



Competition Information and Guidelines

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.

Costumes

We will distribute all costumes 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. We have a seamstress that is willing to help in any way (additional charges will apply).

Schedule for Competition Weekend

Times are set by the competition, we can in no way change, or revise this schedule. We will communicate with you as soon as we know the schedule of each competition. Usually we will know 7-10 days in advance.

Day of Competition

All performers must be in full costume, warmed up, and ready to perform their first dance. We will be in studio blocks for all competitions. If anything changes, we will let you know. Please arrive early. You may need to wait in your car. It is stressful for the team to have dancers arrive late. If there is an emergency, please contact the team parent. Please have your child prepared to have the best performance they can.

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. With block scheduling this may not be possible.

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

DO NOT VIDEOTAPE at any competitions. This is not allowed and may disqualify the dance or studio. Videotapes are usually available for purchase.

Please support our studio by having students wear Studio East apparel. Competition Team jackets are to be worn at each competition. We encourage our studio families to also wear Studio East Dance Company apparel.

Now available at [AO Design - Decorated Apparel - Rochester, New York \(aodesignusa.com\)](http://aodesignusa.com).

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

Essentials:

Hair spray, bobby pins, 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)

Additional Items Highly Recommended:

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)

Duct Tape (for tap shoes)

Rosin (some may be provided at the competition)

Hot glue gun

Iron/Steamer

Backup device, phone/iPod/CD, etc. with music downloaded on to practice

Camera

**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!!!