

# HAIR

Having hair secured in dance class is extremely important, and will be enforced in all classes.

## TECHNIQUE

For ballet and jazz, wearing the hair in a secure and neat bun actually aids the dancer in their technique. When the hair is centered in the middle of the head and pulled snugly on all sides, the dancer gains a better sense of balance and control over their movements. When the dancers turn and whip their head around (called a spot), the bun allows them to have more of a snap to the movement, resulting in a better turn.

## INJURY PREVENTION

Along the same lines, if a dancer is doing a complicated jump or turn and their hair falls into their face, they may blink or brush their hair back. This can throw off their movement and result in a trip or fall. If the hair is in a ponytail and hits the dancer in the eye, they could end up with injured or scratched eyes.

## MUSCLE MEMORY

Following dress code shows respect for your teacher and for your studio's rules. This sense of respect will allow for a better learning experience for your dancer.

THIS GUIDE BROUGHT TO  
YOU BY



*an online resource for  
dancers, parents, teachers,  
and studio owners*

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Our  
Dress  
Code

AND WHY IT'S  
IMPORTANT

# DRESS CODE

Be sure to check with your studio on specific dress code guidelines.

## INJURY PREVENTION

Above all, our dress code is chosen carefully so the teacher is able to correct your student on posture and alignment, and prevent injury for the ankles, knees, hips, back, shoulders, and neck.

Teachers must be able to see that the bones are lined up, and the proper muscles are activated. This allows for a safer and more complete dance education, and longevity in your dancer's body.

## PROFESSIONALISM

When all dancers dress the same and follow the rules, it gives the dancers a sense of belonging and community. This aids in teamwork, respect for their fellow classmates, and being synchronized in their movements.

## RESPECT

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# TIGHTS

Though some dance studios do not require tights, many do. Teachers have found that students feel more comfortable in their leotard when wearing tights under them, than when they are bare-legged. It also allows for more comfortable floor-work in contemporary ballet, jazz, and modern dancing.

# SHOES

Your choice of shoes will affect your dancing drastically. Shoes must always fit the dancer's foot at the time of the fitting, and not be fitted large for "growing room." Shoes too big are a tripping hazard. Shoes too small put the dancer at risk of compressed bones, ingrown toenails, and locked up muscles.

The shoe may be a little uncomfortable at first. Many young dancers are not used to the feel. Shoes stretch and break in, and become more comfortable with time, use, and sweat.

All elastics, drawstrings, and laces should be tightly tied and secured, and tucked into the shoe to avoid slipping or tripping.

Shoes should never be worn outside of the dance studio, as it ruins the material and can track dirt and wax onto the dance floor and cause falls and injury.