

# ELLISON *Ballet*

**PROFESSIONAL TRAINING PROGRAM  
2022-2023**

Student Handbook

248 West 60<sup>th</sup> Street, New York, NY 10023

Ph: 646.385.8485 Fax: 646.385.8484

[www.ellisonballet.org](http://www.ellisonballet.org)

Dear Ellison Ballet Students and Parents,

Congratulations! We are very pleased that you will be joining the Ellison Ballet – Professional Training Program 2022-2023, with master teacher Edward Ellison, his esteemed faculty, and international guest teachers. As a student of the EB-PTP, you will benefit greatly from a highly-effective methodology and will experience accelerated development in strength, precision, confidence, and knowledge. Classes begin on Monday, September 12, 2022 and we are truly excited to have you join us!

A successful year depends on mutual respect and regard for all the rules of conduct. Ellison Ballet insists on the highest standards of ethical conduct and behavior from both students and staff. The students attending the EB-PTP are expected to be courteous, mature, focused, and able to function independently and responsibly at all times.

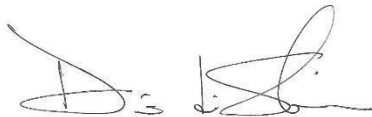
In light of the ongoing COVID-19 pandemic, please understand that there may occasionally be extra steps taken and extra effort required by all members of the Ellison Ballet family in order to ensure each other's health and safety. We are grateful for everyone's efforts and adherence to these protocols as we embark on this year together.

Please read this handbook carefully. It will provide essential information for the upcoming year in New York and should answer any questions that you might have regarding the program.

**After reading this handbook you will need to sign the Student Handbook Agreement (online form).** Please be advised that each student will need valid health insurance and a credit card on file to take part in the Ellison Ballet – Professional Training Program.

We look forward to sharing a great school year with you!

Sincerely,



Diane di Stasio  
Managing Director  
PDSO – Student and Exchange Visitor Program (SEVP)

# **Table of Contents**

Introduction to Ellison Ballet	4
Our Mission	4
Spotlight On The Serious Student	4
Faculty	4
About Edward Ellison	5
About Ellison Ballet - Professional Training Program	6
Important Contact Information	7
Travel, Parking, Public Transit/Subway	8
School Calendar	9
Academic Education	10
International Students	10
Parent Observation	10
MMAC Building/Studio Rules	11
Assessment Policy: Evaluations & Parent Conferences	12
Dress Code	13
Medical Information and Protocol for Illness	14
Local Doctor Recommendations	16
Injury Prevention and General Information	17
Dance Stores	19

## **Introduction to Ellison Ballet**

### **Our Mission**

To provide the very finest dance education to serious, talented ballet students, and offer every opportunity to explore and discover their greatest individual artistic potential in preparation for a professional ballet career.

### **Spotlight on the Serious Student**

Achieving the level of artistic excellence to succeed in the dance world takes years of practiced dedication, along with an intangible combination of physicality, mental outlook, and creative expression.

Master teacher Edward Ellison has crafted an intensive study program to meet the needs of gifted ballet students who wish to dance professionally. Both the Summer Intensive and the in-depth full-day Professional Training Program offer a stepping stone approach to realize their goals and reach higher levels of achievement.

The classes emphasize development of strong classical ballet technique, the exploration and discovery of the student's full artistic potential, and individual attention from a world class faculty.

“The study of ballet is a balance of science and poetry,” Mr. Ellison says. “In these programs, we work to achieve harmony of the physical, mental and spiritual. The successful technique is that which is infused with the power of the soul.”

