

## **Hair Up for dancing- why does it matter?**



**Some things are the way they are because of tradition, respect and formality AND that IS NOT a bad thing. (You wouldn't wear shorts and a crop top to a black tie wedding) In classical ballet the hair is pulled back away from the face so it is not a distraction (from the movement, from the training, from the lines being created), There are practical reasons at the intermediate and advanced levels... so hair does not cut the eyes during quick turning and jumping exercises. A classical bun also prevents the dancer from being distracted. Most studios do not allow dancers to participate in class if hair is not properly secured because so much time is wasted "playing" with hair.**

**The expectation for learning was set by the priority given to preparing for class- Parent's creating an environment where students are taking their training seriously thirty- sixty minutes prior to arriving in the room.**

**It's tempting to let this slide- because kids are rushing from school and into class, BUT I can promise you the entire learning environment is shifted if dress code and hair are not a priority of discipline.**

## **Uniform Code: Why does it matter?**



**When taking a dance class, students are asked to wear a specific colour, perhaps a specific leotard, tights, colour scheme... The reason this is so important is dancers need to be able to see the lines their body is making, they need to notice hip alignment, straight knees, lifted arches, head alignment, arm position... and so so so much more technical detail. They do not need to be distracted by colour, straps, patterns, lines and random things. In addition, when a teacher looks across the room it is so much easier to catch and correct things when there is a uniform look to all the dancers.**

**Parents- Don't let your kids push these boundaries. You are paying for quality dance instruction with progress you can measure - partner with the teacher by requiring dress and hair requirements that are part of the discipline you are wanting by putting your child in dance.**