

2021-2022 Season



# Performance Dance Team

*Handbook for Parents and Students*



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PCPA is a creative and performing arts program that requires dancers to be both artists and athletes. Our ultimate goal is to instill dance intensity and drive inspired by much more than trophies and sequins. We believe in building strong fundamentals, technique, and discipline through dance training and performance experience. You can count on building a respect and love for dance whether you are training for personal or professional goals.

**A competitive dance team is designed for the serious dancer who is highly motivated in performing arts. Those selected for team will need to possess the following:**

- Be self-motivated and able to self-evaluate
- Have solid technical and performance skills
- Strong desire to grow and develop as a dancer
- Have a positive attitude
- Have respect for the team, staff, and parents
- Show support for the studio and other fellow dancers

### **The Performance Experience**

It is important to understand that the “competition” aspect of being a member of a dance team should be considered a “performance” opportunity. Competition results are strictly a subjective opinion, and each dancer’s growth should not be gauged by their scores or achievements at competitions. It is important to keep competition experiences positive, and most importantly, be proud of the growth and development that takes place within each dancer. Team members are NOT in competition with each other. Competition is where a dancer is challenged to improve themselves and relays those skills over towards recital.



## ATTENDANCE/TARDIES

Attendance is mandatory for all dance classes. The studio tries its best to be flexible and accommodating with conflicts due to school and/or important family activities. However, by becoming a member of a team, you have agreed that this is a priority in your schedule. Missed classes for any other reason than illness must be approved in advance. In emergency events (i.e. sickness), please notify the studio inbox as quickly as possible. If more than 3 unexcused absences have occurred, it is possible the dancer may not be able to compete and or perform in competition. Students are expected to arrive 10 minutes before class to warm up by themselves. Dance instructors do understand that the students are dealing with busy schedules and many school demands; being a well-rounded individual is important, however, when it comes to participation on a performance dance team, skills are constantly being taught... students are expected to be present. If one team member misses rehearsal, the entire team suffers. Illness, injury or family emergencies are allowed.

-If late three times, it is considered an absence. If more than 15 minutes late, the dancer will sit out.

## DISCIPLINE PROTOCOL

- 1st Time - WARNING
- 2nd Time - Asked to leave class
- Dancers will not participate in class until the teacher has a chance to talk to them one-on-one and decide if they are ready to come back to class.
- IF POOR BEHAVIOR PERSISTS (i.e. 2-3 times over a week), the director will call home to discuss behavior with parents. If deemed necessary a meeting will be set up with the director, teacher, dancer, and parents.
- IF POOR BEHAVIOR DOES NOT IMPROVE AND IS AFFECTING THE SUCCESS OF THE TEAM, dancers will be asked to leave the team.

### EXAMPLES of why students would receive a warning:

- Being disrespectful to a coach (talking back, not listening in class, bad attitude, and talking)
- Constant issues with dress code and hair being in one's face.
- Lack of focus in class (no talking, 100% effort expected at all times, no marking unless injured).
- Constant issues with lateness.
- Failure to email or call the office when sick/injured/late/absent.
- Talking negatively about each other, teachers, other dancers, parents, or the studio.



# 05 CLASS REQUIREMENTS

Please note that a competitive dance team member takes more classes than the average studio dancer. This is solely based on the fact that team members want to challenge themselves in dance and are not doing it recreationally.

**\*\*Class requirements can overlap for dancers on multiple teams.**

<b>Mini Hip Hop</b> <b>(3 Hours)</b>	<ul style="list-style-type: none"> <li>• Weekly team rehearsal 1 hour</li> <li>• 1 Hip Hop class that's not team rehearsal</li> <li>• 1 Elective (tap, acro, contemporary, musical theatre)</li> </ul>
<b>Mini Jazz</b> <b>(3 Hours)</b>	<ul style="list-style-type: none"> <li>• Weekly team rehearsal 1 hour</li> <li>• 1 Ballet</li> <li>• 1 Jazz</li> </ul>
<b>Junior Hip Hop</b> <b>(4 Hours)</b>	<ul style="list-style-type: none"> <li>• Weekly team rehearsal 1 hour</li> <li>• 1 Hip Hop class that's not team rehearsal</li> <li>• 2 Electives (recommend 1 contemporary)</li> </ul>
<b>Junior Jazz</b> <b>(4 Hours)</b>	<ul style="list-style-type: none"> <li>• Weekly team rehearsal 1 hour</li> <li>• 1 Jazz class that's not team rehearsal</li> <li>• Ballet</li> <li>• Technique II</li> </ul>
<b>Junior Lyrical</b> <b>(4 Hours)</b>	<ul style="list-style-type: none"> <li>• Weekly team rehearsal 1 hour</li> <li>• 1 Ballet</li> <li>• 1 Lyrical or Contemporary</li> <li>• Technique II</li> </ul>
<b>Intermediate Hip Hop</b> <b>(5 Hours)</b>	<ul style="list-style-type: none"> <li>• Weekly team rehearsal 1 hour</li> <li>• 1 Hip Hop class that's not team rehearsal (HH3/HHIV)</li> <li>• 3 Electives (minimum requirement)</li> </ul>

Caption

The students work so hard during the year to better improve flexibility, strength, etc... A lot can be lost during the summer months. To make it possible to maintain strength and flexibility we ask that students take at least two maintenance classes weekly. Please feel free to go take classes from other instructors at other studios. We encourage our students to broaden their training and make connections in the dance world. Always stay in training not just in summer but during the season too!

<b>Intermediate Jazz</b> <b>(5 Hours)</b>	<ul style="list-style-type: none"> <li>• Weekly team rehearsal 1 hour</li> <li>• 1 Jazz class that's not team rehearsal (JAZZ III/JAZZ IV)</li> <li>• Technique III</li> <li>• Ballet III</li> <li>• 1 Electives</li> </ul>
<b>Intermediate Lyrical</b> <b>(5 Hours)</b>	<ul style="list-style-type: none"> <li>• Weekly team rehearsal 1 hour</li> <li>• 1 Lyrical Class that's not team rehearsal (Lyrical II/Lyrical III)</li> <li>• Ballet III</li> <li>• Technique III</li> <li>• 1 Electives</li> </ul>
<b>Mixed Level Musical Theatre</b> <b>(5 Hours)</b>	<ul style="list-style-type: none"> <li>• Weekly team rehearsal 2 hour</li> <li>• 1 Musical Theatre class that's not rehearsal</li> <li>• 2 Electives</li> </ul>
<b>Senior Jazz</b> <b>(7 Hours)</b>	<ul style="list-style-type: none"> <li>• Weekly team rehearsal 1 hour</li> <li>• Jazz IV</li> <li>• Ballet III, IV, Pre-Pointe (3x a week)</li> <li>• Technique IV</li> <li>• 1 Electives</li> </ul>
<b>Senior Lyrical</b> <b>(7 Hours)</b>	<ul style="list-style-type: none"> <li>• Weekly team rehearsal 1 hour</li> <li>• Lyrical III</li> <li>• Ballet III, IV, Pre-Pointe (3x a week)</li> <li>• Technique IV</li> <li>• 1 Electives</li> </ul>

Caption



# 06 WHAT TO EXPECT AT COMPETITION

## JUDGING

### 1. TECHNIQUE

The reason for all those extra ballet techniques and strength/stretch classes is to develop the TECHNIQUE. This includes:

- Pointed feet, turn-out, extensions, proper execution of turns, use of plié, placements of hands

**\*\* TECHNIQUE IS ALWAYS AT LEAST 50% OF A ROUTINES SCORE**

### 2. OVERALL PERFORMANCE QUALITY

How well each student knows their routine and how well they entertain the judges and audience with it. This is conveyed through the use of expression and showing the “feeling” of the routine.

