

Convention and Competition Tips

Convention:

- ◆ All dancers will meet near the registration table of each convention to collect their wristbands the first day of classes. We usually meet about 45 minutes before the first class. You should receive a text or email from your Troupe Rep on specific meeting time and place the morning of the convention.
- ◆ It is a good idea to arrive early to find a place to set all dancers' duffle bags, etc. together in the dance room. Most conventions begin the day with a warm up together with all ages. You will most likely find the days' classes on each website, but always look for an updated schedule at the registration table each morning of convention.
- ◆ All parents who would like to observe during classes will need to purchase a wristband at the registration table. Cost for observer's wristbands are \$30-\$50. If you plan to observe, please refrain from talking while observing. If talking is necessary, keep it to a whisper. We want to respect the dancers and instructors.
- ◆ Drink plenty of water the night before the convention and throughout the weekend. Additionally, bring plenty of water bottles for the duration of the convention. Drink water before, during and after classes and competition. This will help you be ready for the next day. Please remind your dancer often throughout the day to drink plenty of water. Most venues provide water jugs in the dance rooms.
- ◆ Pack, bring and wear Allegro warm-ups. Please wear them while walking in the halls, to and from classes, at warm-ups in the morning, during awards assembly etc. We look more organized and more like a uniform team this way, and better represent Allegro amongst the many other teams.
- ◆ Bring all shoes: foot undeez, pedinis, ballet, jazz, tap, hip hop shoes, character shoes...even if you prefer socks, it's always best to have all your shoes. You never know what you'll need.
- ◆ Please remember: be courteous, respectful, encouraging, and positive to everyone!! Always remember we want to represent ourselves in a positive and professional manner.
- ◆ Feel free to visit convention websites for more information.
- ◆ Dancers will be taking 6-8 classes on Saturday and Sunday-with the possibility of classes Friday evening as well. A 15-20 minute break as well as a 45 minute lunch is normally scheduled in the day. We expect all dancers to attend every class. Please talk to your dancer about the importance of good listening skills and staying in the room the entire time. Please save bathroom needs and snacks for in between classes or during breaks and/or lunch. Kids should not ask to go to the bathroom during class but to leave discreetly if they absolutely have to. Directors will be in and out of all classes throughout the day. However, they will also be attending teacher classes for information and ongoing professional development. They may be difficult to find, and if taking classes, they will not be able to reply to your texts immediately. We expect all dancers to audition. Each

convention has an audition class. The choreographer will teach a short dance to everyone in the age group. Dancers will learn the dance and then perform the dance in front of the convention staff. Some dancers get called back, some do not. The audition process can be stressful for some dancers. However, we want them to know that the process is what's important. It's a great time to listen, learn and enjoy performing.

- ◆ If they ask do you want to do it again say yes even if you're exhausted
- ◆ Go to as many as you can-kids will grow and it trains their brains and bodies to pick up material quickly
- ◆ Listen to the details of how they want a specific move

Preparing for Competition:

- ◆ Dressing rooms can get very crowded and this can sometimes create more stress on the dancers. We understand most dancers still need help with hair, makeup and quick changes. Let's continue to try to minimize the number of parents/helpers backstage in the dressing room during the competition. This can help build dancer's independence & self-confidence backstage which can also help transfer to their performance onstage. 😊
- ◆ Check & double check you have all costume pieces, accessories and hair items needed for competition. Talk through it with your kids and be sure their name is in all costumes & shoes.

Backstage and Dressing Room Behaviors:

- ◆ Be friendly and courteous to other studios, dancers and parents.
- ◆ Dancers who are ages 12 and up: Parents allowed in the dressing rooms for special costume changes or hair. Otherwise, please refrain from hanging out in the dressing rooms. Once your dancer is ready for the stage, please allow your dancer independent time to mentally prepare for the stage.
- ◆ Try to take the least amount of space as possible in dressing rooms and understand that you will most likely share space with other studios. Please label everything. Dancers should always be in the dressing rooms at least 7 dances ahead of their own. Directors will be in the dressing rooms in time to make sure they are ready to go backstage.
- ◆ Teach your dancers how to return items/costumes to their proper places.
- ◆ Dancers and parents are responsible for cleaning up trash.
- ◆ Triple check for any items left on the floor or shelves.
- ◆ Only directors and specially designated prop volunteers are allowed backstage.
- ◆ After Competition: Please only give positive comments to dancers right after they perform. Dancers know if they have made a mistake. Dancers feel nervous enough without parents causing more stress.
- ◆ Once off stage, all dancers will meet back in the dressing room
- ◆ Dancers should only use phones in the dressing room for emergency purposes.

Awards Ceremony:

- ◆ Please remember to wear Troupe Jackets. Please remind your dancers to applaud for all dancers while on stage. It's important that we understand that we are not dancing against other dancers and studios..... we are dancing with them. We are all dancers who love this sport/art and we are inspired and motivated when we watch others dance.

List of Personal Items to Bring/Pack

(Not all items are required. Bolded items are required. Highlighted items are highly recommended.)

◆ **MAKEUP**

_Troupe/Team Makeup Kit

Foundation and/or powder

A Brush (Foundation or powder) works best for even application.

Eye Shadows (highlight, contour, & contrast)

Blush (for contour & color)

Black Mascara

Black eye Liner

Lip Pencil

Lip Stick

_ 2 pairs of false lashes (just in case!) 1 Pair Mandatory

_ Eyelash Adhesive

_ Any glitter/shimmer as determined by director (if one dancer wears it, they all wear it.)

_ Makeup Brushes (Lip, Eyeliner, Eye Shadow, Blush, Large Powder)

◆ **BEAUTY AIDS (Remove all nail polish)**

_ Skin Cleanser

_ Makeup Remover Pads

_ Tweezers (Tweezerman is the BEST!)

