

Caston's Ballet Academie Frequently Asked Questions (FAQ's)

Questions about Dance Classes:

1. When can I/my child start taking dance classes?
 - Age-appropriate dance classes exist from age 2 and up
<http://www.castonballet.com/ClassSchedule20072008.html>
 - A new student can begin any time during the year
 - A student must begin by 30 September in order to participate in the Nutcracker performance
 - A student must begin by 30 January in order to participate in the Spring recital/performance
 - You're never too old to start taking dance classes
 - Teen/Adult classes are fun...and a great workout
 - Some Caston's Chamber Company members began dancing as teenagers or young adults
2. How do I decide what class(es) I/my child should take?
 - Information about abilities/ages for various classes
<http://www.castonballet.com/ClassDescriptions1.html>
3. What should I/my child wear to dance class?
 - <http://www.castonballet.com/classuniforms.html>
4. Where can I buy dance clothes/shoes?
 - <http://www.castonballet.com/classuniforms2006.html>
5. How should my/my child's hair be fixed for dance class?
 - Age appropriate hair expectation information
<http://www.castonballet.com/classuniforms.html>
 - How to put hair into a bun
http://www.castonballet.com/files/How_20to_20Put_20Hair_20into_20a_20Bun_20for_20Nutcracker_.pdf
 - Hair nets are essential to a good bun (can be bought at any dance supply store)
 - Use plenty of bobby pins and bring extras to class (can be bought at any grocery store)
6. What should I/my child bring to dance class?
 - Dance clothes <http://www.castonballet.com/classuniforms.html>
 - Dance shoes <http://www.castonballet.com/classuniforms.html>
 - Dance bag
 - Paper/pencil for writing down homework assignment
 - Water bottle with lid that closes
 - Label *everything* with your name
 - *Don't* bring electronic or expensive items (Caston's Ballet Academie is not responsible for lost items)
7. Help! I'm missing my shoes/clothes/bag/water bottle/coat, etc...
 - Check the Lost & Found box located in the back room next to the refrigerator

8. When should I/my child arrive at dance class?
 - Be at the studio approximately 10 minutes before class begins
 - Put bag/coat/shoes, etc in the shelves in the back room or hallway
 - Go to the bathroom before class begins
 - Stretch in the hallway before class
 - Be ready to start dancing when class time begins
9. I/my child missed his/her dance class...when can I/my child make it up?
 - A make-up class should be at, or below, the level of the regular class taken, see class schedule information:
<http://www.castonballet.com/ClassSchedule20072008.html>
10. Where can I get more information about the ballet terms used in dance class?
 - Ballet terms used in each class are posted on the wall in the back room of the studio
 - Technical Manual and Dictionary of Classical Ballet by Gail Grant (recommended for all Jr. Associates and above) available on Amazon.com http://www.amazon.com/Technical-Manual-Dictionary-Classical-Ballet/dp/0486218430/ref=pd_bbs_sr_1?ie=UTF8&s=books&qid=1198708628&sr=8-1
 - Ballet dictionary link <http://www.abt.org/education/dictionary/index.html>
11. How do I know what my child's dance homework is?
 - Ballet homework from Miss Shannon's classes is listed on the dry erase board on the door to her dance room
12. When can I/my child dance in pointe shoes?
 - Must be at least 12 years old
 - Pre-Pointe dance class required first
 - Teacher recommendation is required to take Pre-Pointe dance class (can start pre-pointe in slippers at age 11)
 - Minimum of 2 other ballet classes in addition to Pre-Pointe dance class during the week is required (*minimum* of 3 days of ballet total).
 - Must maintain good attendance.
 - Dancers who are on pointe
 - Minimum of 3 other ballet classes (*minimum* of 3 days of ballet total) during the week is required
 - Must maintain good attendance
 - Students may count ballet classes at other schools as long as the student is progressing the way they should- will be determined by Mr. Caston.
 - Our Academie follows these guidelines regarding pointe in order to help ensure the success of their dancers and to prevent injuries.
 - POINTE WORK IS FUN BUT. . .
 - if started too early can injure a young child's growing body
 - if not properly trained can damage feet for life!!!