### 3. CHOREOGRAPHY

Here the TEACHER is judged. Choreography scores are based on appropriate choice of music, costumes, use of stage, difficulty of the routine and how well the movement in the dance relates to the music. This is often the smallest portion of the overall score.

### 4. APPEARANCE

This pertains to costume fit, whether the undergarments are showing, neatness of hair and make-up. Hats and hair pieces must be securely attached and, if performing in a group, consistently placed. Costumes will be tested BEFORE the first competition to determine if everyone is on the same page. Double check that you have the proper bra/tights/shoe for each dance. Wardrobe malfunctions can bring down a score quickly!

Every competition has a different criteria for judging routines. The four basic things that routines are ALWAYS judged on are:





## Enjoy the process!

Award Ceremonies are usually held a few times each day of competitions, and are the MOST FUN time of the weekend! Students are required to wear their team jackets on stage for all award ceremonies that they attend. They are required to attend all award ceremonies for the teams that they are on.

AWARDS ARE THE TIME TO:

- Hoot and Holler (parents AND dancers)
- Take pictures
- Sit back and relax
- Clap and cheer for all studios attending at competitions

\*\*The most important thing to remember about awards is that ALL the scores are opinions of 3-4 judges and it does not show your value as a dancer.

"A dance competition is the way a certain set of judges view a certain set of dancers on a certain day. If we had done this competition yesterday, or if one of the judges had been someone else, chances are the results would in some way be different. It is good that we compete as dancers, because we compete every day in life. Competitions help to show us where we have been, where we are now, and where we have to aim to go in the future. But it is important to remember that the true worth of anyone, as a dancer or person, will never be measured by a trophy or cash prize."

- Richard DiSarno, Dance America-Dance Olympus



## 08 Trophies



Solo trophies are kept by the individual who earned them. Cash Prizes: Any cash prize awarded at a competition for groups will go to the studio. Cash prizes awarded for a solo will go to the soloist. Any cash prize awarded to a duo or trip will split evenly between dancers.



Duo/Trio trophies can be decided amongst dancers to take turn on who's going to keep the trophies. I.e "You can take the trophy from this competition and I'll take the next one." Remember to always handle this situation with grace.



Group Trophies will be kept at the studio. The instructor will choose a representative from the group to accept the award.



# EVENT DATES

Event:	Date:	Location:
Intensive (Optional)	July 26-29th, 2021	In Studio
Parent/Student/Teacher Meeting/Team Bonding	August 14th, 2021	In Studio
Int Hip Hop choreographer session Danyel M.	August 21-22, 2021	In Studio
Movie Night Team Bonding	October 15th, 2021	In Studio
Radix Convention	December 3rd-5th, 2022	San Francisco
St. Jude Hospital Letters	December 17th, 2021	In Studio
Mandatory Class	December 11 - 17, 2022	In Studio
Small Fry Show (Winter)	December 18th or 19th 2021	TBD
In Class Dress Rehearsal	January 10 - 14, 2022	In Studio
DFF Letters of Support	January 21st, 2022	In Studio
Senior Center	January 28th, 2022 TBD	TBD
Mandatory Class	February 4 - 10, 2022	In Studio
Nuvo convention (optional convention / solo / duet)	February 11-13, 2022	Santa Clara
Mandatory Class	February 25 - March 3, 2022	In Studio
Starbound Competition	March 4-6, 2022	Dublin

# Event Dates Continued...

Beach Clean Up	April 15, 2022	TBD
Mandatory Class	April 22 - 28, 2022	In Studio
Rainbow Competition	April 29 - May 1st, 2022	TBD
Film Day	May 16 - 20, 2022	TBD
Picture Day	June 5th, 2022	In Studio
San Mateo County Fair	June 4th, 2022	San Mateo County Fair
Awards Dinner	June 11th, 2022	TBD
Mandatory Class	June 8 - 15, 2022	In Studio
Dress Rehearsal	June 16/17, 2022	TBD
Recital	June 18/19, 2022	TBD
Mandatory Class	June 18 - 24, 2022	In Studio
Small Fry Show (Spring)	June 25 or 26th 2022	TBD

## (Highlight Key):

Competition/Convention Event

Mandatory Rehearsal (Not in costume)

Community Outreach

Team Bonding

Studio Performance Events



# 11 Financial Commitment

## Tuition:

Being in a program such as this requires a certain financial commitment. Here we have posted a breakdown of the various components of these finances.

General tuition will be billed at the top of every month. This chart shows the price of the tuition if the competitive dancer takes the minimum required classes.

TEAM	PCPA Group Class Tuition Per Month
Mini (3 Group Classes Minimum)	\$228.00
Junior (4 Group Classes Minimum)	\$293.00
Intermediate (5 Group Classes Minimum)	\$356.00
Mixed Level Musical Theatre (5 Group Classes Minimum)	\$356.00
Senior (7 Group Classes Minimum)	\$470.00





# Tuition breakdown for dancers on multiple teams.

Number of Classes (based on an average of 4 classes per month)	Classes per month	Tuition per month	Total	Price per class
1	4	\$85.00	\$85.00	\$21.25
2	8	\$75.00	\$160.00	\$20.00
3	12	\$68.00	\$228.00	\$19.00
4	16	\$65.00	\$293.00	\$18.31
5	20	\$63.00	\$356.00	\$17.80
6	24	\$60.00	\$416.00	\$17.33
7	28	\$54.00	\$470.00	\$16.79
8	32	\$0.00	\$470.00	\$14.69
9	36	\$0.00	\$470.00	\$13.05
10	40	\$50.00	\$520.00	\$13.00
11	44	\$0.00	\$520.00	\$11.82
12	48	\$0.00	\$520.00	\$10.83
13	52	\$50.00	\$570.00	\$10.96
14	56	\$0.00	\$570.00	\$10.18
15	60	\$0.00	\$570.00	\$9.50
16	64	\$110	\$680.00	\$10.63
17	68	\$0.00	\$680.00	\$10.00
18	72	\$0.00	\$680.00	\$9.44
19	76	\$0.00	\$680.00	\$8.95
20	80	\$0.00	\$680.00	\$8.50

## Annual PCPA Registration Fee:

Charged per family - \$40.00

Ex. If you have three children, you will only be charged one \$40.00 fee annually.

## Private Lesson:

-Consists of one on one with dancer and instructor.

\$140.00 (Additional on top of group class tuition)

## Semi-Private Lesson:

-Consists of 2-3 dancers with one instructor.

-\$100 per dancer (Additional on top of group class tuition)

NOTE: Please note privates and semi-privates are on a first come first serve basis. There is a waitlist that is handled by the director. Slots are open based on space and instructor availability. If you're interested in a private lesson slot, please email the director.



