

BALLET & CONTEMPORARY DANCE CONSERVATORY- Grades 9-12

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 | Beginning 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> Alignment | Beginning demonstration of: Proper alignment in parallel positions and in the spine | Sporadic demonstration of: Proper alignment in parallel positions and in the spine | Moderate demonstration of: Proper alignment in parallel positions and in the spine | Elevated demonstration of: Proper alignment in parallel positions and in the spine | Mastery demonstration of: Proper alignment in parallel positions and in the spine | | | |

FEEDBACK RUBRIC

| | during curved and flat back executions. | during curved and flat back executions. | during curved and flat back executions. | during curved and flat back executions. | during curved and flat back executions. | | | |
|--|---|--|--|--|---|----------|--|--|
| <u>Modern Release & Grounding</u> | Beginning demonstration of: -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. | Sporadic demonstration of: -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. | Moderate demonstration of: -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. | Elevated demonstration of: -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. | Mastery demonstration of: -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. | | | |
| <u>Application Modern & Ballet</u> | Beginning demonstration of: -Self-motivation -Engaged/active participation -Inspiring presentation -Implementing Directives | Sporadic demonstration of: -Self-motivation -Engaged/active participation -Inspiring presentation -Implementing Directives | Moderate demonstration of: -Self-motivation -Engaged/active participation -Inspiring presentation -Implementing Directives | Elevated demonstration of: -Self-motivation -Engaged/active participation -Inspiring presentation -Implementing Directives. | Mastery demonstration of: -Self-motivation -Engaged/active participation -Inspiring presentation -Implementing Directives | | | |
| | | | | | | TOTAL | | |
| | | | | | | AVERAGE: | | |