

Contest Season 2023

Everything You Need To Know☺

Competitions can be very confusing and many of you probably have or will have many questions about what to do before, during, and after the competitions. This handout should answer any questions you may have.

Dates, Times, & Locations

This year we are going to ONE competition Dance Showcase USA on March 24th - 26th at the Stafford Center Theatre, in Stafford, TX. You will NOT need to be there everyday for this competition, unless you are in more than one dance and are scheduled on separate days. Some choose to get a hotel for this, you are welcomed to but it is not required. This is at your discretion! Your arrival time will be chosen once we find out what time your performance is. You *may be required to be at the competition as early as 7:00 AM – ready to go with hair & makeup done. You MUST be on time for competition. Tardiness is unacceptable and will result in demerits.

Dress Rehearsals/Bag Check:

We will have Dress rehearsal this year (location TBA - either the studio or Brosig Auditorium). Dress Rehearsal is **WEDNESDAY March 22nd at 5:30pm**. A small amount of family is welcome to come to watch. We may run dances twice, have to wait for students to finish changing hair and costumes, and critique on stage after the performance. We want our dress rehearsal to mimic a performance so that the dancers are truly prepared for the nerves they will feel at contest. Students should arrive in *full uniform* for their first dance. This includes hair *and* makeup. Eyelashes are not required at dress rehearsal. If you are using reusable eyelashes, I do suggest doing a practice round! Please don't wait until the morning of to learn how to put on your eyelashes! Students must arrive at least 15 minutes early to stretch and prepare. Dress Rehearsal Doors will open at 5:00pm for everyone to get ready/stretch. A note with information regarding dress rehearsals, order of performance, and what to wear will be passed out beforehand. What to wear slips can be found in your hanging bag behind your name-tags. Dress rehearsals will start *promptly* at the time listed above. Just like the competitions, you MUST be on time for dress rehearsals. Tardiness is unacceptable and will result in demerits. After dress rehearsal we will have a bag check. This means your student should have EVERYTHING ready for competition as if we are already there. This includes hanging bag, APDD duffle bag, all warm-up and costume items, etc. A checklist will be passed out before dress rehearsal and demerits will be distributed for ANY missing items. Please make sure that a parents is present to help your student with the bag check and to listen to important announcements

Before the competition:

Each dancer should arrive in *full uniform* (this includes shoes, if required) with her hair, makeup, & **eyelashes** done. On top of the costume, she should be wearing some form of Company Warm-ups (APDD Jacket & Leggings). We will give you a separate note "Official Competition Performance Times & What To Wear" with specifics for this. This note is always passed out at Dress Rehearsal so that the most recent information can be taken into account for your notes. Failure to arrive in proper attire will result in

demerits. Please make note of this! Arrive with your APDD Co. Bag & Hanging Bag. You will need to arrive at your designated time and we will meet inside the building, usually in one of the dressing rooms backstage (if there is room). Feel free to ask someone in the front (Danceshowcase Staff) for directions! Please make sure to account for traffic and *potential parking problems* when deciding when you should leave. Traffic is NOT an excuse of being late to these competitions. It would be a good idea to try and arrive early!!

During the competition:

Before dancing, everyone will stay together in our designated warm-up/practice area. As soon as your daughter enters the dressing room cell phones should be put away. We have been somewhat more lenient about this, as phones can be used to take pictures of the day, as well as listen to your dance music before performances. However, we are there as a team and a student should not be on his or her phone all day. Moms are welcomed and encouraged to be in the dressing room before the performance when dancers are getting ready or to help them change from costume to costume! Although I will be there to help, I will have other responsibilities and am not responsible for getting your child ready! No Dads, or any males are allowed in the dressing room area for ANY reason!!

YOU MUST check in with me before leaving the competition. We will also get group pictures after the kids are done dancing. Before and during our competing times, there will be no leaving our area. We will walk together to the performance area and get ready to perform. As we have 20 dances going to contest, APDD Staff is unable to supervise while our dances are still being performed. Please make sure that your kids, if not supervised by a parent, are behaving and representing APDD properly. Demerits have, and will be given out for anyone not behaving.

After each age group, there will be an awards ceremony! All dancers must change back into their warm-ups, and sit on stage for announcements of awards! If after awards your child is not in anymore dances, you are finished for the day (see below)

After the competition:

- Please meet at the front after each dance (unless you are rushing to change into your next costume)- I will usually announce this according to each dance! Some who are in multiple dances may have quick changes and not have time to go to the front to take a picture! However I will always take a picture before each dance either backstage or in the dressing room and will post all of these pictures for y'all to save!
- Parents please keep your phone with you as I will text updates or meeting times
- YOU MUST SIGN OUT WITH MRS. ABBEY BEFORE LEAVING!!!

Other Important Things and Last Minute Reminders!

- Tights MUST be worn under the costume. **No exceptions.**
- Panties are ABSOLUTELY NOT allowed under the costume. This rule is for ALL FEMALE dancers in ALL studios and *we will check for them*. Bring an extra pair of underwear to change into before the awards ceremony if you would like.
- Eyelashes are MANDATORY at the competitions. If you don't know how to apply them, don't wait until the day of competition to learn. Please learn to apply your daughters' eyelashes, or make sure that a friend is willing to help. It is not Mrs. Abbey's job to apply anyone's fake eyelashes!
- All pony tails and bobby pins MUST be similar to your hair color!! No bright colored ponytails!
- Buns may need a hairpiece (if you choose, or if your hair is not as thick) and/or a *hairnet to keep the bun tight and without flyaway strands of hair! They sell hair nets at most grocery stores, just make sure that it is the same color as your hair! I have fake bun "donuts" if anyone needs to purchase one for \$3 each.
- No extra accessories of your own may be worn at competition! All dancers are to look uniform unless otherwise specified by Mrs. Abbey (soloists – accessories must be approved)
- Nail polish & toe nail polish should be removed **BEFORE dress rehearsal**. Demerits will be given out for polish **at Dress rehearsal and competition**. Clear, nude, or French tips are the ONLY exception. Please do not have big, fake, long nails
- We will be giving out more specific directions on what to wear and how to arrive at dress rehearsal!
- Please TRIPLE check your packing lists that will be provided IN YOUR HANGING BAG and one on the website. The last thing that we want is for a student to forget a piece of their costume. It has happened before! Please work together to make sure everything is packed!!!
- Anything that you have ordered from me will be delivered to you in your hanging bag with your costumes just before dress rehearsal/competition.
- Contest: Dance Showcase: Admission is Free. Pictures and Videos **ARE NOT** allowed in the auditorium at this competition. Please note for the future that most competitions DO NOT allow this and you CAN be disqualified. You are on your own for food and drinks. Make sure to come with your water bottles full of water, and even extra bottles of water to refill your water bottles!
- Moms please meet your dancer(s) in the front or in the dressing room for these directions after the performance.
- Parking might be difficult at the Stafford Center, make sure to plan accordingly.
- We follow the buddy system as far as restroom trips and water/snack breaks! Please help us reinforce these rules to our students!
- Remember that dancers are not only representing themselves, but their teachers, the entire studio, and the town of Navasota. Make sure you are always being polite and positive to the other dancers, EVEN if they are not. Disrespect and bad attitudes will result in demerits. Let's make it a great contest season!

Hopefully, all of this information will help you with any confusion you may have about our upcoming competition. We are so excited for contests! Everyone has been working so hard and we know all of the extra time and effort will pay off. With your help following these basic guidelines, we are sure that this competition will run smoothly and we will have a GREAT 2022 contest season. ☺