# 13 Financial Commitment Continued...

## FEES

<b>Group Competition Fee (Per Group Number)</b>  Ex. If you're on 3 different teams, you are required to pay this fee three times.	All dancers \$350.00	Includes entry fee, choreography fee, dream duffle bag/accessories, and catalog costume fee.	<b>Due Date: 10/01/2021</b>
<b>Radix Convention Fee</b>  (One time fee per dancer, convention only, no competition option)	Ages (8-19): \$325.00 Ages (5-7): \$245.00	Includes convention entry fee and one observer pass. Additional observer pass is able to be purchased, please email the director to do so.	<b>Due Date: 10/01/2021</b>
<b>Individual Event Fees</b>  (One time fee per dancer)	All dancers: \$88.00	Includes fees for award ceremony and film day crew.	<b>Due Date: 10/01/2021</b>
<b>NUVO (Optional Event Fee)</b>  *Competition only for Solos/Duets/Trios but convention available to all dancers.	Convention: Ages (8-19): \$325.00 Ages (5-7): \$245.00  *Competition solo/duet/trios please see alternate outline.	Includes convention entry fee and one observer pass. Additional observer pass is able to be purchased, please email the director to do so.	<b>Due Date: 10/01/2021</b>
<b>Optional Costume Customization Fee</b>	Varies per dancer	This season we now have the option to allow soloists, duets, and senior teams to pay extra for personalized costumes.	<b>Due Date: 10/01/2021</b>
<b>Soloist/Duets/Trios</b>	Varies per dancer	Please refer to alternate outline for these entry fees.	<b>Due Date: 10/01/2021</b>



## Fee Outline for Competitive Solo Entries

**Costume Fee:** \$80.00 (does not include footwear)

**Choreographer's Fee:** \$150 (In house choreography for competitive numbers)

### **Small Fry Dance Club – Guest Performance-**

Location: Cubberley Community Center Main Stage, Palo Alto

*Winter Show December 2021 – \$50.00 (6 tickets included)*

2pm– 2 guest spots available

3pm– 2 guest spots available

4:15pm– 2 guest spots available

5:15pm– 2 guest spots available

6:15pm– 2 guest spots available

### **Nuvo Dance Convention – Optional Convention -**

Seniors, Teens, Juniors, Mini - \$325.00

Nubie - \$245

Solos/duets/trios may opt into competition –

Solo entry - \$150.00

Duet/trio - \$ 80.00

### **Starbound National Talent Competition**

Solo entry – \$115.00

Duet – \$67.00 per dancer

Trio – \$47.00 per dancer

### **Rainbow Competition–**

Solo entry - \$115.00

Duets/trios- \$57.00 per dancer

### **PCPA Recital –**

PCPA teachers will award 8 soloists, duets, or trios with the “Way to work” award. These 8 award winners will perform their dance at recital free of charge. (4 numbers each recital) We will use this format until we reach the point at which we have graduating seniors. At that point all seniors will perform their solos at recital their final year at the studio. The “Way to Work” award will be based on improvement, progression, work ethic, positive attitude, attention to details, teamwork, kindness, individual growth, and leadership.

### **Small Fry Dance Club – Guest Performance-**

Location: Cubberley Community Center Main Stage, Palo Alto

*Spring Show End of June – \$50.00 (6 tickets included)*

PERFORMANCE TRACK SOLOISTS HAVE PRIORITY FOR THESE SPOTS.

- 2pm– 2 guest spots available
- 3pm– 2 guest spots available
- 4:15pm– 2 guest spots available
- 5:15pm–2 guest spots available
- 6:15pm–2 guest spots available

Samples will come out between 9/1-9/15 to try on and order to purchase.



Custom Warm Up Jacket



PCPA Design Preview



PCPA Leggings & Joggers



PCPA Duffel Bag



**Foundation/ studio fix / concealer** if you want/need – not required

## **Original Eye Shadow-**

**Eyes - Tarte Tartelette Tease - SIZE 6 x 0.03 oz**

Can be purchased at Ulta. Cost is \$19.00 - Same as last year

<https://www.ulta.com/tartelette-tease-clay-eyeshadow-palette?productId=xlsImpprod13581249&sku=2296541&requestid=7267360>

## **Back up Eyeshadow-**

Tarte Shape Tape Shaping Eyeshadow Palette Item 2563760

Can be purchased at Ulta. Cost is \$22.00

<https://www.ulta.com/shape-tape-shaping-eyeshadow-palette?productId=pimprod2016196>

## **Black eyeliner**

## **Black mascara –**

(no false lashes please for the groups. Ok for solos if you choose)

## **Cheeks – Sephora “Spice Market” blush palette**

Can be purchased at Sephora. Cost is \$20.00 before tax – same as last year

<https://www.sephora.com/product/contour-blush-spice-market-blush-palette-P427367?keyword=spice%20market>

## **Lips – Smashbox Be Legendary Lipstick “Fig”**

Can be purchased at Ulta. Cost is \$14.00 before tax – same as last year

<https://www.ulta.com/be-legendary-cream-lipstick?productId=xlsImpprod4060035&sku=2240970&requestid=7307213#>

Everyone on teams should wear fig color lipstick above. Some solos may have another color based on a character they are portraying.

# 17 DRESS CODES

## Mini Jazz:

Tops: (female leotard will be purchased from PCPA \$35.00/ male shirt purchased individually by team families \$7.00)

(Female) - [https://www.weissmans.com/leotards\\_and\\_unitards/tank\\_and\\_halter/pl11048.aspx](https://www.weissmans.com/leotards_and_unitards/tank_and_halter/pl11048.aspx)

(Male)- [https://baseball.epicsports.com/prod/78675/c2-youth-performance-tee.html?gclid=CjwKCAjwqvvyFBhB7EiwAER786d1AKrx8m4fCBVsi9\\_upd-70tgOe8H8y9FjjYnhYeqVRmqushy8aSRoC3x8QAvD\\_BwE](https://baseball.epicsports.com/prod/78675/c2-youth-performance-tee.html?gclid=CjwKCAjwqvvyFBhB7EiwAER786d1AKrx8m4fCBVsi9_upd-70tgOe8H8y9FjjYnhYeqVRmqushy8aSRoC3x8QAvD_BwE)

**COLOR: MULBERRY/HOT PINK**

Bottoms: (families purchase individually \$15-\$20 range)

Any black legging, bike shorts or spandex are allowed.

Recommendation:

<https://www.dancewearsolutions.com/brands/flextek/cf10305.aspx?position=15>

Shoes: (families purchase individually \$36.00)