### **Faculty**

**Edward Ellison** – *Founder, CEO and Artistic Director, former Soloist with San Francisco Ballet, graduate of SFB School under the tutelage of Larisa Sklyanskaya*

**Jolanta Valeikaite** – *Former Principal Dancer with Lithuanian National Opera Ballet, Graduate of National Ballet Academy Vilnius*

**Bat Udval** – *Former Principal Dancer with Russian State Ballet in Moscow, Graduate of Perm Ballet School*

**Evgenia Singur** – *Former Soloist with Russian State Ballet in Moscow, Graduate of Bolshoi Ballet Academy*

**Olga Bazilevskaya** – *Graduate of Moscow Conservatory College in Russia, 30 years music experience*

**Juan Rodiguez** – *Former dancer with the Alvin Ailey Company, Cedar Lake, Complexions Contemporary Ballet. Graduate of The Juilliard School.*

**Ashley Carter** – *Co-Director of DoubleTake Dance*

*Additional faculty and guest faculty to be announced.*

### **Accompanists**

Olga Bazilevskaya

Irina Fedorova

Igor Pancevski

Irina Milko

## About Edward Ellison

*Founder, CEO, and Artistic Director of Ellison Ballet*

Edward Ellison is the founder and artistic director of the Ellison Ballet - Professional Training Program, in New York City. As a dancer, teacher, ballet master and coach, Mr. Ellison has traveled the world. He has served as ballet master for Boston Ballet, Norwegian National Ballet, Alberta Ballet, and has taught for such companies as American Ballet Theatre, Alvin Ailey, Metropolitan Opera Ballet, and Houston Ballet. Mr. Ellison has also taught for the schools of San Francisco Ballet, Joffrey Ballet, Boston Ballet, the Jacob's Pillow Dance Festival, several universities and colleges throughout the U.S., and continues to be on the faculty of STEPS on Broadway. Through his detailed technical and artistic influence, Mr. Ellison's students have been awarded numerous top prizes in international ballet competitions: Moscow IBC; USA (Jackson) IBC; Youth America Grand Prix; World Ballet Competition; and Tanzolymp-Berlin. Graduates of EB-PTP can be seen dancing for some of the most prestigious companies across the globe, and his school has received the YAGP Outstanding School and Outstanding Teacher Awards. Mr. Ellison has also been featured in articles in Dance Magazine, Pointe, and Dance Spirit.

With love and devotion to his students guiding his work, his approach is infused by study and close association with renowned ballet masters and directors, such as Larisa Sklyanskaya, Helgi Tomasson, Irina Jacobson and Marius Zirra. He particularly credits his years of pedagogical study with Ms. Sklyanskaya for the depth of his artistic knowledge, as well as teacher courses at the Vaganova Ballet Academy in Russia and the National Ballet School in Canada. A former soloist with the San Francisco Ballet and guest artist with many companies in the U.S. and abroad, Mr. Ellison's repertoire spans the great classical works of the 19th century to neoclassical and contemporary choreography of the 20th century.

**“My work is laced with the belief  
that my students are capable of  
achieving extraordinary results.  
The sky is the limit!”**

*-Edward Ellison*

## About Ellison Ballet – Professional Training Program

This year-round program is designed to meet the needs of those dedicated students 12-19 years of age who seek the highest standard of classical ballet education to prepare for a professional career.

There is great emphasis on our men's program, focusing on the development of the power, stamina, and masculinity associated with strong male technique.

Working daily under Edward Ellison's artistic direction, and his faculty's careful guidance, students develop the essential skills to fully explore and realize their greatest individual potential. This program is based on the Vaganova method, a system of training that is logical, thought-provoking, inspiring, and highly effective.

Mr. Ellison employs a combination of detailed technical insight — including precise verbal and physical guidance to ensure proper alignment, placement, strength and coordination of the body — and artistic vision to excite and advance the student's journey.

Along with daily lessons in classical technique, students are immersed in learning the classical repertoire and are exposed to a variety of workshops to develop fluency in various styles of dance.

Ellison Ballet's exceptional Vaganova-based training includes:

- Classical Technique
- Separate Men's Class
- Pointe/Variations
- Male Variations
- Pas de Deux
- Character
- Conditioning
- Music
- Contemporary
- Performances
- Workshops
- Selected students chosen for domestic/international competitions

~ A program designed to meet the needs of students who seek the highest standard of classical ballet education. ~

## **Important Contact Information**

The most important thing to know as a student of Ellison Ballet, is that the Ellison Ballet staff is available to you – we have an open-door policy when it comes to our students and parents. We encourage our students to call, email, or stop by our office if you have questions or concerns about anything. It is also very important to communicate with Ellison Ballet faculty and staff if you have an injury or illness.

