

GENERAL SHOW INFORMATION FOR PARENTS

- Choreography

Each class learns a particular routine to perform. The choreography is the series of steps, patterns, and formations the teacher creates for each unique routine. Your dancer will be learning and practicing this choreography during class time leading up to the Show. This repetition allows our students to grow their confidence as well as their skills.

- Costumes, Hair, and Makeup

Because dance is a performing art, this is where the “performance” aspect truly comes together! Each class will have a costume to wear onstage for their routine. We will also be communicating specific instructions regarding their hairstyle and stage make-up. These are the finishing touches that complete a performer’s look! Jewellery is not allowed, and newly pierced ears must be covered with flesh coloured plasters. Remove all nail polish and body art/temporary tattoos. No body piercings allowed, and no fringes or messy hair. Each class or group will have a recommended hairstyle, usually French or Dutch plaits pinned under, as it stays neat and more secure to pin headdresses into. Parents who want to learn how to do these styles please just ask as we have senior students who are experts and they will happily show you how to do it!

- Tech and Photo Rehearsal

Because we believe you are never too small to have a professional show, you will have a special “Tech Rehearsal” that allows us the chance to rehearse our sound and lighting cues from backstage and helps us make sure the dancers are familiar with their new surroundings. During the rehearsal, we practise how we will enter and exit the stage. We will talk about what will happen during the time we are at the Theatre. We will do everything we can to help make the dancers feel comfortable and prepared for the experience.

- Dress Rehearsal

Prior to the Show, dancers will then have the chance to participate in our Dress Rehearsal. The Dress Rehearsal is almost like the Show itself, except it’s just for practice. Dancers wear their costumes and have their hair and make up exactly as for the Show itself. It lets us work out any problems and usually happens the day before Show day. We usually take photos of children in their costumes while they are waiting for their turn on stage.

- Performance

After all the preparation and practice, this is each dancer’s moment in the spotlight in front of their family and friends. The buildup of excitement is huge!

We are here to show you what an awesome experience this journey can be. You will leave with a proud, happy and accomplished child!

Most dance parents understand that a dance show is an opportunity for dancers to display all of their hard work, dedication, and progress they have made throughout the year.

However, for the first-time dance parent, preparing yourself and your dancer for a successful show performance can be a bit overwhelming. Whether your dancer is a toddler or a teen, this process can be demanding. No worries, we were once in your shoes. Here are some tips that help navigate the Show process and eliminate any worries you may have:

1) Attend Every Rehearsal

If you miss rehearsals it can cause problems for the choreographer, the other children in the class, and stress for your child who will be unsure of their dance, and as it gets closer to Show time, it is important to be flexible. Class schedules may change. Additional rehearsals to perfect the performance may occur. Understand that this is a part of the dance world. Your dancer's teachers have a vision that they are entrusting your dancer to fulfill. If you cannot make a Rehearsal, please inform us as soon as you can.

2) Practise, Practise, Practise

Practise makes perfect. There is no such thing as practising too much. Whether your dancer is a toddler or a teen, they can rehearse their moves at home and we usually provide you with the show music to rehearse to, but try not to watch! For all dancers, the suspense of keeping their dances top secret is a strong tradition in the dance world. You will get to see your dancer perform at the Show.

3) Prepare for Your Dance Photos

We provide dancers with the opportunity to take group and individual photos in their Show costumes. Dance photos are generally scheduled to be taken prior to the Show date. You want your dancer to look their best for their dance photos. Therefore, it is extremely important for your dancer to wear clean tights (without holes or ladders) and clean shoes when in costume. Take the time to clean their shoes with soap and water or shoe cleaner to spruce them up for their photos and the grand performance.

4) Connect With Other Dance Parents

Staying connected with the dance mums and dads in your dance class is essential. As a first time dance parent, the entire production of a dance Show and all of the rehearsals and activities can be extensive. You will be thankful for the support that your dance family will provide to you. Remember you are a team and "team work makes the dream work". Over the weeks of Show preparation and rehearsals, you all will be getting pretty close. Enjoy building new relationships!

5) Volunteer to Be a Costume Maker/Scenery/Props Maker/Backstage Helper/Chaperone

We know this is a very exciting time and you want to see your dancer on stage finally performing the dances that she or he has been rehearsing for many hours. However, the reality is that we cannot stage a performance without parental help!

If you get involved in the fun and excitement leading up to the Show you will enjoy it much more, and there is always tons to do. Chaperones can get to see their dancer perform from the side of the stage. This could be the best view in the house! You will have the opportunity to show off your innovative, fun skills in keeping toddlers and teenagers organised and entertained backstage. You will also get to bond and build relationships with all of the dancers in the class. It is awesome to know that the show cannot go on without the backstage helpers and Chaperones. You are vitally important and valued as highly as gold dust!

6) Costumes

Each dancer has a special costume for their dance(s). They cannot be replaced, so please keep them in a safe place away from pets and little siblings! Do not attempt to wash or dry clean costumes. Do not eat or drink while in costume, you may wish to bring a robe or towel to cover up your costume while you have a drink backstage, but ideally take it off.

Getting your costumes is such an exciting moment. Costumes often come with accessories, such as hair pieces and gloves, and it is very important to keep the accessories and the corresponding costume together. Place your costume accessories in zip lock bags. Label the costumes and the zip lock bags with your dancer's name and then pin or tape each zip lock bag to the hanger of the corresponding costume. Take your time and double check to verify that you have attached the correct zip lock bag to the correct costume.