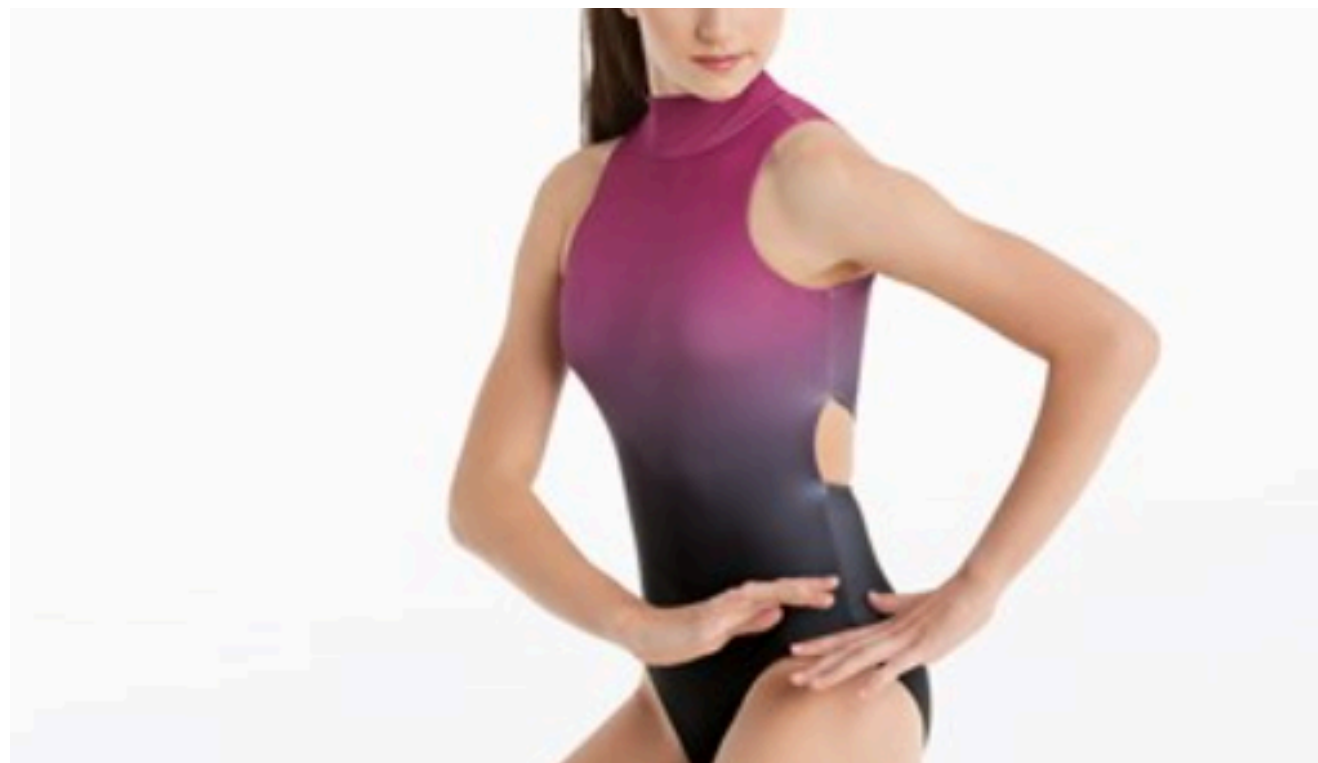
Required for class and stage:

Female dancers: Bloch Neoflex jazz shoe in tan

Male dancers: Bloch Neoflex jazz shoe in black

[https://www.discountdance.com/dancewear/style\\_S0495G.html?pid=5841&shop=Style&&skey=jazz+shoes&search=true&SortOrder=R&rfilter=Age%23Girls&SID=1559464052](https://www.discountdance.com/dancewear/style_S0495G.html?pid=5841&shop=Style&&skey=jazz+shoes&search=true&SortOrder=R&rfilter=Age%23Girls&SID=1559464052)

Dance Theatre shop has this shoe, they can do an in person fitting for you.





## Mini Hip Hop:

T-Shirt: Purchase from PCPA.

**COLOR: BLACK**

Bottoms: (families purchase individually \$15-\$20 range)

Sweatpants, joggers, or leggings.

Recommendation:

[https://www.champion.com/y6827-y06146.html?](https://www.champion.com/y6827-y06146.html?D1=SEARCHA&msclkid=9aa269cfeede1e6b3dda090d62447df8&utm_source=bin)

[D1=SEARCHA&msclkid=9aa269cfeede1e6b3dda090d62447df8&utm\\_source=bin&utm\\_medium=cpc&utm\\_campaign=PL\\_CON\\_XXXXX\\_SWEATSHIRTSXX\\_CHP\\_WTRI\\_XXX\\_COUSA\\_XX\\_EN\\_A\\_HNES\\_BN\\_SE\\_PLA\\_XXXXXXXXXX&utm\\_term=4584894773857468&utm\\_content=B\\_CHP\\_Shopping\\_Sweats&gclid=9aa269cfeede1e6b3dda090d62447df8&gclsrc=3p.ds](https://www.champion.com/y6827-y06146.html?D1=SEARCHA&msclkid=9aa269cfeede1e6b3dda090d62447df8&utm_source=bin&utm_medium=cpc&utm_campaign=PL_CON_XXXXX_SWEATSHIRTSXX_CHP_WTRI_XXX_COUSA_XX_EN_A_HNES_BN_SE_PLA_XXXXXXXXXX&utm_term=4584894773857468&utm_content=B_CHP_Shopping_Sweats&gclid=9aa269cfeede1e6b3dda090d62447df8&gclsrc=3p.ds)

<https://www.champion.com/duofold-by-champion-youth-pants-kfx6.html>

<https://www.champion.com/8778cb.html>

Shoes: (purchased individually by team families \$80.00)

Any comfortable shoes for class. You may wear your performance shoes to class.

Performance Shoe: Nike Air Force 1 All White

<https://www.kidsfootlocker.com/product/nike-air-force-1-low-boys-grade-school/D2920111.html>



# 19 DRESS CODES

## Junior Jazz:

Tops: (female leotard will be purchased from PCPA \$35.00/ male shirt purchased individually by team families \$7.00)

(Female) - [https://www.weissmans.com/leotards\\_and\\_unitards/tank\\_and\\_halter/pl11048.aspx](https://www.weissmans.com/leotards_and_unitards/tank_and_halter/pl11048.aspx)

(Male) - [https://baseball.epicsports.com/prod/78675/c2-youth-performance-tee.html?gclid=CjwKCAjwqvyFBhB7EiwAER786d1AKrx8m4fCBVsi9\\_upd-70tgOe8H8y9FjjYnhYeqVRmqushy8aSRoC3x8QAvD\\_BwE](https://baseball.epicsports.com/prod/78675/c2-youth-performance-tee.html?gclid=CjwKCAjwqvyFBhB7EiwAER786d1AKrx8m4fCBVsi9_upd-70tgOe8H8y9FjjYnhYeqVRmqushy8aSRoC3x8QAvD_BwE)

**COLOR: RED**

Bottoms:(families purchase individually \$15-\$20 range)

Any black legging, bike shorts or spandex are allowed.

Recommendation: <https://www.dancewearsolutions.com/brands/flextek/cf10305.aspx?position=15>

Shoes: (families purchase individually \$36.00)

Required for class and stage:

Female dancers: Bloch Neoflex jazz shoe in tan

Male dancers: Bloch Neoflex jazz shoe in black

[https://www.discountdance.com/dancewear/style\\_S0495G.html?pid=5841&shop=Style&&skey=jazz+shoes&search=true&SortOrder=R&rfilter=Age%23Girls&SID=1559464052](https://www.discountdance.com/dancewear/style_S0495G.html?pid=5841&shop=Style&&skey=jazz+shoes&search=true&SortOrder=R&rfilter=Age%23Girls&SID=1559464052)

Dance Theatre shop has this shoe. They can do an in person fitting for you if need be.





## Junior Lyrical:

Tops: (female leotard will be purchased from PCPA \$35.00/ male shirt purchased individually by team families \$7.00)

(Female) -

[https://www.weissmans.com/leotards\\_and\\_unitards/tank\\_and\\_halter/pl11048.aspx](https://www.weissmans.com/leotards_and_unitards/tank_and_halter/pl11048.aspx)

(Male) - <https://baseball.epicsports.com/prod/78675/c2-youth-performance-tee.html?>

[gclid=CjwKCAjwqvyFBhB7EiwAER786d1AKrx8m4fCBVsi9\\_upd-70tgOe8H8y9FjjYnhYeqVRmqushy8aSRoC3x8QAvD\\_BwE](https://baseball.epicsports.com/prod/78675/c2-youth-performance-tee.html?gclid=CjwKCAjwqvyFBhB7EiwAER786d1AKrx8m4fCBVsi9_upd-70tgOe8H8y9FjjYnhYeqVRmqushy8aSRoC3x8QAvD_BwE)

**COLOR: RED**

Bottoms: (families purchase individually \$15-\$20 range)

Any black legging, bike shorts or spandex are allowed.