### **Ellison Ballet Address & Contact Information**

#### **Ellison Ballet**

248 West 60<sup>th</sup> Street  
New York, NY 10023  
646.385.8485

[info@ellisonballet.org](mailto:info@ellisonballet.org)  
[www.ellisonballet.org](http://www.ellisonballet.org)

P: 646.385.8485  
F: 646.385.8484

Ellison Ballet is located in the Manhattan Movement & Arts Center. Located in Manhattan's Upper West Side, MMAC's beautiful state-of-the-art dance facility is convenient to Lincoln Center, Broadway's Theater District, Central Park, and is easily accessible to public transportation at Columbus Circle. Its facility includes a 200-seat theater venue that has hosted a variety of companies. MMAC – 212.787.1178

### **Ellison Ballet Administration**

**Diane di Stasio**, *Managing Director & PDSO - Student and Exchange Visitor Program (SEVP)*  
[diane@ellisonballet.org](mailto:diane@ellisonballet.org)

**Eryn Renee Young**, *Design & Administrative Associate*  
[eryn@ellisonballet.org](mailto:eryn@ellisonballet.org)

**Erica Jacobsohn**, *Summer Intensive Registrar & Coordinator*  
[summer@ellisonballet.org](mailto:summer@ellisonballet.org)

### **School Social Media**

Facebook: <https://www.facebook.com/Ellison-Ballet-120177251356503/>  
Instagram: @EllisonBallet  
Twitter: @EllisonBallet

## **Travel**

**Ellison Ballet:** 248 West 60<sup>th</sup> Street, New York, NY 10023

### **Parking**

*Limited street parking*

### **Commercial Parking Recommendations**

Central Parking Systems

15 West End Avenue, New York, NY

P: 212.246.4256

Central Parking Systems

30 West End Avenue, New York, NY

P: 212.586.2848

Enterprise 60 West, LLC

10 West End Avenue, New York, NY

P: 212.247.2752

### **Public Transit Routes**

Subway: 1, A, C, B, D to 59<sup>th</sup> Street/Columbus Circle (Recommended to avoid traffic)

Bus: M11, M57

### **MTA Subway Cost:**

*Two ways to pay: MetroCards & OMNY*

### **Metrocards:**

MetroCards are sold at vending machines located inside subway stations. A \$1 fee applies to each new card purchased. There are three card types:

- Pay-Per-Ride: Each ride costs \$2.75. Buy as many rides as you want from \$5.50 to \$80.
- Unlimited Weekly card: \$33
- Unlimited Monthly card: \$127

### **OMNY (One Metro New York Payment System):**

Enter the subway and pay-per-ride (\$2.75) by tapping a contactless card or smart device.

\*After 12 rides in each weekly period Monday through Sunday, all subsequent rides that week are free.\*



You can also register for an OMNY account that gives you access to a secure, personalized dashboard where you can view your trips and charges, manage your payment methods, and more.

More info: <https://omny.info/>

*\*OMNY payment is available in most but not all subway stations.*



## **2022-2023 School Calendar**

### **Fall Semester**

- September 12 Ellison Ballet Orientation & Classes Begin
- October 10 Closed - Columbus Day
- November 11 Closed - Veterans Day
- November 21 - 27 Closed - Thanksgiving Break
- November 28 Ellison Ballet classes resume
- December 5 - 9 Mandatory Technical/Dress Rehearsals
- December 12 - 13 Ellison Ballet Showcase Performances
- December 14 - 16 Student Evaluations & Conferences
- December 17 - January 3 Closed – Holiday Break

### **Winter Semester**

- January 4 Ellison Ballet classes resume
- January 16 Closed - Martin Luther King, Jr., Day
- February 20 Closed - President's Day
- March 20 - 26 Closed - Winter Break
- March 27 Ellison Ballet classes resume
- April 7 - 10 Closed - Easter Holiday Break

### **Spring Semester**

- April 11 Ellison Ballet classes resume
- May 8 - 12 Mandatory Technical/Dress Rehearsals
- May 12 - 13 Ellison Ballet Spring Showcase Performances
- May 15 - 17 Student Spring Evaluations & Conferences
- May 18 - June 4 Closed – Spring Break
- June 5 Ellison Ballet classes resume (Summer Intensive programs)
- July 28 School showing & Final Day

\*\*\*Class Exams TBA

\*\*\*Schedule subject to change

## **Academic Education**

Ellison Ballet recognizes that a complete and rigorous academic education is crucial to the development of each student and in accordance with the regulations of the Chancellor of the City District of New York and all other regulations of the City and State of New York, requires that all enrolled students have a plan in place to complete their high school education.

