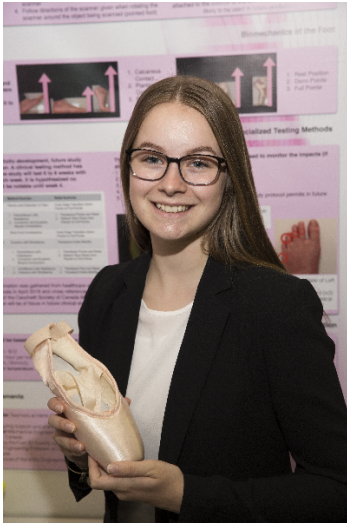


CWSF 2019 - Fredericton, New Brunswick



Phylecia Ferguson

What's the Pointe? Act II

Challenge: Innovation

Category: Senior

Region: Chignecto West

City: Elmsdale, NS

School: Hants East Rural High School

Abstract: Ballet dancers attain many injuries during their careers because of the positions required from their body. To help dancers while maintaining traditions, an orthotic to go inside of a female ballet dancers shoe has been developed to minimize the injuries attained by the aging population of professional dancers.

Biography

Unlike most teenagers, academics is where I love to spend my time. Studying, learning and pursuing curiosity are the things I love the most. While I am not studying, I can be found expressing school spirit through student council and the Nova Scotia International Student Program where I teach international students about our country and culture. From organizing activities to recruiting new members, I can be found doing it all! I have danced with the Halifax Dance Intensive Training Program in the Young Company as well as trained with the School of Toronto Dance Theatre. Growing up in a strict genre of dance, mainly ballet, I adapted to time management and striving for excellence at a young age. My advice to other students thinking about doing a project would be; stop thinking and start doing!