As a team parent your participation is key to your child’s success! We want you to know that as a staff, we appreciate all the time and energy you put into your dancer. This year, we have a lot of first-time soloists and first time team members, so we decided to give you a “what to expect and what is expected of you” list. ☺

Leading up to competition day:

* Have your dancer practice doing their hair in the required styles for their pieces. If they are confident, competition day will be a lot less stressful. (We do understand that dancers may still need some assistance, but practice will help!)
* Have them take the costume checklist at the end of this sheet and go through every individual item on it to make sure it's in their bag. This saves you from making the frantic trip home and back to search for the missing item. If your dancer is missing a necessary costume piece, they may not be allowed to go on stage.
* Prepare a CD with the dancer’s name and name of the song written on it. Occasionally you will be asked to have your dancer’s competitor number listed as well. Also have a flash drive or some other mobile device with an MP3 version of your song. And always bring a backup! Tremaine has a time limit on solos; your music will be denied if it is longer than 2:45. Plan accordingly.

Day of competition

* Make sure your dancer has a good breakfast, and drinks lots of water! Bring snacks for your dancer, (nothing gooey or sticky, and please be aware that some dancers have nut allergies). Make sure your dancer has a robe or something to wear over their costumes when they eat. Dancers aren’t allowed to eat in an uncovered costume, and if food gets spilled on a costume before a performance they will not be going on stage.
* Bring extras of everything because accidents do happen! Tights get snagged, hair ties break, costumes need a quick mend, people start their periods. Make sure you have the supplies necessary and know that the coaches are equipped to handle pretty much every emergency because they have been exactly where these dancers are now.
* Have your dancer bring something (quiet) to do to keep them occupied as there is a lot of down time during the day.
* Each competition has different requirements for arrival times, and these can usually be found on the competition website. As a general rule though, plan to be in the building one hour before your listed stage time.
* When you first arrive, check in and drop off your dancer’s music. Always have a back-up copy with you!
* If this is a team competition, drop your dancer off with their coach once they are checked in. Dancers will remain with their coaches until awards are presented at the end of the day. Designated dressing areas are frequently small and having extra bodies adds to the chaos. Part of participating on team is learning to be self-sufficient, and being responsible for their own hair and costume changes is part of that. Teammates, more experienced dancers, and coaches are available to help if necessary.
* If your dancer is performing a solo and it's not a day that their team is competing, make sure they warm up thoroughly about half an hour before their listed time. Remember to start with cardio and be really warm before any stretching is done. The last thing anyone wants is an injured dancer. On team competition days, coaches will be warming everyone up shortly before they go on stage.
* Find a seat! The seating area nearest the judges table is usually blocked off. This is to make sure that audience members are not distracting judges, and to keep anyone from seeing score sheets prematurely. Keep this in mind and if you want a good seat, arrive early.
* Just like a show, traditional theater etiquette applies. Only enter and exit the theater in between dance numbers. If you are outside in the lobby, wait for the music to finish before you open the door. Keep talking levels low.
* Most competitions have a no photography/videography rule; they have professional photographers in the audience and photos will be available for purchase on the competition’s website. Even if there isn’t a photo ban, no flash photography! It's extremely distracting for the dancers and is disrespectful to the other audience members.
* Show up in your first costume, with hair and makeup done! (No underwear – that is what the team undergarments are for.)
* Always be respectful of other dancers and studios! Please refrain from gossiping or negatively commenting on other performers/performances, or how things are being run. Please do not compare your dancer to other dancers, or compare your studio to other studios in a negative fashion. Focus on encouragement and positivity, put out what you want to receive! Reach out and encourage your teammates, other dancers, anyone you come into contact with. We want to keep our energy up and put our best face forward, both personally and as a studio.
* Clap for dancers that have just finished, and cheer them on if you see them doing something amazing! Enthusiasm is contagious, and you want your dancer to receive the same energy. Make an effort to encourage other dancers and parents that you may meet throughout the day.

After competition

* Encourage your dancer, no matter what happens on stage or where they place. Dancing can be physically and emotionally exhausting, especially if things don’t go as planned.
* Stretch, drink lots of water, write down comments you received from judges in your dance journal, and eat a good meal full of protein.
* Give yourself lots of love, you did great!!!!!