Students and families are expected to make their own individual arrangements for independent academic schooling so as to accommodate each student's unique needs. Ellison Ballet recommends the following qualified online educational institutions that fulfill City and State educational requirements toward the completion of the high school diploma:

- Dwight Global Online School
- Laurel Springs School
- Stanford Online High School - Stanford University
- The George Washington University Online High School
- The Keystone School

Additional program recommendations available upon request.

## **International Students**

Ellison Ballet is authorized under Federal Law to enroll nonimmigrant alien students. International students who are invited to enroll in the Ellison Ballet - Professional Training Program will be required to obtain an M-1 Student Visa. Ellison Ballet will provide the student with the necessary forms and instructions on how to apply for the visa. For more information or questions, please contact school DSO Diane di Stasio at [diane@ellisonballet.org](mailto:diane@ellisonballet.org).

## **Parent Observation**

Parents, guardians, and relatives may be invited to watch in-studio classes during specified Observation Days, dates to be determined. Class observation is not permitted outside of these designated times.

## **MMAC Building and Studio Rules**

### **General Rules**

- Cell phones must be turned off during class.
- Chewing gum is not permitted at any time.
- Please clean up after yourselves (i.e. – after you eat lunch, snacks).
- Please write your name on all of your belongings. Ellison Ballet/MMAC is not responsible for missing items. Lost-and-found area is at the front desk of MMAC and the Ellison Ballet office.
- Students must wear shoes at all times when walking around the building (i.e. – outside of the studios).

### **Locker Rentals at MMAC**

MMAC/Elison Ballet studios allow for free daily use of lockers, provided they are emptied at the end of each day. To keep items overnight in lockers, there is a rental fee of \$10 per week; \$20 per month and \$100 per year. All unauthorized and unpaid lockers will have the locks clipped. Locks are not provided. Neither Ellison Ballet nor MMAC are responsible for lost or stolen personal property left in the lockers.

Please reserve your lockers ahead of time by calling MMAC at 212.787.1178 or emailing [d.cruz@manhattanmovement.com](mailto:d.cruz@manhattanmovement.com). Ask for David Cruz, Senior Receptionist and make sure to mention that you are a student of the Ellison Ballet – Professional Training Program.

### **Lost and Found**

There is a Lost and Found located at the front desk of Manhattan Movement & Arts Center. Ellison Ballet and Manhattan Movement & Arts Center assume no responsibility for lost items. The front desk staff will hold on to Lost and Found items for one month before donating them to a charitable organization.

## Assessment Policy: Evaluations & Conferences

Every student will receive two evaluations during the academic year.

The first evaluation will be given in December in the form of a verbal conference between the student and his/her instructor. Parents are welcome and encouraged to join these meetings. If a parent cannot be there in person, a conference call can be arranged. These evaluations are designed to help the students quickly identify their relative strengths and weaknesses as a student of classical ballet.

The second evaluation will be given in May. In addition to the verbal conference, written evaluations provide a calculated assessment of each student's work for each semester. In this evaluation, students are graded by the following system on a scale of 1 (very poor) to 5 (excellent):

<u>Technical Score</u>	<i>Criteria evaluated may include:</i> alignment/placement; use of turnout; footwork; flexibility; strength; balance; coordination; extension; port de bras; linking steps; pirouettes; jumps; batterie
<u>Artistic Score</u>	<i>Criteria evaluated may include:</i> musicality; pose quality; movement quality; fluidity; stage presence
<u>Other Scores</u>	<i>Criteria evaluated may include:</i> overall progress; attendance; grooming; application of corrections; enthusiasm; memory; work ethic; focus
<u>Final Exam</u>	<i>Criteria evaluated may include:</i> technique; artistry

Scores for each individual criterion are averaged to give a combined score for each grouping, and the four combined scores are averaged to provide the student's overall final score. Additional written commentary is provided by the teacher in each area to contribute further detail to the student's scores and progress.

