



Heart to Toe Studios

2023/2024

Handbook

Heart to Toe Studios Parent/Student Handbook



Contact Us

Team App: <https://www.teamapp.com/clubs/400960> *Our main form of communication!

Email: heart2toestudios@gmail.com

Website: <https://www.heart2toestudios.com/>

Phone: 320-428-0095

Staff

Owner & Artistic Director: Joy Krahnke

Administrator: Paula Sahlstrom

Teachers: Morgan Madsen (Level 1, 2, & 3), Joy Krahnke (Level 4, 5, & 6), and Callie Sahlstrom (Level 3-6 Rehearsal Teacher)

Choreographers: Joy Krahnke, Morgan Madsen, Callie Sahlstrom

Social Media Manager: Callie Sahlstrom

This handbook contains information about classes and the studio, and student and parent expectations. Here at Heart to Toe Studios, we are dedicated to making sure our families' experience is positive. We look forward to making this year of dancing from "Heart to Toe for an Audience of One" the best and most impressive yet!

Studio Communication

The main form of communication for the studio takes place through **Team App**. It is **very important** that you download the app to your phone and have notifications turned on. If you need to reach a teacher or Paula, our Administrator, you can use the Chat function within the app. You can also email us at heart2toestudios@gmail.com. We encourage you to use all available resources (i.e. Team App, our website, Facebook page, Parent Handbook) to find readily available answers to your questions prior to emailing the studio. Responses to any questions over the weekend will be answered on Monday.

Facebook & Instagram

Follow us on Facebook and Instagram!

Facebook: <https://www.facebook.com/HeartToToeStudios>

Instagram: heart2toestudiosballet

Classes

Heart to Toe Studios offers classical ballet instruction in the Vaganova style with an emphasis in anatomy. We offer pre-ballet classes for 4-8 year olds which is Level 1.

Levels 2-6 have the option of customizing their ballet experience with Technique classes and Choreography classes from our Dance Menu. Technique classes will include just one class dance to allow for far more focused attention in progressing students in their ballet technique. A second Technique class per week is available at a discount of less than half price for students who desire more!

Customizable Dance Menu

Each Technique class includes one dance in the show, but dancers can choose to dance in more by choosing available dances from our new Dance Menu. These dances will be posted in Team App by November 1st. They will be available to dancers based on either class level, or where they are at in their exams. After in-class exams in October, your dancer will be able to determine which dances are available to them. By November 15, students will be cast in solos and small groups. By December 1, they must either accept or decline these invitations, and let us know in which big group dances they will participate. The dances will be taught as Choreography classes which may consist of one or two, 2-hour sessions on 2 separate dates. The cost of their chosen dances will be added up and divided over the coming five months and added automatically to your monthly payment!

Dance Menu Example:

Dance #8

6-8 dancers

Price per dancer: \$55

Exam B (or above)

Costume C required

Class Dates: January 15 and 29, 4:00—6:00 p.m.

Music: “You Say” by Lauren Daigle

Registration

Registration for new and returning members is easy via our website at heart2toestudios.com. There is a **\$35/Individual or \$45/family** registration fee. We are now accepting registrations for Technique classes at any time during the School Year session. If joining after January 1, there is an additional costume fee of \$80 for Level 1 and \$100 for Level 2-6. Participation in Choreography classes is only available until December 31. After that, it is up to each teacher if the student can be in any Dance Menu dances in the performance. For questions regarding enrollment please contact us via email.

Cancellation Policy

After October first, we expect you are committing to remain a student for the entire year. If you decide to no longer be a student, there will be a \$150 Cancellation Fee. Cancellations caused by long-term health issues or injuries will be given grace.

Tuition & Payments

- one technique class per week (Levels 1-4)
- theatrical accessories
- FREE makeup artists
- weekly practice videos
- easy access to schedules through Team App
- an original, Christ-honoring performance
- a digital copy of the production
- one high-quality costume
- theatrical make-up products
- FREE hairstylists
- annual personalized practice videos
- a highly-focused class atmosphere
- high production values
- alterations on costumes if needed

All that you need to pay for separately are pictures (optional), dance wear for class, tickets to the performance, and extra dances off the Dance Menu! (Some dances require an extra costume which is \$100.)