Other notes:

When teams are competing, there will be at least one studio representative (coach or instructor) present. When soloists are competing at events without teams, there may not be a representative present at every event. Also, keep in mind that while Ms. Kim is amazing and knows just about everything, she is occasionally functioning as a team mom, not a representative. If you have pressing issues or questions while at a solo competition, feel free to contact your coach via Remind. If your team coach isn’t available, contact Ms. Jessica. 208-513-0483

Alison Pugmire made a makeup tutorial video that we will be adding to the blog under the “Production” button. Please refer to this to ensure each dancer applies their makeup in the same way.

Stuff to bring to every competition and performance (bring extra of everything!):

\*These must all match your hair color!

Bobby pins\*

Hair ties\*

Bun forms\*

Hair nets\*

Gel

Hairspray

Curling irons/wands

Combs and brushes

Team makeup and brushes

False lashes and lash glue

Deodorant

Nail polish remover

Q-tips

Cotton balls

Makeup wipes

Contact solution, contact cases, extra lenses

Sewing kit – thread in black and white, needles, scissors, fray-check, safety pins, etc.

First aid kit

Tampons or pads, and wet wipes

Nail clippers

A little zip up bag to hold valuables – jewelry you forgot to leave at home, etc.

Make sure you have each piece of your costumes and that they are ironed and/or steamed.

COSTUMES

\*will be handed out at each performance and returned to coach when finished

All Teams

Production

Ladies: nude undergarments, tan tights with black fishnets on top, black jazz shoes, black tap shoes if applicable, black sequin dress with white collar and silver buttons, \*white wrist cuffs, \*black satin hats

Gentlemen: nude undergarments, black jazz shoes, black tap shoes if applicable, black pants, white button down shirt, black tie, black sequin vest, \*black sequin hat

Hair: slicked back low bun (a bun form is required) with a center part. Bun should be positioned at the base of the skull.

Crystal Team

Hip Hop: nude undergarments, black tank top, jeggings, sequin top, flannel shirt, white hip hop shoes, \*ball cap

Hair: low curled ponytail with a center part

Jazz: nude undergarments, tan tights, blue dress, \*black gloves, \*blue hat with black netting, black jazz shoes

Hair: high curled ponytail

Sapphire Team

Hip Hop: nude undergarments, black team leggings, blue jerseys, white hip hop shoes

Hair: low curled ponytail with a center part

Jazz

Ladies: nude undergarments, tan tights, tan jazz shoes, silver sequin dresses, \*jeweled headpieces

Gentlemen: nude undergarments, tan jazz shoes, gray shorts, silver tank

Hair: low curled ponytail with a center part

Lyrical

Ladies: nude undergarments, tan tights rolled to mid-calf, nude foot undies, juniper dresses

Gentlemen: nude undergarments, nude foot undies, gray shorts, gray tee shirt

Hair: low curled ponytail with a center part

Onyx Team

Hip Hop: nude undergarments, black team leggings, black tee shirt, white track jacket, white hip hop shoes

Hair: high slicked back ponytail

Jazz: nude undergarments, tan tights, tan jazz shoes, black and gold biketard, \*black lace hair clips

Hair: high slicked back bun with bun form

Lyrical: nude undergarments, tan tights rolled to mid-calf, barefoot, teal biketard, green dress

Hair: down (and brushed☺)

Ruby Sr.

Jazz: nude undergarments, tan tights, tan jazz shoes, black and white jazz costume, dark makeup

Hair: low ponytail with a center part

Lyrical: nude undergarments, tan tights rolled to mid-calf, lyrical shoes, tan and green lace biketard with cream skirt

Hair: low ponytail with a center part

Ruby Jr.

Lyrical

Ladies: nude undergarments, tan tights, lyrical shoes, tan sequin dress

Gentleman: nude undergarments, long black shorts, white or tan button down shirt, lyrical shoes

Hair: low ponytail with a center part

Jazz

Ladies: nude undergarments, tan tights, tan jazz shoes, purple biketard

Gentleman: nude undergarments, black bottoms, black jazz shoes, purple shirt

Hair: low ponytail with a center part