

PARENT & DANCER NEED TO KNOWS – CHECKLIST FOR DRESS AND SHOW

Before you leave home, take off all jewelry, remove nail polish, and clean hands.

LABEL LABEL LABEL!!!! [Please make sure you label everything you bring. Don't forget to pack:](#)

- Non scented hair gel, **and extra hair clips and bobbi pins for hair accessories.**
- All Costumes parts and dance shoes
- Review Accessory List (News>Show) for what you require: tights, socks, etc
- Water, snacks
- Nudies for girls (for those who require or wish to have – a nudie is a flesh color leotard for under costume that can be purchased at dance wear shops)
- Entertainment - Book, small game, crayon's and coloring
- A small comfy blanket for the dancers can be nice so they create a little zone for themselves

HINT! Keep your young dancer's costume clean by having them wear their dressing gown ovetop to and from the theatre.

FAST CHANGES If your child looks to have a fast change please know that we are still finalizing the exact order of dances and will have a sign up sheet for fast changes on the bulletin board mid-May. **Please do not email regarding fast changes – keep an eye on the bulletin board.**

THEATRE FOOD POLICIES

Those students who are at dress rehearsals and show days for long periods of time are asked to plan their food in advance and bring enough appropriate food for these days. As we are guests at the Genesis Theatre we have to be careful with what types of food are brought in the dressing rooms and backstage. Plus we have a truckload of tutus that we don't want to see ruined.

Please pack healthy snacks! Consider bringing water, fruit, carrots, sandwiches and other non-crumblly food. **As we have students with allergies, please do not send any food that contains nuts.** Please do not send any fast food, Starbucks, cake, pop, chips, muffins, popcorn etc. as they make a huge mess in the theatre and ruin costumes. Please no chewing gum backstage. Inappropriate food will be removed.

FINALE: For those of you that are new to the school...we do an upbeat finale number at the end of the show. All students from wee to tall will learn and participate in the finale routine. We will send a video link home with the finale instructions so that students (and parents too!!) may practice at home.

PARENTS HOW CAN YOU HELP YOUR YOUNG DANCERS GET READY FOR THE STAGE?

Dress Rehearsal is an important time for our youngest dancers as the stage will be a new environment for them and we spend time getting them comfortable with their surroundings and help them know where to go! It is important to build their confidence and excitement for their big day. Teachers will talk to the students about what to expect prior to them going on stage but here are a few tips to talk to your dancers about in the next couple weeks.

On the day of their performance, try to keep your child's daily routine as normal as possible and reduce pre-show nerves by being well-organized. Allow plenty of time for all of the necessary preparations (costumes, hair, etc.) as well as time to travel to the theatre. Here are a couple of preshow things to chat with your young dancer about:

LOOK UP & SMILING EYES! Encourage your dancers to look to the very back row of the theatre. Lifted chins eyes mean we can see their faces better as the audience is on a steeper grade at the theatre.

BACKSTAGE – Reassure them that they will have lots of help backstage getting them to where they need to be. Remind your dancer to whisper backstage as we want to surprise the audience when it is time for them to dance.

HAVE FUN! Let them know that you can't wait to see them perform and you will be cheering for them. We get the dancers excited to perform backstage and when we ask them 'who is watching you today?', our young dancers are always very proud listing their family and friends that are in the audience.