

# WHY A UNIFORM? & OTHER FAQs

**Scroll to learn the  
WHY behind uniform requirements and answers  
to other commonly asked questions!**

# UNIFORMS

Why are they required when there are SO MANY ADORABLE options for dance clothes?!

The answer is simple: fairness. All dancers come from different backgrounds but when we enter the studio we are there to learn the etiquette and technique of dance. We don't want to be focused on why my friend has a new sparkly leotard and I don't!

Not to mention it is part of a proper dance training.

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# FULL SOLE, LEATHER BALLET SHOES

Does this REALLY matter? I thought ballet shoes were just ballet shoes, all one in the same!...

While there are many options for soft ballet technique shoes, full sole, leather ones are my favorite for budding dancers. They help to train the foot properly while strengthening the feet for pointe shoes, jumping, and all that comes with growing in ballet technique. Not to mention they last way longer! I wore this type of shoe for most of my professional ballet career.

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# BALLET BUN WITH HAIR NET

UGH!! We are racing to get to ballet, it's so frustrating to not be able to just throw her hair in a pony or headband!!

I know, I know. I was that kid racing to class, my mom was not a hair expert, and we barely made it on time every session.

However, hair can be a big distraction in ballet class and having hair done in a ballet bun, with a hairnet, is part of the proper training etiquette of ballet. The more you practice, the faster and easier it gets. Once your dancer hits around 8 years old, they should start to practice doing their hair on their own.

Hair tutorial (by me) here:  
[https://www.instagram.com/tv/CIWAdidHFqG/?utm\\_source=ig\\_web\\_copy\\_link](https://www.instagram.com/tv/CIWAdidHFqG/?utm_source=ig_web_copy_link)

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# NO TIGHTS FOR YOUNG DANCERS IN BALLET CLASS

Why isn't my young dancer wearing tights for ballet class? This seems unusual and kind of strange...

Two reasons.

One: In young dancers especially, it is imperative to keep an eye on their muscle development and tights make it difficult to see their budding muscle tone in their legs at a young age.

Two: Tights are expensive, don't last more than one class for young girls, and get messy FAST.

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# WHY IS MY OLDER DANCER TAKING SO MANY CLASSES A WEEK?

I feel like we are living at  
dance...

The older a dancer gets and the more advanced in their training they become, the more they have to learn! This simply cannot be done in one class a week. The strength required to continue dance training at a higher level requires commitment, discipline, and some sacrifices! I assure you that this is worth it - the life skills learned through a dance education will carry your dancer through college, their careers, building a family, or whatever they decide to do!

Need proof?

Let me know, I have some AMAZING testimonials, including my own! 😊

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# WHY DO WE HAVE SO MUCH REHEARSAL THE WEEK BEFORE A PERFORMANCE?

My dancer is pretty young to  
be there such a long time...

Yes, she is little, but this is preparing her to go on the big stage and to wait patiently backstage for her turn. If only this process was shorter and easier! This helps our stage hands and tech crew practice for the show, and this is an AMAZING opportunity for your dancer to watch, observe, and be INSPIRED by the older dancers that they are following!

Dancers come to find that dress rehearsal times come with the best memories!

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# WHY SHOULD MY DANCER ALSO TAKE TAP CLASS?

Another class on a different day, is it worth it??

YES!!!

Tap is so FUN, teaches rhythm and musicality, offers another avenue for artistic and emotional expression, and allows your dancer to potentially interact with other dancers who are not in their normal ballet class.

Training in dance styles outside of ballet help your dancer grow in their artistry and ballet technique! There is no professional dancer that does just one style of dance.

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# ATTENDANCE AND BEING PUNCTUAL

Why is it so important that  
my dancer isn't late to  
class?

Ballet class is structured to warm up the body properly to be able to do harder, bigger movements as the class progresses. Missing out on crucial warmups in the beginning of class can be harmful for your dancer. The same goes for missing classes - each class builds on the last one.

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# WHY CAN'T MY DANCER MISS CLASS BEFORE SHOWCASE?

It's just one class...

Yes, just one, however this could be the one class where their dance gets finished, or choreography gets changed. This does not set up your dancer for success! It is also not fair to their "team" who is working so hard every week to put together a great dance for the show!

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