

COMPETITION HANDBOOK



THE
Dance Studio

The Dance Studio of Swift Current – Competition Handbook

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QUICK REFERENCE STUDIO INFORMATION

Studio Address: 402 9th Ave NW Swift Current, SK S9H 1B1
Phone Number:306-773-2807

Email: tdssc@icloud.com

Website: www.tdsswiftcurrent.com

Owner & Artistic Director: Miss Melissa Wallace

1/ General Competition Information

Competitions are held throughout the world to showcase the talents of every age of dancer. There are many different studios who attend each competition, and many different levels of dancers. Dance competitions teach our children about teamwork, rehearsal, the theatre and making new connections and friends from other studios.

When at competition, there will be a lot of people moving quickly to and from the stage to the dressing room, etc.... but don't worry...because you're an expert! 😊 Remember to keep yourself and your dancer calm.

In terms of attendance, it is very important that students do not miss any of their scheduled classes between now and competition time so they can spend their rehearsal time together to perform their routines, feel confident and look amazing. Dancers who are sick should attend class via Zoom (even if they can only watch and take notes). If for any reason your child will miss any of their regular classes in February, March, April, or May, we ask that you contact reception at [306-773-2807](tel:306-773-2807) or at tdssc@icloud.com to let us know in advance.

2/ Competition times and location

This year, we will be attending three different competitions. Not every dance level attends each competition. Please see below for the levels attending each competition:

Leader Dance Fusion (March 10-12, 2023) – ALL Elite Program Dancers (all), **Acro (ALL Acro dancers)

Kindersley Konnection (March 17-19, 2023) – ALL Core Program & Elite Program Dancers, **Acro (ALL Acro dancers)

Dance Nation Competition – Assiniboia (April 14-16, 2023) – ALL Fundamental Program Dancers, Core Program Dancers, and Elite Program Dancers

Competition days & times of each dance will be sent out approximately 2-3 weeks prior to the competitions.

Performers are required to arrive no later than **1.5 hours before the scheduled dance time**. It takes lots of time to get all the dancers together where they need to be – to get full hair, make-up, and costumes ready – to warm up, then practice (we all share the same rehearsal space which means waiting for other studios) – then finally to be early in case the competition is running ahead of schedule.

3/ Helpful tips for competition days

Competition days are full of excitement and energy, which also means they can have moments of worry and stress. To help you stay at the top of your competition dance parent game, here are some helpful tips for you and your dancer:

- Make sure you have plenty of rest time built into competition weekends (easier said than done, we know)
- Choose comfortable & supportive footwear for yourself & your dancer – there is a lot of walking during competitions, and it is important to keep arches and ankles secure and supported to prevent ankle injuries
- Once your dancer has arrived and is fully ready in the dressing room, they can stay with the group and Miss Melissa, Miss Angela, or Miss Brianna will warm up the dancers and get them backstage when it is time to perform. After dancers come off stage, they will be sent back to the dressing room to either get ready for their next dance or to get picked up.
- Competitions can run ahead of schedule. Make sure your dancer is there and ready **1.5 hours** earlier than your scheduled dance time. This gives your dancer time to check in, find the dressing room, warm up and practice with their group then line up backstage.
- Come with your dancer's make-up and hair done in case of any possible traffic jams or running late. Better to get up a few minutes earlier than to possibly be pulled from a dance for not being ready in time!
- If you're not sure where to go, try asking the sign-in desk what room your studio is located in. If there is no sign-in desk, follow the bouncing ponytails and tutus to where the dressing rooms are. You'll find your way! 😊
- If you are ready and waiting, make sure you stay back against the wall or out of the main flow of traffic.
- Craving some sizzling lobster and butter?? **Don't eat it in your costume!** Or really, any foods that could cause staining, unless you cover the costume fully with towels and other protective layers (where is the Iron Man suit when I need it?!)
- **Be polite to ALL other dancers and parents from every studio. Why not compliment someone on their costume or how awesome they dance? We are all at competition for the same reasons. Make some new friends 😊**
- Enjoy the experience. Don't feel overwhelmed. Unpack that bag of confidence you brought and rock that competition – both backstage & on stage!!!! 😊

4/ Advice for Dancers...too good not to take

Dancers, if you are old enough to read this, thank your parents for driving you to competition and for supporting you!! Don't snap at them when you are feeling stressed at competition. Instead, breathe and know that your parents are always there for you, and they are doing their best to help you.