Students are not guaranteed acceptance for the subsequent school year. Acceptance and or promotion to the next level is based on each individual student's age, technical abilities, strength, progress, attendance record, and faculty recommendations.

## Dress Code

**\*\*\* Mr. Ellison would like everyone in dress code per items listed below without exception.**

### **Junior Ladies**

- Leotard TBD
- Wrap skirt TBD (for pas de deux & pointe classes)
- Pink or skin-tone footed tights
- Pink or skin-tone ballet slippers
- Pink or skin-tone pointe shoes\*
- Black character shoes
- Black character skirt (length: below knee or mid-shin)
- Contemporary: neat form-fitting dancewear; socks or bare feet
- No excessive jewelry

### **Senior Ladies**

- Leotard TBD
- Wrap skirt TBD (for pas de deux & pointe classes)
- Pink or skin-tone footed tights
- Pink or skin-tone ballet slippers
- Pink or skin-tone pointe shoes\*
- Black character shoes
- Black character skirt (length: below knee or mid-shin)
- Contemporary: neat form-fitting dancewear
- No excessive jewelry

### **Gentlemen**

- White Fitted T-Shirt  
(Preferred Brand: Body Wrappers ProWear Fitted Short Sleeve Shirt Style #M400 - <https://bodywrappers.com/collections/shirts-mens/products/fitted-short-sleeve-shirt-dance-m400-mens>)
- Black footed tights
- Black ballet slippers
- Black character shoes or jazz shoes
- Dance belt
- 6-8" black elastic belt
- Contemporary: neat form-fitting dancewear
- No excessive jewelry

\*Virtisse is the preferred pointe shoe brand of Ellison Ballet. However, students are encouraged to use whichever pointe shoe brand best suits their individual needs.

## **Medical Information & Protocol for Illness**

**Students must complete all medical information and release forms in order to participate in classes at Ellison Ballet.**

All students must provide Ellison Ballet with a copy of their medical insurance card and all necessary insurance information. Students are expected to carry a copy of their insurance card in their bag/on their person while at Ellison Ballet.

All medical costs are the sole responsibility of the student/family.

### **Preventive Measures**

- If you are sick in any way, please stay home and rest. This will allow you to recuperate and will prevent others from becoming ill. Don't forget to email [info@ellisonballet.org](mailto:info@ellisonballet.org) to report your absence.
- Flu shots are generally available at pharmacies such as Walgreens/Duane Reade for free or for a minimal fee.
- If you have a fever, please stay home and rest. Drink plenty of fluids! You may return to class once your temperature has stayed below 100.4 for 24 hours.
- If you need to see a doctor and do not have a primary care physician in the area, please call Ellison Ballet Staff for assistance.

### **Local Hospital Recommendations**

#### **Closest Emergency Rooms**

**Mt. Sinai West – 212-523-4000** - (10<sup>th</sup> Avenue & 59<sup>th</sup> St.)

**Lenox Hill Hospital – 212-434-2000** - 100 East 77<sup>th</sup> Street (and Park Avenue)

#### **Closest Urgent Care Facilities**

**CityMD – 212-315-2330** – 315 West 57<sup>th</sup> Street (between 8<sup>th</sup> & 9<sup>th</sup> Avenues)

**Hours:** Mon-Fri: 8:00am-10:00pm, Sat-Sun: 9:00am-9:00pm

## Local Doctor Recommendations

### **Orthopedic/Podiatric Physicians**

Dr. Bauman

Orthopedic Associates of New York

343 West 58<sup>th</sup> St (b/t Broadway & 9<sup>th</sup> Ave)

212.765.2260

Columbus Circle Foot Care (Podiatrist)

David B. Dixon, DPM

30 West 60<sup>th</sup> St

212.957.9040

[www.columbuscirclefootcare.com](http://www.columbuscirclefootcare.com)

Dr. Thomas Novella (Podiatrist)