From a child's very first Show they understand that they do not want any costume malfunctions. Flesh tone leotards (body liners or body stockings) and bra tops/pants are absolutely necessary garments to wear under costumes. These undergarments provide coverage to eliminate any discomfort when changing costumes in the presence of other dancers. These undergarments are also great solutions for quick changes backstage. No underwear should show underneath costumes, so order your flesh coloured garments early on and your child can wear them in class and for exams too.

On the day of the Show, secure your dancer's hair accessories by criss crossing grips/hairpins through their hair and the hair accessory. Allow her to shake her head and check her hair accessory is not going anywhere.

Clear finger nail polish and hair spray are perfect at saving the day to stop last-minute runs in dance tights. Pack spare tights just in case the ladder cannot be caught.

A garment bag allows you to keep everything organised in one central location. You can use a standard garment bag, which is generally used for costumes only or you can use a more modern style garment bag that has separate components for costumes, dance shoes, dance accessories, and makeup.

7) Label Everything with Your Dancer's Name

A typical dance group for a Show can have 15 to 20 children in it or more. Imagine what would happen if the dancers did not have their dance supplies labelled with their name. The likelihood of things getting mixed up or misplaced is very high! Even underwear needs labelling.

Be pro-active and label everything, including but not limited to costumes, dance tights, underwear, dance shoes, costume accessories, make-up, dance bags, garment bags, snacks, games, books, tablets, phones, and chargers.

8) Pack Snacks, Water & Activities

Having access to snacks and water backstage is extremely important. Depending on how many dancers are involved, Shows can last for a couple of hours.

As always, healthy snacks are favoured. It is important to feed your dancer snacks that are going to boost their energy and not make them sleepy or lethargic. Dancers who perform more than one dance may have a significant downtime in between their dances. Thus, it is essential for the dancer to stay energised.

Pack non-messy foods: dried fruit, granola bars, cheese and crackers, fresh fruit or vegetable sticks, and sandwiches. Once you connect with the other dance parents, make sure you ask about food allergies. We **always** ask everyone to avoid bringing nuts of any kind as this is such a common allergy.

Avoid, avoid, avoid fizzy drinks and juice! Just pack water. Sugary drinks do not have the best impact on children that have to sit in a room for hours. You also do not want to risk your dancer showing up on stage with a bright orange stain on her beautiful yellow ballet dress or his white dance tights.

Pack activities that you know your child will use and enjoy to keep themselves entertained. This may be a tablet, puzzles, reading books, colouring books, card games, or a phone. Having some form of entertainment will help shorten the time.

NEVER EVER eat or drink while in costume, this is a **GOLDEN RULE**; you may wish to bring a robe or towel to cover up your costume while you have a drink backstage, but ideally take it off to eat or drink.

9) Pack Your Dance Costumes, Accessories & Supplies carefully

Create a checklist of all of the items you need to pack. Then, take the time to pack all of your costumes and accessories, dance shoes, and dance tights prior to the Show day.

Remember your garment bag is an essential component in keeping everything organized in one place. You will want to make sure that you have everything in place during dress rehearsal and the actual performance.

On the night before the Show, take the time to check and recheck that everything is packed. It is definitely worth taking 10 minutes to ensure that your dancer has everything to have a great show, than arriving at the theatre to discover you have forgotten something and have to drive all the way home again!

An evening of excitement can go sour very quickly when you realise that your dancer is missing a left tap shoe or her ballet gloves 20 minutes before they are set to go on stage.

Additional items you may want to consider packing include lots of hair bobbles, hair pins and grips, gel, hair spray, head scarf, tissues, hand sanitiser, deodorant, baby wipes, pain reliever medicine, nail polish remover, and an extension cord.

10) Talk About the Nerves and Excitement

Performing on a brightly lit stage in front of a lot of people can be scary. Start talking to your dancer now. Encourage them to do their best and to keep dancing no matter what. This means even if they forget a step or two, they will know to continue to dance because you took the time to teach them this important lesson.

Take the time to talk with your dancer to see how they are feeling about their performance. Re-assure them that they will be great! Remind them to have fun. A Show is a celebration to show off fabulous choreography and everyone's skills and enjoyment, see how much progress your dancer has made, and to gain confidence and vital performing skills, it is not a test or a worrying ordeal!

11) Buy Your Show Tickets

Regardless of where the performance will occur, ticket sales are paramount and go towards the cost of the venue and other expenses (e.g costumes, extra insurance, stage props, and extra stage technicians). Your dance teachers and the children have worked extremely hard to create an amazing production, so we always ask you to sell lots of tickets to your family members, friends, and colleagues. This is the time to show off your child!

12) Have Fun, Relax, and Enjoy the Show

Breathe you made it! Now, enjoy the Show. Please remember "I will not take pictures or videos of my dancer while they are performing on stage." For the safety of the dancers performing on stage, flash photography is prohibited. Did you know that a flash from a camera in the audience has the power to temporarily blind a dancer, putting them in a compromising position and increasing their risk of injury? Taking a picture is not worth compromising the safety of the dancers.

We are here to ensure that you and your dancer have a smooth journey to the big stage. We are confident that these tips will help you understand all of the intricate pieces of the dance Show process.

We are your supplier for dance tights, dance shoes, and the costumes your dancer will need. We also have accessories: dance bags, flesh tone leotards, flesh tone bra tops and pants, hair nets, hair pins, sewing kits and much more. Stop by to see us for all of your dance supply needs.

First-time dance parents, we want to know which tips resonate with you. What tips will you start to implement to help ease your worries? We would love to hear your thoughts, and these in turn will help the next group of parents!

Even if you are not a first-time dance parent, we also want to hear from you. What insider tips can you share with new dance parents to help them with navigating the dance Show process?