

BALLET & CONTEMPORARY DANCE CONSERVATORY - Follow (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 _____

Conservatory Concentration Evaluation:	☐ Confirmed Physical ability, movement quality, & technical proficiency support placement in selected Follow Concentration.	☐ Not confirmed / Different concentration recommended. Physical ability, movement quality, & technical proficiency do not currently support placement in Follow Concentration.	Recommended Concentration change (if applicable):

Criteria	1	2	3	4	5	Score #1	Score #2	Score #3
<u>Ballet</u> Alignment & Placement	Insufficient demonstration of:	Sporadic demonstration of:	Moderate demonstration of:	Elevated demonstration of:	Exemplary demonstration of:			
	-Strong posture: use of core muscles for alignment and supported movement of head, shoulders and spine -Even weight distribution on feet (no pronation or supination) -Neutral pelvis with clear and sustainable use of turnout							
<u>Ballet</u> Clarity of Movement	Insufficient demonstration of:	Sporadic demonstration of:	Moderate demonstration of:	Elevated demonstration of:	Exemplary demonstration of:			
	-Shape, definition and coordination of Classical Ballet port de bras and lines -Articulation and shape of feet (both non-weight bearing and weight bearing)							
<u>Ballet</u> Quality of Movement	Insufficient demonstration of:	Sporadic demonstration of:	Moderate demonstration of:	Elevated demonstration of:	Exemplary demonstration of:			
	-Embodied movement with musicality and expressivity -Attention to the transitions between steps							
<u>Pointe</u> Ankle & Foot Strength	Insufficient demonstration of:	Sporadic demonstration of:	Moderate demonstration of:	Elevated demonstration of:	Exemplary demonstration of:			
	-Ankle alignment with line from ankle through toes lengthened and strong with weight centered over the platform (no sickling or excessive winging) -Strong relevés and controlled descents with clear articulation through demi-pointe to full pointe (single foot and two feet) -Shape and use of feet both weight bearing and non-weight bearing (if no pointe, foot and ankle strength will be assessed during Allegro)							
<u>Modern</u> Alignment & Placement	Insufficient demonstration of:	Sporadic demonstration of:	Moderate demonstration of:	Elevated demonstration of:	Exemplary demonstration of:			
	-Neutral spine alignment that is adaptable to curves, flat backs, and spirals -Spine, pelvis, and limbs coordinated and supported in standing work/floor work and parallel/turned out positions -Tracking of the lower leg (knees over toes)							

FEEDBACK RUBRIC

<u>Modern</u> Clarity of Movement	Insufficient demonstration of:	Sporadic demonstration of:	Moderate demonstration of:	Elevated demonstration of:	Exemplary demonstration of:			
	-Intentional and precise execution of shapes, pathways and movement vocabulary							
<u>Modern</u> Quality of Movement	Insufficient demonstration of:	Sporadic demonstration of:	Moderate demonstration of:	Elevated demonstration of:	Exemplary demonstration of:			
	-Use of breath, weight and momentum -Expressivity through varied movement textures							
<u>Application</u>	Insufficient demonstration of:	Sporadic demonstration of:	Moderate demonstration of:	Elevated demonstration of:	Exemplary demonstration of:			
	-Openness to new physical concepts -Engaged, focused and active participation -Responsive to feedback -Committed and sustained energy during exercises -Collaborative and respectful in the space							
					TOTAL			
					AVERAGE:			