Recommendation: <https://www.dancewearsolutions.com/brands/flextek/cf10305.aspx?position=15>

Shoes: (purchased individually by team families \$25.00)

Capezio Women's Canvas "Hanami" Pirouette Shoes - pick the color closest to your skin tone

Required for class and stage:

Same shoe for male and females please:

[https://www.discountdance.com/dancewear/style\\_H064W.html?pid=28049&Shop=Style&skey=Capezio+Hanami+Pirouette+Half+Sole&search=tr](https://www.discountdance.com/dancewear/style_H064W.html?pid=28049&Shop=Style&skey=Capezio+Hanami+Pirouette+Half+Sole&search=tr)  
[ue&SortOrder=R&SID=1559990619](https://www.discountdance.com/dancewear/style_H064W.html?pid=28049&Shop=Style&skey=Capezio+Hanami+Pirouette+Half+Sole&search=tr)



## Junior Hip Hop:

T-Shirt: Purchase from PCPA.

**COLOR: BLACK**

Bottoms: (families purchase individually \$15-\$20 range)

Sweatpants, joggers, or leggings.

Recommendation:

[https://www.champion.com/y6827-y06146.html?](https://www.champion.com/y6827-y06146.html?D1=SEARCHA&msclkid=9aa269cfeede1e6b3dda090d62447df8&utm_source=bin)

[D1=SEARCHA&msclkid=9aa269cfeede1e6b3dda090d62447df8&utm\\_source=bin&utm\\_medium=cpc&utm\\_campaign=PL\\_CON\\_XXXXX\\_SWEATSHIRTSXX\\_CHP\\_WTRI\\_XXX\\_COUSA\\_XX\\_EN\\_A\\_HNES\\_BN\\_SE\\_PLA\\_XXXXXXXXXX&utm\\_term=4584894773857468&utm\\_content=B\\_CHP\\_Shopping\\_Sweats&gclid=9aa269cfeede1e6b3dda090d62447df8&gclsrc=3p.ds](https://www.champion.com/y6827-y06146.html?D1=SEARCHA&msclkid=9aa269cfeede1e6b3dda090d62447df8&utm_source=bin&utm_medium=cpc&utm_campaign=PL_CON_XXXXX_SWEATSHIRTSXX_CHP_WTRI_XXX_COUSA_XX_EN_A_HNES_BN_SE_PLA_XXXXXXXXXX&utm_term=4584894773857468&utm_content=B_CHP_Shopping_Sweats&gclid=9aa269cfeede1e6b3dda090d62447df8&gclsrc=3p.ds)

<https://www.champion.com/duofold-by-champion-youth-pants-kfx6.html>

<https://www.champion.com/8778cb.html>

Shoes: (purchased individually by team families \$80.00)

Any comfortable shoes for class. You may wear your performance shoes to class.

Performance Shoe: Nike Air Force 1 All White

<https://www.kidsfootlocker.com/product/nike-air-force-1-low-boys-grade-school/D2920111.html>





## Intermediate Jazz:

TOPS: (female leotard will be purchased from PCPA \$35.00/ male shirt purchased individually by team families \$7.00)

(Female) - [https://www.weissmans.com/leotards\\_and\\_unitards/tank\\_and\\_halter/pl11048.aspx](https://www.weissmans.com/leotards_and_unitards/tank_and_halter/pl11048.aspx)

(Male) - [https://baseball.epicsports.com/prod/78675/c2-youth-performance-tee.html?gclid=CjwKCAjwqvyFBhB7EiwAER786d1AKrx8m4fCBVsi9\\_upd-70tgOe8H8y9FjjYnhYeqVRmqushy8aSRoC3x8QAvD\\_BwE](https://baseball.epicsports.com/prod/78675/c2-youth-performance-tee.html?gclid=CjwKCAjwqvyFBhB7EiwAER786d1AKrx8m4fCBVsi9_upd-70tgOe8H8y9FjjYnhYeqVRmqushy8aSRoC3x8QAvD_BwE)

**COLOR: EMERALD BLUE/ELECTRIC BLUE**

Bottoms: (families purchase individually \$15-\$20 range)

Any black legging, bike shorts or spandex are allowed.

Recommendation: <https://www.dancewearsolutions.com/brands/flextek/cf10305.aspx?position=15>

Shoes: (families purchase individually \$36.00)

Required for class and stage:

Female dancers: Bloch Neoflex jazz shoe in tan

Male dancers: Bloch Neoflex jazz shoe in black

[https://www.discountdance.com/dancewear/style\\_S0495G.html?pid=5841&shop=Style&&key=jazz+shoes&search=true&SortOrder=R&rfilter=Age%23Girls&SID=1559464052](https://www.discountdance.com/dancewear/style_S0495G.html?pid=5841&shop=Style&&key=jazz+shoes&search=true&SortOrder=R&rfilter=Age%23Girls&SID=1559464052)

Dance Theatre shop has this shoe. They can do an in person fitting for you if need be.



## Intermediate Lyrical:

Tops: (female leotard will be purchased from PCPA \$35.00/ male shirt purchased individually by team families \$7.00)

(Female) - [https://www.weissmans.com/leotards\\_and\\_unitards/tank\\_and\\_halter/pl11048.aspx](https://www.weissmans.com/leotards_and_unitards/tank_and_halter/pl11048.aspx)

(Male) - [https://baseball.epicsports.com/prod/78675/c2-youth-performance-tee.html?gclid=CjwKCAjwqvyFBhB7EiwAER786d1AKrx8m4fCBVsi9\\_upd-70tgOe8H8y9FjjYnhYeqVRmqushy8aSRoC3x8QAvD\\_BwE](https://baseball.epicsports.com/prod/78675/c2-youth-performance-tee.html?gclid=CjwKCAjwqvyFBhB7EiwAER786d1AKrx8m4fCBVsi9_upd-70tgOe8H8y9FjjYnhYeqVRmqushy8aSRoC3x8QAvD_BwE)

**COLOR: EMERALD/ELECTRIC BLUE**

Bottoms: (families purchase individually \$15-\$20 range)

Any black legging, bike shorts or spandex are allowed.

Recommendation: <https://www.dancewearsolutions.com/brands/flextek/cf10305.aspx?position=15>

Shoes: (purchased individually by team families \$25.00)

Capezio Women's Canvas "Hanami" Pirouette Shoes - pick the color closest to your skin tone

Required for class and stage:

Same shoe for male and females please:

[https://www.discountdance.com/dancewear/style\\_H064W.html?pid=28049&Shop=Style&skey=Capezio+Hanami+Pirouette+Half+Sole&search=true&SortOrder=R&SID=1559990619](https://www.discountdance.com/dancewear/style_H064W.html?pid=28049&Shop=Style&skey=Capezio+Hanami+Pirouette+Half+Sole&search=true&SortOrder=R&SID=1559990619)

Dance Theatre shop has this shoe. They can do an in person fitting for you if need be.





## Intermediate Hip Hop:

T-Shirt: Purchase from PCPA.