Tuition can be paid either monthly, or up-front yearly. There is a small discount for paying yearly. Your Registration fee and first month's tuition is due upon enrollment. An automatic subscription will be set up for you with your card on file after your first month's payment and will continue until May. Current tuition rates are listed on our website.

Family discounts are available as follows:

2 dancers—5%

3 dancers—7.5%

4+ dancers—10%

Percentage will be deducted off your total tuition each month and discounts only apply to School Year tuition.

Referral Bonus

Families who refer new students to the studio will receive a one-time \$25 bonus that will be deducted off of your tuition once the referred student remains past October 1st to become an official student. This bonus is only for our School Year Session.

Volunteer Requirement

Each family is required to provide a minimum of four volunteer hours per year. This may mean signing up for more than one role. Level 1 and 2 moms are required to sign up for Backstage Room Helpers for one show unless the spots are all filled. Other roles are also available for dads. Signing up for your role/s is in early April. If you have not signed up by the deadline posted in Team App, you will automatically be charged the \$75 fee to opt out.

Dress Code Requirements

Heart to Toe Studios maintains a dress code to encourage professionalism, concentration and a sense of inclusiveness. Uniformity in dancewear allows the teachers to assess how well the students are implementing the technique being taught, problems with alignment, and other important aspects of dance training. All dress items are available on our Studio Store on our website. Shoes need to be ordered on amazon.com or discount-dance.com.

- All students must wear ballet pink tights.
- Level 1 students must wear a ballet pink dress (leo with skirt attached) either from the options in our store, or one they already own from a previous year.
- Level 2 students must wear the leotard and skirt specific to their class that is listed in the Studio Store.
- Level 3 students must wear the required leotard listed in the Studio Store to class. They can choose any plain black (elastic waist only) skirt made of chiffon or sheer material OR plain black dance shorts. Skirts and shorts are not to be worn together. Sports bra straps should be black if they will show.
- Level 4, Level 5, & Level 6 students are given the freedom to choose their own leotard and skirt OR dance shorts, so long as skirts are sheer and no more than mid-thigh length. Skirts and shorts are not to be worn together. Leotards and bottoms must be contrasting colors to allow for teacher to see proper alignment in class.

- Ballet sweaters are optional and must end above the waist.
- Students may wear legwarmers in any color to class.
- No jewelry is allowed in class.
- Hair must be neatly pulled away from the face during class, and in a bun when learning spins.

Dance Wear/Shoe Sizing Information

Dancers will be sized for shoes, leotards, and tights the first couple weeks of class. You are required to buy the tights, leotards, and skirts listed for your level. Dress code will be enforced in class beginning October 1 for in stock items. Until then, active/dance shorts and tanks can be worn for class if you do not have ballet attire. Ballet shoe sizing is completely separate from normal shoe sizing, and varies widely between brands. We have every size of every shoe for students to try on in class to help you order the best pair! DO NOT order shoes before talking to your teacher in class! If you already have pink ballet shoes that fit properly, you may use them. The shoe that we use as a studio is the Capezio Hanami Stretch Canvas in Light Pink which can be ordered online from Amazon.com or from discountdance.com.

Level 1 and Level 2 Class Rules

At the beginning of class, teachers remind the students of these four rules:

1. No talking when Teacher is talking.
2. No talking during an exercise.
3. No talking about things that don't have to do with ballet class.
4. No complaining.

Level 3-6 Student Expectations

The first step to becoming a successful dancer is making a solid commitment to your classes. Strong technique is a key ingredient and class is where you develop that technique. Come to each class prepared to learn and without personal distractions. Class time is your chance to focus on yourself, so try to leave your concerns or worries at the studio door. True progress is made when you look at each class as an opportunity to become better at what you love to do. Dance full-out, stretch a little further, become more aware of your technique, and make the most of every class.

Always show your teacher and your art form proper respect. Be on time, always adhere to the dress code, and wear your hair neatly tied back. Arrive 10 minutes early. Use 5 minutes to get properly attired and 5 minutes to 'check in with the body.' Always call your teacher Miss Morgan, or Miss Joy, and perform the final reverence towards her as a thank you.