_ Vaseline

_ Cotton Pads

_ Q-tips (You can find travel size)

_ Tissues

_ Nail Polish Remover (You can find one time application wipes.)

_ Clear Nail Polish (great for a run in tights)

_ Nail Clippers/Nail File

_ Clear Gel Deodorant/Anti-perspirant

_ Lip Balm

_ Hand Sanitizer

_ Baby Wipes

◆ **HAIR PRODUCTS**

_ Spray bottle with water

_ Hair Gel

- _ **Hair Spray**
- _ Hairnets (same color as hair)
- _ **Hair pins/Bobby Pins (all colors)**
- _ **Ponytail Holders** (same color as hair)
- _ **Specific Bows and Ribbons for Costumes**
- _ **Comb/Brush**
- _ Hair Claws
- _ Headbands (to keep hair out of face during convention classes)

◆ **COSTUMES/CLOTHING**

- _ **All Costume Pieces (Head/Arm/Leg/Body pieces)**
 - _ **All Jewelry & Performance Earrings**
 - _ **Any Individual Props You Are Responsible For**
 - _ Small Sewing Kit:
 - Thread that matches all costumes
 - Needles
 - Safety Pins
 - Scissors
 - _ Static Guard
 - _ Lint Brush
 - _ Hot Glue Gun/Super glue
 - _ Body Adhesive or Double-sided Tape
 - _ Spare clear and tan bra straps
 - _ Extra pair of tights in appropriate colors
 - _ Extra pair of black hot shorts (this has saved a lot teammates)
 - _ **All Shoes**
 - _ **Dancewear for Convention Classes**
 - Ballet: Leo or hot shorts with fitted tank or sports bra, ballet shoes, hair pulled back.
 - Jazz/Lyrical/Contemporary/Musical Theater: hot shorts with fitted tank or sports bra, dance paws or jazz shoes, heels for Musical Theater if you have them (Intermediate and/or Sr.)
 - Tap: tap shoes, socks (don't want blisters), same clothes as jazz. Some dancers like to put on sweats.
 - Hip Hop: most dancers like to wear sweats and tshirt and sneakers or boots-wear what your dancer feels comfortable in
- Boys can wear jazz pants or shorts and tank.
 You may want to bring an "eye catching" top for auditions.

◆ **First Aid Kit:**

You may want to assemble an emergency kit. It is a great idea to collaborate with other parents to share one kit.

The kit can contain the following items:

- Tums
- Pepto Bismol
- Neosporin
- Advil
- Assorted Bandages (especially clear bandages for the stage)
- Cotton Balls
- Hydrocortisone
- Children's/Adult Pain Medication
- Antibacterial Gel/Neosporin
- Eye Drops
- Tweezers
- Tissue
- HandiWipes/Baby Wipes
- Salon Pas (medicated patches for minor aches and pains)
- Icy Hot/Biofreeze/Ice Pack
- Vaseline

◆ **FOOD/DRINK**

_ **Bottle water**

_ Juice Boxes (100% Juice)

_ Granola/Power Bars

_ Fruit

_ Veggies

_ Cheese Sticks

_ Trail Mix

_ Nuts (Almonds, Cashews, Macadamias, etc) Please be mindful of children with nut allergies. The smell of nuts can cause a reaction.

_ Raisins/Dried Fruit

_ Popcorn

_ Goldfish crackers

_ Lean meat

◆ MISCELLANEOUS

- _ **Extra copies of music** (Director supplies this unless you are asked directly to bring it yourself.)
- _ Money for photos and videos and program if you wish.
- _ A small towel
- _ Pens/Pencils/Sharpie (dancers like to get autographs of master teachers)
- _ Highlighter
- _ Notepad
- _ Camera (charge battery!)
 - New Batteries (just in case)
- _ Slippers/Slipper Socks/Flip Flops
- _ Pop Up Hanging Rack
- _ **Troupe Jacket**
- _ Extra Underwear in dancer's dance bag
- _ Extra Dance Clothes (dancers get sweaty or may spill food on them)
- _ Warm Sweats
- _ Feminine Supplies
- _ iPod (to listen to competition songs)
- _ Headphones
- _ Safety pins in various sizes (costumes have been known to break just before stage)

Auditioning

HC-Make sure you videotape the routine so you can practice it.

Practice your improv-It's a huge part of your audition

Do not do the same moves you did the first time you auditioned in your improv

Arrive early so you can stretch out and go over the routine

Wear light make-up and hair looking nice. (Down for HC)

Do not change the outfit you have been wearing so they know who you are

Listen carefully to the directions of where you will stand

Listen for your number to be called don't miss out

If you're able to choose where you stand make sure it's not in the back corner so you can be noticed

If you are allowed to practice on the side, practice every time

At WCDE do not place yourself towards the back because you will be the first group to go and not able to rehearse at all

After you are done you may be asked to do it again so don't sit down or start talking etc. Watch the other dancers and rehearse if you are able

The judges start watching you from the minute you walk into the room

Bill and Kimberly at HC usually walk in and start watching who is commanding the room

Improv while you are standing there

Do not stand with bad posture

Smile while they are looking at you in a straight line

Don't be afraid to move forward but end up in the spot you started in

If they talk to you whether constructive criticism or a compliment nod your head and say thank you

If you were given a correction make sure if nothing else is right, that correction is right

Have a ton of energy

Make eye contact with the judges-Let them know you want it-they just need to see something in you it doesn't have to be perfect now-they can always train someone who wants it

Receiving awards

Say thank you and hug

Congratulate the dancer next to you whether you received something or not

Scholarships are nice but they are not the reason we attend conventions -its to grow and be inspired