**COLOR: BLACK**

Bottoms: (families purchase individually \$15-\$20 range)

Sweatpants, joggers, or leggings.

Recommendation:

<https://www.champion.com/y6827-y06146.html?>

[D1=SEARCHA&mclid=9aa269cfeede1e6b3dda090d62447df8&utm\\_source=bing&utm\\_medium=cpc&utm\\_campaign=PL\\_CON\\_XXXXX\\_SWEATSHIRTSXX\\_CHP\\_WTRI\\_XXX\\_COUSA\\_XX\\_EN\\_A\\_HNES\\_BN\\_SE\\_PLA\\_XXXXXXXXXX&utm\\_term=4584894773857468&utm\\_content=B\\_CHP\\_Shopping\\_Sweats&gclid=9aa269cfeede1e6b3dda090d62447df8&gclsrc=3p.ds](https://www.google.com/search?q=PL+CON+XXXXX+SWEATSHIRTSXX+CHP+WTRI+XXX+COUSA+XX+EN+A+HNES+BN+SE+PLA+XXXXXXXXXX&utm_source=bing&utm_medium=cpc&utm_campaign=PL_CON_XXXXX_SWEATSHIRTSXX_CHP_WTRI_XXX_COUSA_XX_EN_A_HNES_BN_SE_PLA_XXXXXXXXXX&utm_term=4584894773857468&utm_content=B_CHP_Shopping_Sweats&gclid=9aa269cfeede1e6b3dda090d62447df8&gclsrc=3p.ds)

<https://www.champion.com/duofold-by-champion-youth-pants-kfx6.html>

<https://www.champion.com/8778cb.html>

Shoes: (purchased individually by team families \$80.00)

Any comfortable shoes for class. You may wear your performance shoes to class.

Performance Shoe: Nike Air Force 1 All White

<https://www.kidsfootlocker.com/product/nike-air-force-1-low-boys-grade-school/D2920111.html>



## Mixed Level Musical Theatre:

Tops: (families purchase individually)

(Female \$27.00) - [https://athleta.gap.com/browse/product.do?](https://athleta.gap.com/browse/product.do?pid=599417052&cid=1067955&pcid=1067955&vid=1&cpos=9&cexp=2378&kcid=CategoryIDs%3D1067955&cvar=18747&ctype=Listing&cpid=res21060417819871131712510#pdp-page-content)

[pid=599417052&cid=1067955&pcid=1067955&vid=1&cpos=9&cexp=2378&kcid=CategoryIDs%3D1067955&cvar=18747&ctype=Listing&cpid=res21060417819871131712510#pdp-page-content](https://athleta.gap.com/browse/product.do?pid=599417052&cid=1067955&pcid=1067955&vid=1&cpos=9&cexp=2378&kcid=CategoryIDs%3D1067955&cvar=18747&ctype=Listing&cpid=res21060417819871131712510#pdp-page-content)

(Adult size option \$49.00)

[https://athleta.gap.com/browse/product.do?](https://athleta.gap.com/browse/product.do?pid=530501382&pcid=999&vid=1&searchText=momentum+tank#pdp-page-content)

[pid=530501382&pcid=999&vid=1&searchText=momentum+tank#pdp-page-content](https://athleta.gap.com/browse/product.do?pid=530501382&pcid=999&vid=1&searchText=momentum+tank#pdp-page-content)

(Male \$7.00) -

[https://baseball.epicsports.com/prod/78675/c2-youth-performance-tee.html?](https://baseball.epicsports.com/prod/78675/c2-youth-performance-tee.html?gclid=CjwKCAjwqvvyFBhB7EiwAER786d1AKrx8m4fCBVsi9_upd-70tgOe8H8y9FjjYnhYeqVRmqushy8aSRoC3x8QAvD_BwE)

[gclid=CjwKCAjwqvvyFBhB7EiwAER786d1AKrx8m4fCBVsi9\\_upd-70tgOe8H8y9FjjYnhYeqVRmqushy8aSRoC3x8QAvD\\_BwE](https://baseball.epicsports.com/prod/78675/c2-youth-performance-tee.html?gclid=CjwKCAjwqvvyFBhB7EiwAER786d1AKrx8m4fCBVsi9_upd-70tgOe8H8y9FjjYnhYeqVRmqushy8aSRoC3x8QAvD_BwE)

**COLOR: OASIS BLUE/VILLA TEAL/COLUMBIA BLUE**

Bottoms: (families purchase individually \$15-\$20 range)

Any black legging, bike shorts or spandex are allowed.

Recommendations: (Female)-[https://athleta.gap.com/browse/product.do?](https://athleta.gap.com/browse/product.do?pid=907880002&cid=1054835&pcid=1054835&vid=1&cpos=5&cexp=2378&kcid=CategoryIDs%3D1054835&cvar=18750&ctype=Listing&cpid=res21060417939261109074233#pdp-page-content)

[pid=907880002&cid=1054835&pcid=1054835&vid=1&cpos=5&cexp=2378&kcid=CategoryIDs%3D1054835&cvar=18750&ctype=Listing&cpid=res21060417939261109074233#pdp-page-content](https://athleta.gap.com/browse/product.do?pid=907880002&cid=1054835&pcid=1054835&vid=1&cpos=5&cexp=2378&kcid=CategoryIDs%3D1054835&cvar=18750&ctype=Listing&cpid=res21060417939261109074233#pdp-page-content)

(Male) - [https://discountdance.com/dancewear/style\\_ME600C.html?](https://discountdance.com/dancewear/style_ME600C.html?pid=31051&shop=Style&filter=Age%23Boys%3ACategory%23Pants+%26+Leggings&SID=1558613866)

[pid=31051&shop=Style&filter=Age%23Boys%3ACategory%23Pants+%26+Leggings&SID=1558613866](https://discountdance.com/dancewear/style_ME600C.html?pid=31051&shop=Style&filter=Age%23Boys%3ACategory%23Pants+%26+Leggings&SID=1558613866)

Shoes: (families purchase individually \$36.00)

Required for class and stage:

Female dancers: Bloch Neoflex jazz shoe in tan

Male dancers: Bloch Neoflex jazz shoe in black

[https://www.discountdance.com/dancewear/style\\_S0495G.html?](https://www.discountdance.com/dancewear/style_S0495G.html?)





## Senior Jazz:

Tops: (female leotard will be purchased from PCPA \$35.00/ male shirt purchased individually by team families \$7.00)

(Female) - [https://www.weissmans.com/leotards\\_and\\_unitards/tank\\_and\\_halter/pl11048.aspx](https://www.weissmans.com/leotards_and_unitards/tank_and_halter/pl11048.aspx)

(Male) - [https://baseball.epicsports.com/prod/78675/c2-youth-performance-tee.html?gclid=CjwKCAjwqvvyFBhB7EiwAER786d1AKrx8m4fCBVsi9\\_upd-70tgOe8H8y9FjjYnhYeqVRmqushy8aSRoC3x8QAvD\\_BwE](https://baseball.epicsports.com/prod/78675/c2-youth-performance-tee.html?gclid=CjwKCAjwqvvyFBhB7EiwAER786d1AKrx8m4fCBVsi9_upd-70tgOe8H8y9FjjYnhYeqVRmqushy8aSRoC3x8QAvD_BwE)

**COLOR: WHITE**

Bottoms: (families purchase individually \$16 - \$20 range)

Black spandex shorts.

