



February 11, 2014

Pointe Shoe Pointers

It may have been snowing Sunday night in New York City, but that didn't stop students, parents and teachers from flocking to The School at Steps Pointe Shoe Workshop and Fair, part of the school's Complete Dancer Series, sponsored by *Pointe*.

A panel of experts that included podiatrist Dr. John Brummer, pointe shoe fitter Mary Carpenter, and master teacher Lisa Lockwood led a discussion on foot care, injury prevention, pointe training and fitting protocol, while New York City Ballet soloist Savannah Lowery shared her journey towards finding her perfect shoe. At one point, Carpenter had students take off their boots to show how different foot shapes correspond to different shaped pointe shoe boxes. Afterwards, students could take pictures with Lowrey and peruse the latest pointe shoe styles from Capezio, Freed, Chacott and Gaynor Minden.

Next up in the series? An [injury prevention workshop](#) on April 6, 2014.

- Amy Brandt's blog