

Crossed Elastics - Instructions

R.A.D Ballet Grade 1 – 6 Students ONLY

As you are aware your child's R.A.D Ballet exam and rehearsal are rapidly approaching. Your child has now progressed into a grade where they need to make the transition to 'crossed elastics' on their ballet shoes. Traditionally this is a big moment for a ballet student as it is the progression to becoming a 'proper ballerina'. Any student in Grade 1, 2, 3, 4, 5 or 6 Ballet will require crossed elastics for their exam rehearsal as well as their examination. Typically this transition would have been known as 'ballet ribbons' however after many years of children struggling to tie and untie ribbons, and having ribbons fall out while the child is dancing and consequently losing marks, Miss Alanna has come up with an invention called 'crossed elastics' that has been working successfully for years. The students will be able to slide their shoes on and off like normal ballet shoes however it looks exactly like traditional ballet ribbons.

Please read through the instructions in detail as there are often important notes about placement, tension and colour that will make a huge difference to the success of the crossed elastics. If you sew it incorrectly you will have to sew it again as mistakes will not be accepted in the children's exams – so take your time, refer to the pictures and if you are unsure at anytime lightly tack the pieces into place and come see Miss Alanna.

You will need:

- Scissors
- A needle
- Pins
- Safety Pin
- New elastic (provided)
- Strong cotton (pale pink preferably)
- Child to be present for measurements



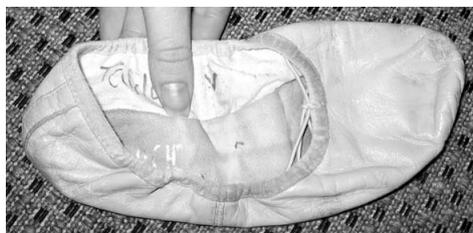
1. Cut off any existing elastic and/or ribbons.



2. Identify the shiny and matt side of the elastic provided. When sewing the elastic onto the inside of the shoe the MATT SIDE should be facing out (it will be seen) and the shiny side will be facing the leg/foot.

IMPORTANT: You have been provided with enough elastic to do both shoes and possibly extra depending on the size of your child's foot and ankle. The elastic MUST be measured on each individual child – please do not guess.

3. Locate the side seam on the inside of the ballet shoe. Leave a thumb space from the seam (towards the heel of the shoes) to where the new elastic will be attached.



4. Commence hand sewing the elastic to the inside of the shoe. Please ensure you use similar coloured cotton and that you stitch firmly into place with lots of little stitches the whole way around.



IMPORTANT: Stitch the elastic down quite deep into the shoes, as this assists in pulling the side of the shoes up and creating a nice line on the dancers foot and also ensures that the elastic will not fray and detach itself from the shoes.

5. Once you have sewn ONE side of the elastic into the shoe get the student to try the shoe on. Pulling firmly:

- Cross the elastic diagonally up in front of the foot towards the ankle bone



- Continue horizontally around the back of the ankle.



- Continue horizontally across the front of the foot and around to the back again.



- Lastly bring the elastic diagonally down (crossing over the first diagonal line) towards the side of the shoe you have not stitched yet.



IMPORTANT: Please be aware that traditional ribbons and crossed elastics DO NOT wrap around the calf muscle and/or higher. The elastic should be no higher than the base of the calf muscle. Please refer to pictures carefully. If you pull the elastic too high at this point it will bag in the correct position.

IMPORTANT: The elastic should always have the matt side facing out and never have any twists in it.

IMPORTANT: The elastic needs to be firm as it is the only thing that will hold the shoe to the student's foot. The elastic should be stretched around the ankle at this measuring stage and should feel quite firm to the student. DO NOT let the students dictate to you the tightness as this is new for all students and they will be unfamiliar with how this should feel.

6. Pin the loose end of the elastic into place with a safety pin while the student has the shoe on. Also place a pin in front of the elastic at the point where the 2 diagonals cross and a pin at the back where the two back elastics neatly overlap.



7. Keeping the pins in place, ask the student to carefully take the shoe off maintaining the formation of loops and crosses.

8. Trim off any excess elastic and stitch the end of the elastic to the inside of the ballet shoe as done in step 4.



IMPORTANT: when stitching the 2nd end of the elastic to the shoe you MUST keep the elastic in the formation you have just pinned around the child's foot.



9. Gently stitch the point at the front of the foot where the elastic crosses over (trying your best to make the stiches invisible). Stitch the two layers of elastic together. Next stitch the point at the back where the elastic neatly overlaps. Once again stitch both layers together. Please refer to the pictures.

IMPORTANT: by stitching the front and back points students should have a very neat loop to step in and out off.

10. Using the spare elastic repeat this process on the other shoe.

11. Please take this time to ensure that you child's shoes are clean. If not please paint your child's shoes using the Flexible Paint (tutu pink) available at Energetiks Dance Wear Store in East Bentleigh. Follow the instruction on the paint.



F.A.Q

Why must the students have crossed elastics?

It is a requirement of the R.A.D to have ribbons or our equivalent crossed elastics on the ballet shoes for examinations

Is there a sample to look at?

You can find a sample pair of shoes located in the Dance Desires foyer. Please do not take the shoes home with you as there are many parents who will need to take a look.

What do I do if I can't sew?

Ask a friend or another mother in the class. Dance Desires has a very friendly community of mothers in the school who are always willing to help.

When does this need to be done by?

A.S.A.P – the more practice time students get in their crossed elastics the better prepared they will be for their examination.

How long does it take?

Approx 30mins for experienced sewers – novices may like to allow more time.

Will Miss Alanna do it for me?

No – Miss Alanna unfortunately does not have time to do this for you, however she will offer guidance where needed.

I have lost my instructions?

You are able to download and print a full set of instructions of the internet at the Dance Desires website.