



Ballet

By: Katerina Corr



This student has worked hard to create and perfect the sulecu depie position

Ballet may seem like it is all dainty and just for girls but it isn't. Ballet requires a lot of hard work and determination to be successful. Ballet has many different parts to it and each part requires the same amount of determination and hard work.



These shoes were fitted and made specifically to the dancers feet.

One reason to support my idea is going en pointe. According to a [youtube.com](https://www.youtube.com) video, "Dancers have about 6-8 pairs of pointe shoes for different purposes," it takes a lot of time to get all the shoes fitted and made. Being determined to get the shoes fitted and made shows that you have worn out the shoes you have because of hard work.

En pointe is when a female dancer goes on her toes in a special type of shoe with a hard toe box.

When I was at ballet class once my teacher Ms. Rio said she would announce who would be going en pointe. I was really excited to find out. I hoped I would go on. Ms. Rio started calling us one by one. So the first went. Then the second. Then the third. And so on. Finally she called, "Katerina next!" I walked into the room and all I heard was a muffle, "I am sorry but you're not going en pointe. You are too young and you lean back a little." The minute I heard it I knew I had to work harder and be more determined to go en pointe. From that experience I knew that everything you have to work for including little things like going en pointe.



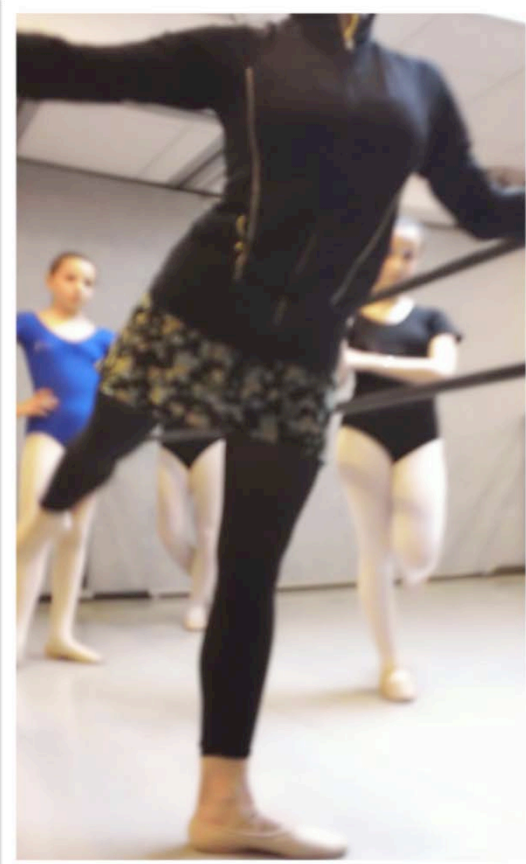
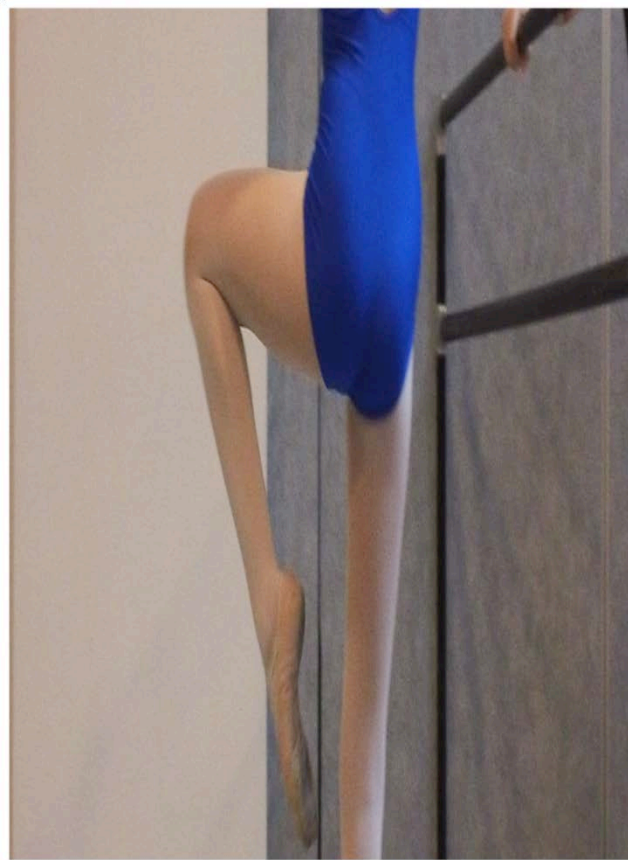
This dancer is tying the ribbons of her point shoe.



This dancer is using a thera band to strengthen her toes and ankles.

Also according to a [youtube.com](https://www.youtube.com) video, "En pointe dancers use tape around their toes to limit joint movement," and prevent blisters and injuries. That means that even though you have to be really hard working you have to be determined to look beautiful even with the blisters.

Lastly, according to [pbt.org](https://www.pbt.org), "Dancing en pointe can take years to prepare for. Ankles and toes must be strong enough. "Preparing for many years takes a lot of hard work and determination. I have only been preparing for one year. I have to use a theraband, which is like a giant rubber band to strengthen your toes and ankles. I also do many exercises at barr like relieves (dancing on your tippy toes).



Dancers use the barr to strengthen their muscles and improve balance for center.

According *balletdancersguide.com* " You should keep a light hand on barr to strengthen your muscles and improve balance," for center. You must be determined to keep your balance and become better. Also from *balletdancersguide.com*, younger students use the barr for hard exercises. They work hard and become better at barr to eventually graduate to center exercises. Also the barr is to harden technique for center. Barr is a place to hold on to. It looks and feels just like a railing on stairs. There is a lower section for shorter people and for when doing leg lifts to put on top means you are more flexible.





Another reason is if you are determined to reach your goals you become better at dancing ballet. First, according to Vince Lombardi, "The price of success is hard work, dedication to the job at hand and the determination that whether we win or lose we have applied ourselves

to the task at hand." Vince Lombardi is an American Football player and coach. I think that means that being determined at what we are doing leads to success and it doesn't matter whether we win or lose.

According to thisibelieve.com "You must have determination to reach your goals," or your negativity will push you back. That is true because if in dancing you say, "I am never going en pointe," you will always think that and in result you won't go on pointe.



This student is doing a stretch to improve back flexibility.

Being a ballet dancer takes a lot of determination and hard work to succeed. Success is a mixture of determination and hard work. Dancing is success. Determination and hard work don't only lead to success in dancing but in the real world. This applies to all sports, and jobs like doctors or scientists. Being hard working and determined pretty much applies to everyone and everything.