- shoes worn properly should not cause feet problems (Mr./Mrs. Caston personally assist with first fittings)
- above all takes a lot of desire, dedication, and determination, it is not easy, but it is definitely wonderful and very rewarding!!
- Mr./Mrs. Caston are the ultimate decision makers regarding readiness for pointe shoes

Questions about Performances:

1. What should I expect at dress rehearsal?
 - When to arrive
 - Arrival times for various dancers (link to information for Nutcracker/Spring Recital)
 - What to wear
 - Link to information for Nutcracker / Spring Recital
 - Fix hair before arriving at theater
[http://www.castonballet.com/files/How 20to 20Put 20Hair 20into 20a 20Bun 20for 20Nutcracker .pdf](http://www.castonballet.com/files/How%20to%20Put%20Hair%20into%20a%20Bun%20for%20Nutcracker.pdf)
 - Apply stage make-up before arriving at theater
[http://www.castonballet.com/files/How 20to 20Apply 20Stage 20Make 20up 1 .pdf](http://www.castonballet.com/files/How%20to%20Apply%20Stage%20Make%20up%201.pdf)
 - Bring non-messy snacks & water
 - Eat snacks only when not in costume and only in the designated eating area
 - No eating in costume!
 - No eating in dressing room!
 - Stay at dress rehearsal until dismissed by Mr./Mrs. Caston
 - Youngest dancers will practice first and be dismissed first
 - All other dancers should expect to be at dress rehearsal until the end
 - Mr./Mrs. Caston will give “notes” about the practice with recommended changes – make sure you stay on stage to hear these
 - Costume responsibilities – each dancer is responsible for his/her own costumes (place where needed for quick changes, hang up at end of rehearsal)
 - Volunteers are an essential part of all dress rehearsals and performances – responsibilities range from sewing to tickets sales to promotion to back stage/costume help to ushering to stage set-up/tear-down, etc.
 - Parents are asked to drop their children off outside the dressing room (dressing room is for cast & crew only)
 - Big sisters are assigned to each younger dancer (little sister) – these dancers will help their little sisters to get dressed in their costumes and to help them get to/from the stage at the right time

- Dress rehearsal is mandatory for each performance at each theater – you may not dance in the performance at a theater if you haven't gone to dress rehearsal at that theater.
2. What should I expect at dance recital / performance?
 - When to arrive
 - Arrival times for various dancers (link to information for Nutcracker/Spring Recital)
 - What to wear – camisoles / tights without holes or runs / clean shoes
 - Link to information for Nutcracker / Spring Recital
 - Fix hair before arriving at theater
[http://www.castonballet.com/files/How 20to 20Put 20Hair 20into 20a 20Bun 20for 20Nutcracker .pdf](http://www.castonballet.com/files/How%20to%20Put%20Hair%20into%20a%20Bun%20for%20Nutcracker.pdf)
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 3. How can I help with upcoming performances?
 - Volunteer options and sign up:
<http://www.castonballet.com/VolunteerPage.html>
 4. How should my/my child's hair be fixed for recital/performance?
 - How to put hair into a bun
[http://www.castonballet.com/files/How 20to 20Put 20Hair 20into 20a 20Bun 20for 20Nutcracker .pdf](http://www.castonballet.com/files/How%20to%20Put%20Hair%20into%20a%20Bun%20for%20Nutcracker.pdf)
 - Hair nets are essential to a good bun (can be bought at any dance supply store)
 - Use plenty of bobby pins and bring extras to recital/performance (can be bought at any grocery store)
 5. How should my/my child's make-up be applied for recital/performance?
 - [http://www.castonballet.com/files/How 20to 20Apply 20Stage 20Make 20up 1 .pdf](http://www.castonballet.com/files/How%20to%20Apply%20Stage%20Make%20up%201.pdf)

- Apply make-up before arriving at theater
6. When should I arrive at the theater for a recital/performance?
 - Information for company/apprentices/trainees
 - Information for junior company / junior apprentices
 - Information for newest / youngest dancers
 7. How can I buy a DVD of the performance?
 - Forms are available at the studio for pre-ordering DVD's of performances
 8. Can I place an ad or congratulatory note in the program?
 - Absolutely! (provide information about how to do this here)
 9. What are the requirements for dancing in the recital/performance?
 - A student must begin by 30 September in order to participate in the Nutcracker performance
 - A student must begin by _____ in order to participate in the Spring recital/performance
 - Max number of missed classes allowed
 - Dress rehearsals are mandatory for each theater's performance
 - Note: Nutcracker performances are held on 2 weekends at 2 different theaters, with 2 dress rehearsals. Both dress rehearsals are mandatory in order to perform at both theaters.