343 West 58<sup>th</sup> St

212.506.0242

<https://bit.ly/2TDAck3>

Dr. Gallina

Foot and Ankle Orthopedic Surgery

240 Central Park South, Suite 2-0

212-265-0255

### **Acupuncturists**

Cynthia Rose

315 West 98<sup>th</sup> Street, 4BR

212-877-5611

Email: [cmroseny@earthlink.net](mailto:cmroseny@earthlink.net)

Adina Konits

Tri-State College of Acupuncture

80 8<sup>th</sup> Avenue, Suite 400 (at 14<sup>th</sup> street)

212-242-2254 or 347-216-0037

Email: [Adina.konits@gmail.com](mailto:Adina.konits@gmail.com)

Megan Richardson

*\*Recommended by the Harkness Center for Dance*

*Injuries*

99 Madison Avenue, Suite 403

516-983-4940

Email: [acupuncturehab@gmail.com](mailto:acupuncturehab@gmail.com)

### **Physical Therapy**

Robert Van Buren\*

Massage/Myofascia Therapist

311 West 78<sup>th</sup> St., Apt. 6 (b/t Bway & West End)

917.806.0509

Email: [rob\\_vanburen@yahoo.com](mailto:rob_vanburen@yahoo.com)

\*EB-PTP Therapist

Dr. Shmuel Tatz & Daniel Padmos

Body Tuning Physical Therapy

30 West 60<sup>th</sup> Street, #1D

212-246-7308

[www.bodytuning.us](http://www.bodytuning.us)

PhysioArts – Physical Therapy Group

230 West 38<sup>th</sup> St., 18<sup>th</sup> Floor (b/t 7<sup>th</sup> & 8<sup>th</sup> Ave)

212.997.7490

[www.physioarts.com](http://www.physioarts.com)

Manhattan Physio Group – Natalie Imrisek

130 West 56<sup>th</sup> St., Ste. 701

212.247.8436

[www.manhattanphysiogroup.com](http://www.manhattanphysiogroup.com)

Westside Dance Physical Therapy

53 Columbus Ave., (b/t West 61<sup>st</sup> & 62<sup>nd</sup> St)

212.541.8450

[www.westsidedancept.com](http://www.westsidedancept.com)

### **Health and Wellness**

Dr. Jessica Grant (Pediatrician)

Manhattan Valley Pediatrics

2637 Broadway

917-921-6219

[www.manhattanvalleypediatrics.com](http://www.manhattanvalleypediatrics.com)

Brown & Medina Nutrition

120 East 56<sup>th</sup> Street, Suite 540

212-759-6999 x100

[www.brownmedinanutrition.com](http://www.brownmedinanutrition.com)

Elizabeth Sullivan

Success Coach & Wellness Mentor

646-544-6455

[www.easullivan.com](http://www.easullivan.com)

## Injury Prevention and General Information

### **Injury Prevention Quick Tips**

- Heat before activity, ice after
- Wear supportive shoes on NYC pavement
- Make sure your ballet slippers and pointe shoes have proper fit
- Drink plenty of water to stay hydrated
- Eat throughout the day to keep your energy up
- Get enough sleep consistently, approximately 8 hours.
- Take it easy during growth spurts

### **Injury Risk Factors for Ballet Dancer**

- Fatigue
- Overwork
- Dehydration (3 liters per day is recommended)
- Poor/inadequate nutrition
- Technique and alignment problems
- Muscle imbalance like weak core
- Poor aerobic or endurance fitness
- Footwear/lack of footwear
- Growth spurts
- Overdoing extracurricular activities

### **Managing and Recognizing an Injury**

#### **1. General Rules**

- a. Acute injuries should always be iced.
- b. Ice for 15-20 minutes and make sure that you protect the skin with a thin towel.
- c. Heat can be used at the beginning of the day to warm muscles up or for general overall muscle soreness at the end of the day to relax muscles.
- d. For an acute injury, remember RICE = Rest, Ice, Compression, and Elevation
- e. An anti-inflammatory should be used cautiously and appropriately to get rid of inflammation – should not be used to help you dance without pain.

