



OUR MISSION:

EXCELLENCE - POSITIVITY - ACCOUNTABILITY

RELATIONSHIPS - EVERYTHING ELSE

High Pointe Staff is committed to serving our students and families with energy and intention.

SYLLABUS:

High Pointe will immediately begin implementing the International Journal Technique (IJT) syllabus.

IJT is a 10th grade level ballet to develop posture, skills, strength, focus, flexibility and strength as technique is focused on floor and ballet.

This will enable students to progressively build all elements and ensure all of our technique classes are profitable.

The end goal is to motivate and enable dancers to reach their full technical potential.

We will pair our IJT syllabus with a comprehensive strength and conditioning program.

This program is written specifically for dancers to enhance performance, minimize injury risk, and promote career longevity.