



Competition Information and Guidelines 2022

Information Prior To Competitions

Buy your eyelashes, hair products, and makeup as soon as possible before they are hard to find.

Only competition jewelry to be worn (Medic IDs are an exception).

Clip and file nails and take off any nail polish.

Be prepared and organized with all costumes and costume pieces ready to go!

Medications such as Tylenol/Advil, common cold medicine, Dramamine, Imodium (or other similar products for nausea and upset stomach due to stage fright, etc.) are recommended that you bring just in case.

Please be careful of tan lines, cover with makeup if possible.

You will receive an email with detailed instructions for each dance. Please use the below information as a guideline.

Costumes

We will distribute all costumes well in advance of the first competition (all accounts must be current). While we do our best to fit each student, adjustments to costumes may be needed. This will be the responsibility of the family to take care of. We will help in any way we can. Dancers should not wear underwear with costumes. If your dancer is wearing a costume without tights, you can purchase nude undergarments. Underwear lines show in costumes under the lights and can hang out of the leotard. If tights or hot shorts are worn as part of the costume, dancers should not wear underwear underneath. If a dancer is going to wear a bra with their costume, the bra must have clear straps. We also recommend a nude leotard when needed for certain costumes. These items can be purchased at most dance supply stores or on Amazon.

Tights

Required tights will be distributed from the studio with your costume. The tights were charged to your account.



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Shoes

Students are also required to have the exact color and style of shoe. This information is on the website. Although dancers are not required to purchase new shoes, please make sure that old shoes are cleaned up for picture day, dress rehearsal, recital, and competition. If shoes have holes in them and/or are too dirty to clean up, please purchase a new pair.

Accessories

Headpieces, gloves and bows for shoes were all included in the cost of the costume unless otherwise communicated. Undergarments and shoes are not included. These additional purchases are the sole responsibility of the parent or guardian.

Props

We will communicate with you what dances have props. There may be an extra charge. We may need help with transportation to and from the competition as well as on and off stage.

Schedule for Competition Weekend

For all competitions, we will post the schedule in the studio lobby and we will communicate through email to parents as well. Times are set by the competition, we can in no way change, or revise this schedule.

Day of Competition

All performers must be in full costume, hair, makeup, warmed up, and ready to perform before their scheduled performance. We will let you know the arrival time for each competition as it becomes available to us. It is not fair to students/parents that follow this rule and have others walk in at the last minute. Please have your child prepared to have the best performance they can. Running in late and getting ready late can be very stressful.

You may not see your teachers often as we may be backstage with other students. Please work as a team and with the teacher assistant, if there is one for your child's class. Make sure everyone looks alike and they have practiced before heading backstage at least 3 numbers before theirs.

Please change in the same dressing room if possible. This will keep everybody organized and together.



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DO NOT VIDEOTAPE or take pictures of dancers on stage at any competitions. This is not allowed and may disqualify the dance or studio. Stage shots and digital downloads are usually available for purchase.

Please support our studio by having students wear Studio East apparel. Competition jackets are to be worn onstage for awards.

Bring healthy snacks and water for nourishment, such as: fruit, yogurt, sandwiches. (Make sure to eat regardless of nerves) Eat a light breakfast the day of competition, even if it's a meal replacement bar. The body of a dancer is our tool and we need to be strong and energized for the weekend. Please, no greasy or messy food. Make sure to have a cover up on if eating in costume and be careful!

Items to Bring to Competitions

- Hair spray, bobby pins, hair elastics, gel, makeup, comb, brush, etc.
- Clear deodorant
- Toothbrush/toothpaste
- Vaseline
- Baby Powder (to help get gloves and costumes on)
- Kleenex
- Q-tips and cotton balls
- Makeup remover
- Nail polish remover
- Clear Nail polish (for runs in tights that cannot be seen)
- Adhesive Glue (for eyelashes and rhinestones)
- Extra pair of tights
- Hair straightener (if needed)
- First Aid Kit
- Emergency Sewing Kit (with safety pins, needles, thread, buttons, etc.)
- Manicure/Pedicure Nail Kit (with clippers, file, scissors, etc.)
- Screwdriver (for tap shoes)
- Rosin (some may be provided at the competition)
- Hot glue gun
- Iron/Steamer
- I Pod, etc. with music on to practice
- Camera
- Clothing tape
- Blister Balm
- Wrinkle Release Spray

WE EXPECT GREAT SPORTSMANSHIP AND ATTITUDE AT ALL DANCE EVENTS. NOTHING LESS WILL BE TOLERATED. STAY TOGETHER AND PRACTICE. WE ARE A TEAM AND A FAMILY. ENJOY THESE EXPERIENCES WITH ONE ANOTHER!

SEE YOU ON THE STAGE!!!