(Mandatory): <https://www.dancewearsolutions.com/brands/flextek/cf10305.aspx?position=15>

Shoes: (families purchase individually \$36.00)

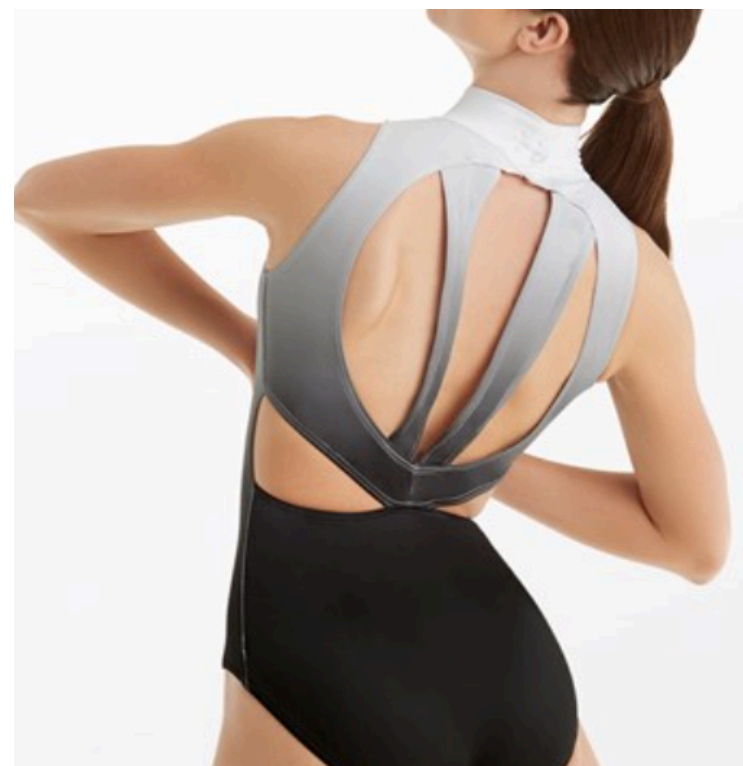
Required for class and stage:

Female dancers: Bloch Neoflex jazz shoe in tan

Male dancers: Bloch Neoflex jazz shoe in black

[https://www.discountdance.com/dancewear/style\\_S0495G\\_html?pid=5841&shop=Style&&skey=jazz+shoes&search=true&SortOrder=R&rfilter=Age%23Girls&SID=1559464052](https://www.discountdance.com/dancewear/style_S0495G_html?pid=5841&shop=Style&&skey=jazz+shoes&search=true&SortOrder=R&rfilter=Age%23Girls&SID=1559464052)

Dance Theatre shop has this shoe. They can do an in person fitting for you if need be.



## Senior Lyrical:

Tops: (female leo will be purchased from PCPA \$35.00/ male shirt purchased individually by team families \$7.00)

(Female) - [https://www.weissmans.com/leotards\\_and\\_unitards/tank\\_and\\_halter/pl11048.aspx](https://www.weissmans.com/leotards_and_unitards/tank_and_halter/pl11048.aspx)

(Male) - [https://baseball.epicsports.com/prod/78675/c2-youth-performance-tee.html?gclid=CjwKCAjwqvyFBhB7EiwAER786d1AKrx8m4fCBVsi9\\_upd-70tgOe8H8y9FjjYnhYeqVRmqushy8aSRoC3x8QAvD\\_BwE](https://baseball.epicsports.com/prod/78675/c2-youth-performance-tee.html?gclid=CjwKCAjwqvyFBhB7EiwAER786d1AKrx8m4fCBVsi9_upd-70tgOe8H8y9FjjYnhYeqVRmqushy8aSRoC3x8QAvD_BwE)

**COLOR: WHITE**

Bottoms: (families purchase individually \$16 - \$20 range)

Black spandex shorts

(Mandatory): <https://www.dancewearsolutions.com/brands/flextek/cf10305.aspx?position=15>

Shoes: (purchased individually by team families \$25.00)

Capezio Women's Canvas "Hanami" Pirouette Shoes - pick the color closest to your skin tone

Required for class and stage:

Same shoe for male and females please:

[https://www.discountdance.com/dancewear/style\\_H064W.html?pid=28049&Shop=Style&skey=Capezio+Hanami+Pirouette+Half+Sole&search=true&SortOrder=R&SID=1559990619](https://www.discountdance.com/dancewear/style_H064W.html?pid=28049&Shop=Style&skey=Capezio+Hanami+Pirouette+Half+Sole&search=true&SortOrder=R&SID=1559990619)

Dance Theatre shop has this shoe. They can do an in person fitting for you if need be.





# DRESS CODE/GEAR BREAKDOWN

ITEM:	TOP:	BOTTOM:	SHOES:	PRICE:
TEAM Jacket	Purchase link sent out on a later date:	N/A	N/A	\$99.00
TEAM Leggings	N/A	Purchase link sent out on a later date:	N/A	\$49.00
TEAM Joggers	N/A	Purchase link sent out on a later date:	N/A	\$25.00
TEAM Duffle Bag	N/A	N/A	Purchase link sent out on a later date:	\$53.00
Mini Hip Hop	Team T-Shirt	Any black sweatpants, joggers, or leggings	Nike Air Force 1 All White	\$80.00 + \$20.00 = \$100.00
Mini Jazz	Female: Team Leotard (Mulberry)  Male: Performance Tee (Hot Pink)	Any black legging, bike shorts, or spandex	Bloch Neoflex Jazz shoes. Female: Tan Male: Black	Female: \$35 + \$36 = \$71.00  Male: \$7 + \$36 = \$43.00
Jr. Hip Hop	Team T-Shirt	Any black sweatpants, joggers, or leggings	Nike Air Force 1 All White	\$80.00 + \$20.00 = \$100.00
Jr. Jazz	Female: Team Leotard (Red)  Male: Performance Tee (Red)	Any black legging, bike shorts, or spandex	Bloch Neoflex Jazz shoes. Female: Tan Male: Black	Female: \$35 + \$36 = \$71.00  Male: \$7 + \$36 = \$43.00

# DRESS CODE/GEAR BREAKDOWN

Jr. Lyrical	Female: Team Leotard (Red)	Any black legging, bike shorts, or spandex	Capezio Hanami Pirouette Half Sole Canvas (Skin Color)	Female: \$35 + \$25 = \$60.00
	Male: Performance Tee (Red)			Male: \$7 + \$25 = \$32.00
Intermediate Hip Hop	Team T-Shirt	Any black sweatpants, joggers, or leggings	Nike Air Force 1 All White	\$80
Intermediate Jazz	Female: Team Leotard (Emerald)	Any black legging, bike shorts, or spandex	Bloch Neoflex Jazz shoes. Female: Tan Male: Black	Female: \$35 + \$36 = \$71.00
	Male: Performance Tee (Elec. Blue)			Male: \$7 + \$36 = \$43.00
Intermediate Lyrical	Female: Team Leotard (Emerald)	Any black legging, bike shorts, or spandex	Capezio Hanami Pirouette Half Sole Canvas (Skin Color)	Female: \$35 + \$25 = \$60.00
	Male: Performance Tee (Electric Blue)			Male: \$7 + \$25 = \$32.00
Mixed Level Musical Theatre	Female: Athleta Power Up Tank/Momentum Tank (Oasis Blue/Villa Teal)	Any black legging, bike shorts, or spandex	Bloch Neoflex Jazz shoes. Female: Tan Male: Black	Female: \$27 + \$36 = \$63.00 or adult size \$49 + \$36 = \$85
	Male: Performance Tee (Columbia Blue)			Male: \$7 + \$36 = \$43.00
Senior Jazz	Female: Team Leotard (White)	Flextex Black Spandex Shorts	Bloch Neoflex Jazz shoes. Female: Tan Male: Black	Female: \$35 + \$27 + \$36 = \$98.00
	Male: Performance Tee (White)			Male: \$7 + \$36 = \$43.00
Senior Lyrical	Female: Team Leotard (White)	Flextex Black Spandex Shorts	Capezio Hanami Pirouette Half Sole Canvas (Skin Color)	Female: \$35 + \$27 + \$25 = \$97.00
	Male: Performance Tee (White)			Male: \$7 + \$25 = \$32.00