Please practice ALL of your dances with music, notes & videos outside of regular class. If you wouldn't be able to successfully execute a dance or a step right now that means your muscles and memory need extra time to rehearse. Get to it! Remember that a group dance is only as strong as the commitment that is involved from all members.

When at competition, make sure you warm up once you are all dressed. There may not be time to do a group warm up, so make sure you stretch and warm up your lungs by doing different jumps. The worst thing you can do for your body is to sit waiting and letting your muscles get cold and stiff. Bring your own headphones and music and focus on your own stretching instead of chatting with friends. Bring your 'pinky' ball to release your muscles before going on stage. Ensure your costumes and accessories are kept together. Label your shoes and keep everything tidy and organized the week before competition so that all your items are easily accessible to you when you need them.

Be there for your studio to cheer on fellow dancers! Also, remember to be kind to dancers from other studios. Reach out and try to make new friends at competition DANCE FRIENDS BECOME LIFE FRIENDS 😊

5/ Rehearsals

Here at **The Dance Studio of Swift Current**, dress rehearsals are a super important part of preparing for our competition. This is where we get to see the costumes working on stage in a group to really compliment the dances your children have been working so hard on throughout the year. It gives us a chance to make any adjustments and ensure that everyone has time to get ready between their dances. We can see if any costumes are missing hairpieces or need to be adjusted.

Even more importantly, it gives our wonderful dancers a chance to get up and rehearse on the big stage – a very different environment than they are used to within the studio walls. They can overcome some of the jitters that may hit when the bright lights come on and really prepare themselves for the performances ahead. It is a fun and rewarding experience and a great chance to play with their friends and watch some inspiring dancers as they wait for their turn in the spotlight.

Dress rehearsal will be held at All Saints Catholic School (gym) on Saturday March 4th, 2023. Students will need to arrive **30 minutes before their scheduled session time** and bring along all their costumes, hair, and makeup items for the dress rehearsal. This includes hairspray, bobby pins, hair pins, hairnets, tights, socks, hair ties and safety pins.

All costume and clothing items must be clearly labelled, and children are asked to bring a healthy lunch and snacks (NO NUTS OR PEANUTS) with a bottle of water – all labelled with your child's full name.

6/ Photo Day

We are so excited to have our fabulous professional photographer – Corla of Lasting Impressions Photography - taking snaps of our dancers to create some wonderful keepsakes for our dancers. **Photo days will take place on Saturday March 25th & Sunday March 26th, 2023, and will involve all our hardworking dancers.** Performers will be photographed in full costume with hair and make-up done just as they would for recital or competition.

Please check out the Lasting Impressions Gallery for samples of dance pictures (including some new, exciting options) and descriptions of the pictures offered, either from our website (www.tdsswiftcurrent.ca) or at <https://photos.pass.us/dancestudiosamples/>

For copyright and child safety reasons, photographs are not allowed to be taken during competition when performers are on stage. We also cannot allow parents or friends to take photos of students posed and in costume during our official Photo Day, as it can be very distracting and compromise the quality of our reasonably-priced professional photographs.

7/ Admission to competitions

Every competition is different, and most competitions charge a small entry fee to watch the performances from the audience.

Please be sure to bring cash with you to get entry to the audience. You may also want to purchase a program in order to follow along with the dance schedule and know when your dancer will be on stage.

Dancers usually are allowed entrance to the audience at no charge – if they are dancing that day.

