

Testimonials

“Certainly using the [ABT National Training] Curriculum had already made a big difference in the consistency of our instruction, but the exam gave the students purpose.”

- *Risa Kaplowitz, ABT Affiliate Teacher & Affiliate Examiner*

“After a full day of [ABT Student] ballet exams...I realized I had so much still to learn about teaching classical ballet to a new generation of children.”

- *Deb German, ABT Affiliate Teacher*

“Feedback from examiners has proved invaluable, and means that our teachers and students continue to improve each year.”

- *Dalia Rawson, ABT Affiliate Teacher & Affiliate Examiner*

“When the certificates arrived and I handed them to students, it was wonderful to see their reaction and how accomplished they felt.” - *Melania Ballish Regueiro, ABT Affiliate Teacher*

“Examinations have also offered a richness to the students training they would not have received otherwise and has offered me growth as an instructor as well.”

- *Amanda Luton, ABT Affiliate Teacher*

“It was exciting for me to pass the [ABT student] exam ... No one I know has ever done that.” - *Gavrielle, age 10*

“I appreciated the examiner comments section of the student evaluation. The adjustments suggested in this section will be beneficial in refining my technique.” - *Megan, age 13*



Photo credit: Natalya's Turning Pointe



AMERICAN BALLET THEATRE

National Training Curriculum

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A Parent's Guide to Student Examinations



AMERICAN BALLET THEATRE®

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Dear Parents,

In May 2006, the United States Congress officially acknowledged American Ballet Theatre as America's National Ballet Company®. With this honor, ABT is committed to taking a leadership role in dance training in the United States and created the ABT National Training Curriculum.

Studies have shown that ballet training can have astonishing benefits for students, benefits that will stay with them throughout their lives, such as: improved proprioception, coordination, posture and cardiovascular health; as well as discipline and realization of the importance of fulfilling commitments and team-work. Other benefits include self-esteem, communication skills, cultural enrichment and better cognitive abilities, including reading and mathematics.

To raise the quality of training, ABT offers teachers the opportunity to become Certified Teachers of the ABT National Training Curriculum. The ABT National Training Curriculum provides teachers the information and tools needed to implement the best practices in pedagogy, child development, dance psychology and anatomy. To this end the ABT National Training Curriculum established student examinations that provide teachers clear models of what are suitable parameters and expectations.

WHAT ARE ABT NATIONAL TRAINING CURRICULUM STUDENT EXAMINATIONS?

The ABT National Training Curriculum Student Examinations are a graded examination system based on sound ballet principles, incorporating elements of the French, Italian & Russian schools of training.

WHAT OCCURS DURING ABT NATIONAL TRAINING CURRICULUM STUDENT EXAMINATIONS?

An adjudicator from the ABT National Training Curriculum Artistic Board of Examiners will observe the students perform a prepared examination class, which is conducted by the students' ABT Certified Teacher. The students must have the examination class memorized.

Below photo credit: Rosalie O'Connor
Cover photo credit: Horst Frankenburger



THE BENEFITS:

- Examinations serve to assess students' skill level and artistic presentation.
- Students are offered the opportunity to have their achievements in dance recognized through entering into ABT National Training Curriculum Examinations.
- Examinations are a tool to document progress and a way to build confidence in ability.
- Students receive a personalized Rubric with constructive feedback.
- Students also receive a Certificate of Participation with their name, date of the examination, Class Level and Level of Distinction, if applicable.

HOW CAN STUDENTS PREPARE FOR EXAMINATIONS?

Since the examination class is a culmination of the training the students have received throughout the school year and a way for the students to demonstrate their dedication, students can best prepare for the examinations by:

- Regularly attending their ballet classes
- Adhering to the rigor and ritual required
- Committing to learning and memorizing the work presented by their ABT NTC Certified Teacher
- Demonstrating a joy in dancing and artistic presentation