

## Contest Season 2026

### *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 Elevation on Tour in Fort Worth, TX on April 10-12th at the Boswell HS Performing Arts Center. 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 6:30 AM – ready to go with hair & makeup done. You MUST be on time for competition. Tardiness is unacceptable and will result in demerits. X

#### **Dress Rehearsals/Bag Check: X**

Dress rehearsal this year at Brosig Auditorium. Dress Rehearsal is **WEDNESDAY APRIL 8TH FROM 6-7:30PM**. 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. There will be a dress rehearsal order posted on the Contest page on our website. 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 contest to learn how to put on your eyelashes! Students must arrive at least 10 minutes early to stretch and prepare. Dress Rehearsal Doors will open at 5:30pm for everyone to get ready/stretch. 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 rehearsals please put on **YOUR OWN** clothes (not parts of costumes or warm-ups) for our 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 found behind your name tag in your hanging bag which will be passed out before dress rehearsal and demerits will be distributed for ANY missing items. Please make sure that a parent is present to help your student with the bag check and to listen to important announcements.

#### **Before the competition (DAY OF):**

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 & Joggers). I will give you a separate note "Official Competition Performance Times & What To Wear" with specifics on how to arrive at contest. I do not make these detailed notes until the schedule is released. 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 closer to backstage (if there is room). Since we

have never been to this competition or Venue before, I will text the morning of once I arrive to let all know where we are gathering. 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/dressing room 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 playing games or watching videos. Moms are required (especially for younger student) or encouraged (for older students) 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 (including younger brothers no matter what the age) are allowed in the dressing room area for ANY reason!! Please make proper arrangements before hand. They must wait in the auditorium or in the lobby.

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 27 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 and Navasota, properly. Demerits have, and will be given out for anyone not behaving, horse playing, or having a bad attitude.

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:**

- (Moms) Please meet in the dressing room after each dance unless I announce differently. If it is the last dance of the group and there is adequate time before the next thing we have to do (next dance/awards/etc) we will go to the front and 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 AFTER THE AWARDS!

### **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.
- If your child has already started her period, please let me know in advance so that I can talk to you or her about acceptable options for this during a dance competition

- 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! There is also a tutorial on the Contest 2026 Webpage.
- All pony tails and bobby pins MUST be similar to your hair color!! No bright colored ponytails (or, for example: black bobby pins on blonde hair)
- Dances that require 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 and hair of your choice, 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
- Please TRIPLE check your packing lists that will be provided IN YOUR HANGING BAG and 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: Evelation on Tour: 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. Every student is required to pay a non-option \$40 media fee, which included when I pay the bill for the competition. PLEASE make your competition fee payments ASAP if you have not already-as I do acquire interest on my credit card when your funds are not paid for me to pay the contest. Late fees will apply. You are on your own for food and drinks. Make sure to come with your Company water bottles full of water, and even extra bottles of water to refill your water bottles! They may have a concession stand, how ever there is usually a designated area to eat or drink and this usually does not include the dressing rooms or the auditorium.
- Parking might be difficult, 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, positive, supportive, and even encouraging 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 2025 contest season. ☺**