8/ Costumes

Caring for your Costumes

Costumes must be transported in a garment bag and kept hanging up so as not to get wrinkled. Any hair pieces and accessories should be kept with the applicable costume and in a labelled bag to avoid mix-ups in the dressing rooms. **ALL SHOES MUST HAVE EACH DANCER'S FULL NAME WRITTEN ON/IN EACH SHOE.**

Please do not attempt to wash or remove stains from any costumes as this can damage the material. If your costume does get stained, please notify the studio immediately for us have a look and to fix the problem. Unfortunately, any damage or staining to rental costumes once they have been collected may incur a fee.

9/ Shoes & Tights

Ballet students will require pink ballet shoes and pink ballet tights (Ballerina pink for First Steps and Fundamental students; Salmon pink for Core & Elite dancers). Pointe students will require Pointe shoes and Salmon pink tights.

Tap students will require beige tap shoes. First Steps Tap students will require Patent black Tap shoes (with NO ribbons/ties).

Jazz & Musical theatre students will require Suntan Beige tights with Beige Jazz shoes.

Acro students will require Suntan beige tights with no footwear.

Highland students will require Suntan beige tights with Black Highland Ghillies, or red Jig shoes (if performing a Jig). A bodysuit & black shorts must be worn under all Kilt outfits, White dresses & Aboynes. Students will need to wear beige tights under Kilt socks to help with quick changes.

NO underwear under costumes. A nude undersuit can be worn under costumes.

10 / Grooming – Hair and Makeup

COSTUME/HAIR/MAKE UP MEETINGS will be held at TDS the following dates:

- **Tuesday February 28th** (Fundamental & Core Ballet during class)
- **Wednesday March 1st** (Petite Performers during class)
- **Thursday March 2nd** (Elite Ballet A & B during class)
- **Monday March 6th** (First Steps only)

First Steps: Make up for this group is foundation, gold & white eyeshadow, pink sparkle lipstick & blush (purchased from STAGE make up this season), mascara (if they will let you!), and black eyeliner.



Fundamental, Core & Elite Students: Make up for this group is foundation, blush, gold & white eye shadow, mascara, false eyelashes, eyeliner, and red lipstick. Hair will be in different styles based on the routine and must be neatly slicked with gel and hairspray (no flyaway bits).



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11/ Nutrition Guide to optimizing your performance

Dancing uses up lots of energy and burns lots of calories. There are certain foods that give your dancers' bodies what they need at specific times. These foods help them perform at elevated levels throughout and recover from intense class or rehearsal / performances.

Before class / performance snacks (energy rich)

Purpose: Fuel up for maximum energy

Breakdown: 2:1 ratio of carbohydrates to protein

Timing: 4 hours – 30 minutes before class / performance

Why carbs + protein in this ratio? ...

The carbs provide energy for dancing at top levels and the protein fights off hunger. You never want your dancers to start class / performing on an empty stomach, so even if they are rushed, they should try to get an energy boost from such snacks as low-fat yogurt, granola bars, whole wheat bread/crackers, fresh fruit, and cheese.

If your dancer is eating a meal before dancing – light soup or salad are good choices.

After class / performance snacks (protein rich)

Purpose: Rebuild & replenish

Breakdown: 2:1 ratio of proteins to carbohydrates

Timing: Within 30 minutes – 1 hour after completing class / performance

Why proteins + carbs in a reversed ratio? ...

The protein will help to rebuild the muscle tissue that became damaged while you were dancing, and the carbs replace some of the energy used in dancing.

Examples of snacks that provide this ratio:

- 1 cup fat-free cottage cheese with ½ cup whole grain cereal (1 dash cinnamon for taste)
- 1 medium apple & 2 sticks low-fat string cheese

Hydration is important!! Your dancer needs to stay hydrated. Remind your dancer to drink plenty of water with pre-class snacks – and to bring a water bottle with them to performances.