Listen to each correction given, whether it's directed at you or another dancer. **A correction is an honor; it shows you how much a teacher cares about your progress as a dancer.** After receiving a correction, remember to thank your teacher. Nothing can stop those students who apply themselves in every class and appreciate their teachers' knowledge and experience.

Do not stand slouched while you are in class, or wear layers of slouchy clothing. Remember that ballet is a court art, with manners, etiquette, and nobility built into its movements.

Practice For Prizes!

Dancers are expected to practice weekly using the provided class practice videos on our YouTube Channel. Teachers will track practices and dancers will be awarded prizes either quarterly, or at the end of the year for the effort they put in to becoming a better dancer! A completed practice means that the student has practiced all of the warm up and choreography videos in their current practicing play list. (Note that choreography for L2+ may be in a different play list and is required as well.) Practices are not to be completed on the same day or on class days. Practicing the full amount specified below earns the student one point. If they complete one less than the full number, they do not earn a practice point, and if they practice more than the full number, they do not earn more.

Level 1/2: 2x per week

Level 3/4: 3x per week

Level 5+: 2x per week or class specific

Types of Practice Videos

Videos come in several types. Once choreography videos begin getting posted, L2+ will see those videos in a separate play list, organized first by the order of the show, and second by the following list. Not every dance will need to include all videos listed below.

1. Tutorials
2. Drill Videos
3. Choreography Videos
4. Dailies
5. Lyric Video

Tutorials are included for particularly fast or difficult sections. Drill Videos help the class overcome a specific issue through focused practice. Choreography Videos are the official dance videos which remind the students of the choreography they learned in class. Dailies are videos taken during class or rehearsal, especially of dances with complex blocking. Lyric Videos may be posted to allow students an option to challenge themselves later in the year to practice their dance without watching the choreography video.

Attendance Policy

Due to there being only one class per week leading up to a major performance, students must be diligent about attending all classes. Students can miss a maximum of 3 classes per semester (Sept.—Dec. & Jan.—May) without consequences. After that, any other “excused” absences will be allowed, but any “unexcused” absences may result in an extra private class being required (at \$60/hour) or the student not performing one of her dances onstage, due to lack of preparation. “Excused” absences include weddings, funerals, vacation, and illness. It does not include extracurricular school functions such as sports practice or games. Parents can get their child excused from class by sending a message to the teacher via Team App, preferably before the class takes place.

Drop Off/Pick Up Instructions

Level 1, Level 2, & Level 3—Teachers will meet parents and dancers in the lobby area of each location to walk your dancers back to the studio as a group. They will return them to you in the same place when class is finished. Please do not walk your dancer back to the studio unless you are arriving late.

Levels 4 and Up—Dancers can be dropped off at the door and walk back to the studio themselves.

Family Observation Days

Twice a year, Family Observation Days are scheduled where parents and family members can come into the studio to observe a class. This is a great chance to see your dancer's progress and what a class looks like. The dates for these will be on our Team App Calendar.

Picture Days

Each year we have Nordvik's Studio take class and individual pictures of our dancers. These usually are scheduled in early April and picture order forms will be sent home with your dancers in class. Pictures will be handed out in class or at the final performance.

Ballet Performance

Our school year session includes our end of year theatrical performance. Depending on the year, we put on one to two performances the second and third weekends in May. All dancers are expected to be at all performances we commit to for that year. There will be a dress rehearsal leading up to the performance that all dancers will need to attend. Tickets will be sold online for each performance. See our Team App Calendar for more details.

