

Competitive Dancer Guidelines

Before the busy competition season begins here are a few guidelines. I'm sure most of us know this already, but it's always good to have a reminder. If you are new to the competitive team and a little nervous on what to expect, we are here to help you.

If you have any questions, please contact Andrea or Ashley.

BEFORE GETTING TO THE COMPETITION

Check and double check that you have each and every part of your costume. Don't forget to check for shoes, tights, hairpieces, and other small accessories. It helps to make your own checklist beforehand.

Make sure that your name is on every piece of every costume, including shoes!

Stock up on the little things that no dancer should ever be without—bobby pins, safety pins, hairspray, extra elastics, sewing kit, etc.

Pack a water bottle and some small healthy snacks in your dance bag. Get plenty of rest, eat nutritious meals, and try not to get too nervous. You will always dance your best when you are feeling your best!

We suggest purchasing the clear costume bags so you can see the costumes. They also have great pockets for shoes, tights, etc. Bags can be purchased from the AB store for \$20.

AT THE COMPETITION

Be in the rehearsal area completely dressed and ready to go (makeup, hair, etc. all done) **2 hours earlier than your scheduled dance time.** We need time to warm-up, run through the dance, and get focused.

Share the dressing room space. Competitions are busy places and the dressing rooms fill up fast.

*Not all competitions have boy change rooms so we suggest boys come in costume or use the washrooms.

Also remember to share the rehearsal space. **Please no parents in the rehearsal area.** Your teacher will let you know when it is your turn to run through your dance. Try to give your fellow dancers as much space as you can.

Be kind while backstage. Dancers from other studios love to hear "great job!" or "good luck!"

Practice proper audience etiquette. When in the audience, cheer for everybody. Avoid yelling out names of dancers or cheering excessively loudly. **Respect fellow dancers by remaining quietly seated throughout their performance.** There is always a short pause in between numbers in which you can enter and exit the auditorium.

*** Please no dancers sitting or hanging out in the wings at the competition**

AT THE AWARDS CEREMONY

All dancers must wear an AB Dance jacket, sweatshirt or onesie on stage for the awards.

Dancers must sit quietly while waiting for your dance to be announced. Listen respectfully and applaud while the other performances are being awarded.

In a group, the teacher will choose one or two dancers to stand up and accept the award.

*** When accepting the award, make sure to look the judge in the eye, smile and say thank you.**

Once the ribbons / pins etc. have been awarded, wait until you are off the stage to distribute them to your teammates. Handing them out on stage causes a commotion and is not very respectful to the teams still receiving their awards.

If asked when accepting awards, please try to remember your teacher/choreographer's full name.

* Also remember to always be a good sport. All dancers should feel proud of themselves for dancing on the stage.

AFTER THE COMPETITION

Double check that you have all your costumes and pieces

Tidy up your dressing room areas.

THE COMPETITIVE DANCER 'LOOK'

Hair needs to be completely slicked back. Use hairspray or spray gel as you are combing through your hair to keep it in place. Pesky 'wispsies' can be glued into place with super strong gel. Check out the hair and makeup guidelines on the website for detailed instructions. Its on the website under competition news and the password is 4dance.

Hair pieces and bows need to be pinned down securely to prevent them from flying off. Similarly, halter tops, belts, etc. need to be safety pinned to prevent any costume mishaps. Always be sure to bring a bunch of bobby and safety pins with you.

TIPS FOR PARENTS

Encourage your children, and be their biggest fan. Be positive. Regardless of the outcome of the competition.

Arrive on time and prepared as requested. Especially on the first day of a competition, allow yourself plenty of extra time to find the venue and get settled. This will keep the kids calm and ready to do their best

All competitions have rules banning videotaping and taking photos (other than at the awards ceremony).

Andrea & Ashley Cell Phone Numbers

Please text us if you are going to be late or if a dancer is sick or hurt

Andrea - 416-999-2005

Ashley - 416-938-0357

Common Questions

1. When will we receive the exact days & times from the competition?

We will email them out to parents as soon as we receive them. Its usually 2-3 weeks before the competition. The Collingwood competition will be sent out one month before.

2. Do I need to purchase tickets to watch the competition?

No. Its free to watch the competitions

3. What if we have to leave early and miss the awards ceremony?

Please make arrangements to have another dancer in the group pick up medals / ribbons

4. How does the scoring systems work at competition? How did my child get an emerald at one competition and a high gold at another competition?

The scoring is different at every competition so you can't compare each competition. The scoring is always listed in the competition program.

5. How do I hear the comments from the judges?

Some of the competitions offer judges comments or score cards. We will send out an email with more info on this after each competition

6. My child only has 5 dances between her dances. How do I do this?

Please let Andrea or Ashley know of any quick changes.

7. Can I change my child's scheduled dance time?

No. Times can not be changed

8. Can I go speak to the owner of the competition or the judges with any concerns I'm having

No. Please speak to Andrea / Ashley with any of your concerns.

9. My child isn't feeling well on the day of the competition

Please text Andrea or Ashley.

We look forward to another great competition season. Go AB!!