When dancers eat can be just as important as *what* they eat. Going for extended periods of time without fuelling can cause loss of muscle mass and increased body fat percentages. This affects energy level and performance and can lead to undesirable body composition and susceptibility to injury.

Your dancer may choose from these snacks if they want to keep each snack under 100 calories:

½ plain whole wheat bagel	2 fig-type cookies	20 mini-pretzels
1.5 slices of wheat bread	1 medium banana	1 large grapefruit
1 large apple	3 small peaches	25 seedless grapes
½ cantaloupe with large spoonful of whipped topping		
½ cup sweetened applesauce with ¼ cup of berries		
½ cup cottage cheese with ¼ cup of fruit		
1 piece of string cheese & 5 crackers		
½ cup (4oz) ice cream	6 oz low-fat yogurt	4 squares of graham crackers
20 yogurt raisins	1 large orange	2 Clementines
1 cup orange juice	5 dried apricots	
1.5 cups regular microwave popcorn		
1 cup sweet red pepper slices with 3 tbsp hummus		
1 cup baby carrots with 1.5 tbsp of ranch dressing		
0.5 cups white rice with 10 edamame and soy sauce		

Centre for Dance Nutrition website: <http://dancernutrition.com/nutrition-for-dancers.html>

12/ What to bring

All dancers must bring a clearly labelled bag with extra hair spray, gel, hair elastics, hair pins, bobby pins, and safety pins. Please ensure any medication required is packed and clearly labelled with instructions.

Makeup must also be packed and clearly labelled as well as your dance shoes, tights, socks, and dance underwear. Don't forget your costumes too! These are best hung on coat hangers and protected in a costume bag that is clearly labelled. Costume racks will be provided at the Theatre.

First Steps, Fundamental, and Core students are encouraged to bring a dance bag / garment bag with a photo of them on it and their name.

FOOD AND DRINK - Costumes are easily ruined by food and drink stains. Please only drink water in your costumes and if you are eating while in costume, please keep the costume fully covered.

The morning and day of competition, it is important that dancers have something nutritious to keep their energy up – this means NO fast food, cheese snacks and chips, etc. NO nuts or nut products at the theatre. NO soft drinks as these cause a sugar crash when dancers need vital energy to perform.

Children are discouraged from bringing any valuables including phones, iPods, iPads and laptops as the venue and the competitions will not take responsibility for any items lost, damaged or stolen.

13/ Competition Etiquette

Competition is a wonderful time for dancers to gain performance experience, receive valuable insight from professional judges and to meet new dance friends from across the country.

Dance is about growing and learning, not just in your dance ability but also in your community of dance friends and peers.

Make new friends – connect with dancers from other studios by using some of the following tips:

- Compliment their costume / hair!
- Let them know that you enjoyed watching their dance (either on stage or in rehearsal)
- Ask where they dance and how long they have been taking dance
- Exchange contact info to keep in touch – you tend to see the same people no matter where you travel with dance, so it is fun to stay in contact

Be courteous in dressing rooms / rehearsal space – when at competition, you will be sharing the theatre space, dressing rooms and rehearsal space with hundreds of other dancers from many different studios. Please remember to keep your area in the dressing room tidy and small (there is not much room to spread out so only bring the items you need for each day).

The rehearsal space is there to be used by all dancers from all studios to warm up and practice before you go onstage. When it is not your turn to practice, please wait politely and patiently along the sides/walls and clap respectfully when others have finished rehearsing their routines. This is a great time to get in those extra push-ups and sit-ups as well as stretch and meet new friends.

Be an appreciative audience member (dancers and parents) 😊

Every dancer who takes the stage has put countless hours into their routine both in the studio and at home.

Remember how hard you have worked to get to this point! It is important to show respect to every performer, no matter where they are from, who they are or if you have ever met them. Please applaud the end of each routine and watch quietly while dances are being performed on stage.

****Onstage adjudications** – anytime you have an onstage adjudication, or awards are being presented, show your respect for others by clapping for EVERY DANCER (from EVERY STUDIO)**