#### **2. When to refer to a doctor or PT**

- a. Pain that persists for more than 2-3 days, especially if you have pain at night.
- b. Limping.
- c. Inability to stand up straight and level.
- d. Asymmetries (significant) are early signs of spinal curvature – should be caught in a regular physical with your doctor.



## Common Issues in Young Dancers

Adolescent growth spurt is probably the most difficult time for a dancer to negotiate. It is a huge time of change, both physically and emotionally. The age of onset varies: Girls between the ages of 11-15; Boys between the ages of 12-14 up to 18. (*There will be exceptions outside these age ranges.*)

### Signs of a Growth Spurt

- Decreased flexibility, strength, coordination, balance. (Bones often grow faster than muscle.)
- Often there will be an increase in weight – don't diet, EAT HEALTHY DIET!

## Shoe Sizing and Foot Care

### Shoe Fitting

- Pointe shoes should be resized at least every 3 years throughout a dancer's career.
- More frequent resizing during growth spurts.
- Boys need to make sure that their shoes don't get too tight.

### Blisters

- Catch them before they form wherever you see redness or skin irritation.
- Cover area with Band-Aid or tape. Spenco Second Skin is a good friction absorbing product.
- Once a blister is formed, do not pop it or remove skin flap. If it is very large, drain with a sterile needle or see a Physical Therapist.
- Avoid infection – Keep the area clean. Use hydrogen peroxide and a small amount of Neosporin. Keep it covered in the pointe shoe.

### Calluses

- Some callus formation is good but too much can cause pain, skin splitting or blistering underneath the callus.
- Dancer should not remove callus entirely but can regularly pumice after soaking.

### Corns

- Corns are the result of abnormal pressure from incorrectly fitting/too tight shoes.
- Use non-medicated corn pads.
- Dry feet well and let them air out – too much moisture can encourage soft corns.

### Ingrown Toenails

- Redness is the first sign of an ingrown toenail.
- Avoid them by cutting nails straight across.
- Watch for any sign of infection – pain, redness and warmth.
- Do not try to pick it out – this will risk infection.

### Plantar Warts

- Avoid plantar warts by wearing shoes in the dressing rooms, hallways, and showers. Removal can also be problematic because of risk of infection and increased pain following removal.

## **Dance Stores**

Please contact stores individually to determine hours/availability – hours subject to change.

### **Virtisse**

#### **OFFICIAL SPONSOR OF ELLISON BALLET**

Master Pointe Shoe Fitter: Judy Weiss

\*\*Formerly known as GRISHKO

<https://www.virtisse.com/>

### **Bloch**

50 Columbus Avenue (between 62<sup>nd</sup> & 63<sup>rd</sup> St.)

347-983-6759

M-Th: 10am-7pm; Sat: 10am-8pm; Sun 12-5pm

<https://us.blochworld.com/>

### **Capezio**

1650 Broadway (at 51<sup>st</sup> St)

212.245.2130

M-F: 10am-7pm, Sat: 10am-7pm, Sun: 12-5pm

<https://www.capezio.com/>

### **Class-In Dance Shop**

325 West 38th street, #1201 New York, NY 10018

info@classindancewear.com

By Reservation

<https://classindancewear.com/>

### **Yumiko World**

214 W. 39<sup>th</sup> St.

212.969.9400

M-F: 11am-7pm, Sat & Sun: 11am-6pm

[https://www.yumiko.com/us\\_en/](https://www.yumiko.com/us_en/)

### **Gaynor Minden**

140 West 16<sup>th</sup> St. (between 6<sup>th</sup> & 7<sup>th</sup> Avenue)

Physical Store Temporarily Closed as of July 2022

212.929.0087 x 29, or 800.637.9240, x29

<https://dancer.com/>

## **Student Handbook Agreement**

**All students must sign the Student Handbook Agreement (online form) agreeing to the terms herein. A parent/guardian must sign for all students under the age of 18.**

Digital signature is a binding agreement and student and parent agree:

1. That they have thoroughly read and understand the Ellison Ballet - Professional Training Program 2022-2023 Student Handbook
2. To adhere to and abide to all of the policies, protocols, and procedures presented in the EB-PTP 2022-2023 Student Handbook