Heart to Toe Studios Ballet Exams

Exam A

- Plié Routine with Knees over Toes
- Tendu Routine with 4 Rules
- 1/2 Rond de Jambe Routine (en Dehors only) with 4 Rules and Proper Side Tendu
- Sur le cou-de-pied in Devant and Derriere
- Full Por de Bras with Correct Placement of Shoulders
- Sauté Routine in 1st Position with Full Plié
- Curtsy in B+, arms on skirt (or bow for boys)

Exam B

- Demonstrate How to Find Correct Hip Placement on the Floor and Standing Up Using Hands
- Plié Routine with Hips Lifted
- Tendu Routine with 4 Rules
- 1/2 Rond de Jambe Routine (en Dehors and en dedans) with 4 Rules
- Find 2nd Position with Correct Placement of Elbows, then Demonstrate Full Por de Bras with Correctly Placed Elbows
- Demonstrate all Arabesques with Proper Turnout
- Demonstrate a Properly Pointed Foot and the Tripod Foot

Exam C

- Perform Temps Lié with the Tendu à la Seconde Always in Line with the Other Foot and the Weight in the Center of the Pliés
- Tendu à la Seconde from 5th, Moving Forward 8 Tendus, then Reversing, Without Losing Control of the Hips
- Demonstrate Your Slow Tendu Exercise with Your Tendus Properly Timed to the Music
- Demonstrate Your Développé Routine while Remaining Square
- Perform all Arabesques with Squared Hips and Ribs and arms in Proper Épaulement
- Perform Proper Extension to 45° Devant, À la Seconde, and Dèrriere, at the Barre, Letting Go of the Barre for 10 Seconds while Maintaining a Quiet Supporting Ankle
- Demonstrate a Petit Allegro Combination Given to You on the Spot (may include Glissade, Assemblé, Jeté, Sauté, Changement, Echappé and/or Sissonne)

Exam D

- Demonstrate a Frappé/Jeté/Petit Battement Routine Given to You on the Spot at the Barre
- Perform 8 Properly Placed Pirouette Preparatory Movements at the Barre
- Perform 4 Fondue En Croix with a "Melted" Quality to 45° at the Barre
- Demonstrate a Proper Grand Battement from Tendu in Each Direction at the Barre
- Perform all Arabesques and Attitudes at 45° while Maintaining a Quiet Supporting Ankle
- Perform your Most Recent Adagio
- Perform a Petit Allegro Combination Given to You on the Spot (may include Glissade, Assemblé, Jeté, Sauté, Changement, Echappé and/or Sissonne)

Exam E

- Demonstrate Vaganova, Checetti, and Balanchine Frappés
- Demonstrate a Por de Bras Routine Given to You on the Spot using Proper Head and Ribcage Movements
- Perform Turning Waltz with Soft Arms
- Perform all Arabesques with the Leg at 90° for 10 Seconds with a Quiet Ankle
- Perform Proper Extension to 90° Devant, À la Seconde, and Dèrriere, at the Barre, Letting Go of the Barre for 10 Seconds while Maintaining a Quiet Ankle
- Demonstrate a Proper Pirouette from 4th to 5th
- Perform 4 Fondue En Croix with a "Melted" Quality to 90° in Center
- Perform a Grand Allegro Combination Given to You on the Spot (may include Glissade, Assemblé, Jeté, Sauté, Changement, Echappé, Brisé and/or Sissonne)

Ballet Terminology and French Translations

Movements:

Plié - "bent"
Tendu - "to stretch"
Rond de Jambe - "around goes the foot"
Dégagé - "to free"
Jeté - "thrown"
Fondue - "to melt"
Développé - "to develop"
Frappé - "struck"
Petit Battement - "small beats"
Grand Battement - "large beats"
Cambré - "arched"
À Terre - "on the floor"
en Lair - "in the air"
en Croix - "in the shape of a cross"
Relevé - "raised"
Sur le cou-de-pied - "on the neck of the foot"
Ritiré - "retire; pull out"
Devant - "to the front"
En Dedans - "inside"
En Dehors - "outside"
À la Seconde - "to the second"
Derrière - "to the back"
Por de Bras - "the movement of the arms"
Adagio - "slowly; at ease"
Allegro - "happy"
Tombé - "fallen"
Pas de Bourree - "step of the bourree"
Pas de Chat - "step of the cat"
Pas de Deux - "step of two"
Sous-sous - "under"
Passé - "passed"
Failli - "given way"
Brisé - "broken"
Fouette - "whipped"
Chassé - "chased"
Glissade - "to glide"
Sissonne - the name of the man who invented this step
Assemblé - "to assemble"
Sauté - "to jump"
Changement - "changing"
Échappé - "escaped"
Châinés - "chain"
Piqué - "pricked"
Pirouette - "to twirl"
Arabesque - "in Arabic fashion"
Allongé - "elongated"
Penché - "tilted"
Révérence - "to pay reverence"

