demonstration of: -Proper shoulder placement, remaining consistently square and level throughout execution of movements. -Proper pelvis placement, remaining consistently square and level. -Proper port de bras placement, with shoulder, elbow, wrist decline and elbow support.			
<u>Ballet</u> Foot Articulation	Beginner demonstration of: -Shape of feet (non-bearing) sickled, flagged, or aligned. -Articulations of the feet while dancing.	Sporadic demonstration of: -Shape of feet (non-bearing) sickled, flagged, or aligned. -Articulations of the feet while dancing.	Moderate demonstration of: -Shape of feet (non-bearing) sickled, flagged, or aligned. -Articulations of the feet while dancing.	Elevated demonstration of: -Shape of feet (non-bearing) sickled, flagged, or aligned. -Articulations of the feet while dancing.	Mastery demonstration of: -Shape of feet (non-bearing) sickled, flagged, or aligned. -Articulations of the feet while dancing.			
<u>Pointe</u> Ankle & Foot Strength <u>Foot (no pointe)</u> Ankle strength	Beginner ability to roll through foot in controlled manner while maintaining proper ankle placement and stability (single foot & two feet).	Sporadic ability to roll through foot in controlled manner while maintaining proper ankle placement and stability (single foot & two feet).	Moderate ability to roll through foot in controlled manner while maintaining proper ankle placement and stability (single foot & two feet).	Elevated ability to roll through foot in controlled manner while maintaining proper ankle placement and stability (single foot & two feet).	Mastery ability to roll through foot in controlled manner while maintaining proper ankle placement and stability (single foot & two feet).			
<u>Modern</u>	Beginner demonstration of:	Sporadic demonstration of:	Moderate demonstration of:	Elevated demonstration of:	Mastery demonstration of:			

FEEDBACK RUBRIC

Alignment	Proper alignment in parallel positions and in the spine during curved and flat back executions.	Proper alignment in parallel positions and in the spine during curved and flat back executions.	Proper alignment in parallel positions and in the spine during curved and flat back executions.	Proper alignment in parallel positions and in the spine during curved and flat back executions.	Proper alignment in parallel positions and in the spine during curved and flat back executions.				
<u>Modern</u> Release & Grounding	<p>Beginner demonstration of:</p> <ul style="list-style-type: none"> -Release and weight principals in the head and arms. -Relationship to the floor, attempt at lowering center of gravity, weight into the hands, and wide, soft plie quality. 	<p>Sporadic demonstration of:</p> <ul style="list-style-type: none"> -Release and weight principals in the head and arms. -Relationship to the floor, attempt at lowering center of gravity, weight into the hands, and wide, soft plie quality. 	<p>Moderate demonstration of:</p> <ul style="list-style-type: none"> -Release and weight principals in the head and arms. -Relationship to the floor, attempt at lowering center of gravity, weight into the hands, and wide, soft plie quality. 	<p>Elevated demonstration of:</p> <ul style="list-style-type: none"> -Release and weight principals in the head and arms. -Relationship to the floor, attempt at lowering center of gravity, weight into the hands, and wide, soft plie quality. 	<p>Mastery demonstration of:</p> <ul style="list-style-type: none"> -Release and weight principals in the head and arms. -Relationship to the floor, attempt at lowering center of gravity, weight into the hands, and wide, soft plie quality. 				
Application	<p>Beginner demonstration of:</p> <ul style="list-style-type: none"> -Self-motivation -Engaged/active participation -Inspiring presentation -Implementing Directives 	<p>Sporadic demonstration of:</p> <ul style="list-style-type: none"> -Self-motivation -Engaged/active participation -Inspiring presentation -Implementing Directives 	<p>Moderate demonstration of:</p> <ul style="list-style-type: none"> -Self-motivation -Engaged/active participation -Inspiring presentation -Implementing Directives 	<p>Elevated demonstration of:</p> <ul style="list-style-type: none"> -Self-motivation -Engaged/active participation -Inspiring presentation -Implementing Directives. 	<p>Mastery demonstration of:</p> <ul style="list-style-type: none"> -Self-motivation -Engaged/active participation -Inspiring presentation -Implementing Directives 				
						TOTAL			
						AVERAGE:			