

RAD Ballet Uniform – Reminder August 2018

Dear Parents and Students,

We do hope you all had a lovely summer break?

As we are at the beginning of term and our academic year, we wanted to take this opportunity to send a quick reminder with regards to ballet uniform and appearance across all the grades.

Simplicity is one of the distinguishing characteristics of a truly fine dancer, while teachers and students are working on the strength and technique needed to accomplish this goal, it is also important to show respect towards the ballet dress code as this forms part of the required discipline it takes to learn a classical art.

Uniform: Please see attached document for approved RAD uniform requirements for each level (Ballet tots – Intermediate).

Ballet attire is essential for the teacher to be able to observe correct alignment of the body, from the base of the neck, through the spine, hips, knees and feet. Ballet uniform is also designed to keep the dancer's body secure and safe, reducing the risk of injury. Uniformity reduces distraction allowing the teacher to implement corrections, encourages concentration and allows the dancer's to observe their technique and movement during class. Ballet shoes are designed to improve strength and articulation of the feet.

**Hair: Classical bun (using hair net and pins), no loose hair across the face (short fringes are allowed).
If hair is too short to be tied in a bun, it should be neatly groomed and styled off the face and neck so that the line of the head and neck is not obscured.**

A **classical bun** should be secured tightly to the centre of the head, this is important to allow the teacher to observe the neck and line of the head, shoulders and back, it also aids balance and control. Bun nets and pins ensure that the bun remains in place during high energy movements.



Ponytails, plaits or hair left down obscures the view of the dancers alignment, creates distractions when dancing, and also becomes a safety hazard as they can hit the dancer (or fellow dancer) in the face or eye when doing turns/jumps and also restricts the dancer's view.

If you have any questions regarding how to create a classical bun, or suitable styles for shorter hair, please speak to your child's teacher.

We appreciate your ongoing support, commitment and dedication.

Best wishes

The Centre Stage Team

Ms. Megan West
RAD Ballet Teacher