Orientations of the Body:

en Face - Facing the Audience
Écarté - "spread" or "separated" - Facing the Corner in 2nd Position or Side Tendu
Croisé - "crossed" - Facing the Corner with Audience Leg Front in 3rd, 4th, or 5th Position
Effacé - Facing the Corner with Audience Leg Behind in 3rd, 4th, or 5th Position

Heart To Toe Studios



**Personalized
Practice
Programs**

Core Stability Program

Video playlists for all exercises are on our YouTube Channel.

Equipment needed:

Small ball

Yoga mat or knee pads

Week 1:

4 Point Routine

Crawling Routine #1

Side Lying

Sitting Posture

Week 2:

4 Point Routine

Crawling Routine #2

Cushion Squeezes

Knee Openings Routine

Week 3:

Paw Lifts

Crawling Routine #2

Cushion Squeezes

Leg Slides on Back

Week 4:

Leg Slides on Knees

Crawling Routine #3

Balance on Side

Arm Floats

Single Leg Stand

Week 5:

4 Point Sit Backs

Crawling Routine #3

Balance on Side

Knee Folds

Single Leg Stand

Week 6-8:

Side Lifts with ball

Bridge

Crunch Hold

4 Point Hover

Prep for Plank

Weeks 8-10:

Repeat weeks 6-8 but do double the amount of repetitions.

Return for Reassessment.

Foot Articulation Program

Video playlists for all exercises are on our YouTube Channel.

Weeks 1-4:

Doming
Seated Rises
Pointe Through Demi Pointe
Toe Swapping
Big Toe Exercise
Foot Massage with Ball
Pointe Stretch
Tripod foot
Single Leg Standing
Relevés with Tennis Ball
Stretch Calf

Weeks 5-8:

Doming
Seated Rises
Pointe Through Demi Pointe
Piano Playing
Big Toe Exercise
Foot Massage with Ball
Pointe Stretch
Relevés with Tennis Ball
Single Leg Relevés in parallel
Stretch Calf

Weeks 9-12:

Doming
Pointe Through Demi Pointe x2
Piano Playing
Big Toe Exercise x2
Foot Massage with Ball
Pointe Stretch
Relevés with Tennis Ball x2
Single Leg Relevés Parallel
Single Leg Relevés in Turnout
Stretch Calf
Light Jumps

Tight Top of Foot Program

(A lighter version of the Foot Articulation Program that is designed to be coupled with the Core Stability Program or the Training Turnout Program.) Video playlists for all exercises are on our YouTube Channel.

Every Time You Practice:

Foot Massage

Seated Rises

Pointe Through Demi-Pointe

Toe Swapping

Shin Massage

Pointe Stretch

Training Turnout Program

Perform in order and after ballet warm-up, including stretching routine. Video playlists for all exercises are on our YouTube Channel.

Day 1:

Cushion Squeezes

Butterfly Legs

Tendu with Resistance Band

Adductors Stretch

Piriformis Stretch

Gluteal Stretch

Day 2:

QF Activation

Hamstrings with Resistance Band

Tennis Ball Release for Piriformis

Piriformis Stretch

Gluteal Stretch

Day 3:

Iliacus Suck

Tennis Ball Releases for Internus

Develope Lying Down

Prep for Pirouette

Piriformis Stretch

Gluteal Stretch

Perform for 8 weeks, then return for reassessment. If you miss a day, that week will not count toward your 8 weeks. If you miss Day 3, start over on Day 1 the next week. If you do not feel sore at all after these exercises, increase the repetitions by half. If you feel too sore, decrease by about a third. As always, let me know if you feel any pinching or sharp pain. When muscles cramp, release them for a few moments, then try again. If they cramp again, do the next exercise on the list before coming back to it.