## How we should show up as a team.

### **PURPOSE:**

The purpose of Principal Creative & Performing Arts Teams is to provide students with an opportunity to participate in an activity and develop sportspersonship, character, and competitiveness. Participation of the Dance Team is a privilege, not a right. As a member of the Company, you represent PCPA; and your conduct and actions in the classroom, dance floor, and in the community should not deviate from the regulations set forth in our Code of Conduct. Team members must show determination, dedication, and desire to be productive members of this team.

### **CONDUCT RULES:**

Be respectful and age appropriate. We expect for our dancers to uphold age appropriate and respectful behavior at all times. If your actions are not deemed appropriate and respectful and do not coincide with this organization's guidelines, you will be denied participation on this Dance Team.

### **SOCIAL MEDIA and STUDIO ETIQUETTE:**

This policy is not meant to be taken personally or lightly. If you post negative things on Facebook, Twitter, Instagram, etc. or exhibit behavior reflecting negatively on our studio,

we will consider this grounds for probation or suspension from the company. This includes the behavior of the parents. If we are in a public situation (competitions, performances, conventions, etc.) the expectation is that you will conduct your behavior responsibly. Remember you are a representative of PCPA. If there are situations that need to be addressed, please remember that we can handle those upon return to the studio. In a public forum, it is unacceptable. Our goal is to foster a healthy competitive team environment. With so many personalities, we realize that conflicts may arise, but we must be respectful of one another. Be kind to one another. There is no room for personal conflicts amongst the team. Do not bring them to the dance studio. It is hard to stop gossip among students and parents all together, but we do not want it to become destructive. If you have a problem with a parent or another student please try to resolve it with the person you are having the issue with. If it cannot be resolved contact the Director to discuss your concerns and the proper corrections will be made.

## How we show up to events.

### 1) Sportspersonship

One thing you have to remember is that every single dancer works very hard to perform. Every parent wants their child to do well and be noticed. Every dance teacher works diligently so that their students perform to the best of their ability. Everybody at a dance competition has at least all of that in common. Therefore, YOU, as a student, parent, or teacher should clap for every single dance and every single award given if you are present in the auditorium. Dancers, you would want to be clapped for, so do the same for others. Appreciate the art- not just when YOU are being recognized. Teachers, set the example. Tell your students in advance how important it is to wish others good luck and clap for other dancers. Parents, try not to live vicariously through your dancer. Instead, appreciate every child for putting effort into their hobby.

### 2) Backstage

- In reference to sportspersonship, wish the dances before you and after you; “good luck”. When dancers come off stage, tell them that they did a “good job”. These words cost you no extra effort. In fact, you may even make a few friends. It doesn’t matter what studio they are from. They need encouragement just as you would. Your efforts will most likely be noticed and very appreciated.

- Do not block the wings to watch. Dancers often have wing changes, props, and/or run off after the dance. If you are sitting in the wings, you are in the way. It’s as simple as that. Be at least 3 feet away from the wings. If you are the next dance, you will most likely have time to enter the wings while you are being announced.
- Be quiet. I know dancers get nervous backstage. However, that’s no reason to start laughing uncontrollably loud. Saying “shhhhhh” is a lot louder than tapping a person and whispering to them to remind them to hold the volume down.

Know your dance and be aware of your space. Do not decide to practice your entire dance backstage unless with your choreographer. Movement backstage is extremely distracting to the dancer. Not to mention, dangerous. You could hurt yourself and others by simply doing a grand jete or a pirouette. Stretching backstage usually means you’re in the way. Instead, consider stretching in the dressing room.

### 3) Dressing Rooms

It’s common for studios to segregate themselves in the dressing rooms. That’s fine. However, be mindful of everyone’s space. Throw your trash away. Don’t touch anything that isn’t yours. Don’t practice dances full out.



## What to expect at competition.

### 4) Schedule

Please note that majority of competition schedules get released the week before the event. So it's important to hold the entire weekend dates on the event scheduler. Most competitions will schedule numbers in between yours or accommodate costume changes. Either way, competitions prefer to stay on schedule. If you have a decent number of dances close together, do your best to make it backstage a few numbers beforehand. If a competition runs late, it's usually the fault of dancers' changes and that time adds up. It's up to the dancer to change quickly and report backstage. Don't make the backstage manager have to come find you. If you have 5-10 dances in between your numbers, now is not the time to check your cell phone, watch dances from the audience, run your dance, or sit back and relax. Change and wait backstage. Most costume changes can be done in about 5 minutes or less if a dancer is really making the effort.

### 5) Awards Ceremony

- Even at the awards ceremony, you are performing. You are on stage. Do not bring your cell phone with you. Your texts and Facebook status of your results can wait a few minutes.
- Leave room for the judges (or whoever is handing out awards) to walk. If you are asked to move over, please do so. There is plenty of room available.
- We know you're tired by this point, but you can be energetic for a few more minutes. This means clapping for EVERYONE. Refer back to #1.
- When accepting an award, an improper response would be to grab the award and walk away. A more acceptable response is a handshake, and ALWAYS a "Thank You". It doesn't matter if you get a bronze or a platinum. It's nice to show your gratitude toward the judges for taking the time to evaluate you.

## What to expect at competition.

### 6) Competition

Competitions aren't just about the trophies. Competitions are about bettering yourself and challenging yourself. Therefore, you should participate in all of the available workshops and seminars at competitions.

You should also take the time to watch dancers from other studios. Also, when you get home, ask your teacher if you can see the critiques so you can fix your mistakes for the future.

### 7) Attitude

While a certain amount of confidence is required to perform on stage, there is a thin line between confidence and arrogance. Be gracious. Your parents and teachers have worked extremely hard to get you to where you are today. Thank them before patting yourself on the back. Stay grounded, humble, and aware of other dancer's feelings....and after all that, THEN be proud of yourself because everyone else is.

### 8) Theatre Etiquette

- No videotaping or flash photography of any kind is allowed at dance competitions. It is for the safety of both student and teacher choreography. It can also cause disqualification. Please turn off your cell phones, and enjoy

watching the wonderful world of dance.

- Please do not enter or exit between performances, wait until they have completed the routine before leaving your seat. The opening and closing of the doors can be distracting and is disrespectful to the dancer/s.
- No photography of any kind is allowed in the theater. This includes video, if you are caught you risk disqualifying the dancers you represent.
- Please be courteous in the theater: turn off cell phones, do not enter the theater when music is playing, and do not walk up and down aisles while dancers are performing on stage
- Please applaud everyone with the same genuine expression
- Never approach a judge with questions regarding an adjudication or mark.
- Never speak negatively about another dancer/routine, you never know whose family is sitting next to you. Be kind and respectful.