

COMPETITION DO'S AND DON'TS

BEFORE THE COMPETITIONS BEGIN:

- DO: Try on all costumes and make sure you have all accessory pieces that came with it. Hang everything up to keep them from getting to wrinkled and dirty.
- DO: Put your name in EVERYTHING! This includes costumes, shoes, tights and accessories.
- DO: Make a check list for every dance so you know what color tights, what hairstyle, which shoes, jewelry, etc. go with each costume.
- DO: Purchase extra tights! You never know when a rip or hole will occur during a competition.
- DON'T:** Wait until the last minute to get alterations done!

THE NIGHT BEFORE EACH COMPETITION DAY:

- DO: Lay out all costumes and accessories needed for the following day's competition and go through your check list. Pack your garment bags, dance bags and make-up bags. Have your first costume, hair and make-up stuff ready to go for morning.
- DO: Pack extras such as safety pins & bobby pins. Remember to bring a straightener or curling iron if needed. Bring hair spray, gel, combs and brushes for touching up hair during the day.

THE MORNING OF EACH DAY OF THE COMPETITION:

- DO: Arrive at the competition **2 HOURS BEFORE YOUR FIRST SCHEDULED TIME!** The times that they give us for each performance are all tentative- last year many of our numbers went an hour early. Being there 2 hours early gives everyone a chance to make sure costumes, make-up, etc. are correct and to work out the "jitters". We also try to run-through the dances and warm-up before we perform.
- DO: Arrive at the competition in your first costume of the day with hair and make-up done! Each competition will set up dressing areas. Sometimes they will assign us a place and other times we will pick our own. Watch for Susan and Kristi or other members of our team and we will help direct you to where you need to go.
- DON'T:** OVERSLEEP! Make sure to get up in plenty of time to get ready!
- DON'T:** Come late to the competition! **If you are not there at the appropriate time and miss the warm-up and run-throughs, you may not be allowed to perform.** Please be respectful to your fellow performers and your teachers and be on time! Changing choreography at the last minute because you are not there is very stressful for everyone involved!

DURING THE COMPETITION:

- DO:** Come and support other Westside Dance Team Members as they perform their solos, duets/trios and groups! It is a lot more fun to perform with an audience full of team members, friends and family! Unless cleared by a faculty member, we will expect everyone to be there to support each other. Please try to sit as a group in the audience- watch for the red jackets!
- DO:** Wear your team warm-ups over your costumes at all times- unless you are backstage waiting to perform. You also need to wear your warm-up jackets (or a costume) during the awards ceremony.
- DO:** Leave your cell phone OFF! Your attention should be totally on our performances and the performances of other studios. Cell phones are not to be used in the dressing areas, backstage, during warm-ups or in the audience. If you must make a call, you need to wait for a break in the competition.
- DO:** Use good sportsmanship! When in the audience, only talk between numbers and be courteous to other audience members by not moving around during a dance. Please- no loud whistles and noises! Show your appreciation for every dance with applause! When you're backstage, please be courteous to other dancers and remain out of the way until it is your time to perform. Be encouraging to other dancers as they get ready to go on or when they come off the stage.
- DO:** Bring a water bottle and drink water so you don't become dehydrated. Make sure to bring some money for snacks or meals. Many of the competition venues do not allow you to bring food in. Parents are welcome to take their dancers out for something to eat as long as they are done performing and we don't have any performances scheduled. We just ask that you check with a faculty member before leaving the venue.
- DON'T:** Come backstage to congratulate dancers or to watch dances. Only teachers, student helpers and prop helpers are allowed backstage during the performances. Please give your teammates a chance to get off stage, catch their breath and move out of the backstage area before seeking them out.
- DON'T:** Leave the competition without checking with Kristi or Susan. The schedules often change and we may ask you not to leave.
- DON'T:** Wander during the competition alone! Always stay with a buddy!
- DON'T:** Leave valuables in the dressing areas unattended! This includes money, iPods, phones, etc. If you don't need them, leave them at home or give to a parent to hold for you. We are not responsible for lost/stolen items.

AWARDS:

- DO:** Attend your award ceremonies! Everyone is required to attend awards for their dances. Warm-ups or costumes are to be worn on stage. Please sit as a group and sit as close to the front of the stage as you can (please try to stay out of the back corner!). Even if you aren't getting an award, you are welcome to sit with the team on stage. Please clap for everyone as they receive an award! Please smile and be courteous when going up and accepting your award. If you aren't happy with your placement, don't show it on your face- save it for the car ride home! Please keep positive and keep the negative comments away!
- DON'T:** Bring food, drinks or cell phones on stage! **GUM CHEWING WILL NOT BE ALLOWED!**

AT THE END OF EACH COMPETITION DAY:

- DO:** Make sure you have all of your costumes, shoes and accessories out of the dressing area. Please clean up the area you were using.
- DO:** When you get home, get ready for the next day of competition.
- DO:** Get a good night's sleep!

WHEN THE COMPETITION IS OVER:

- DO:** Go through all of your costumes and accessories to make sure you have everything. Let us know immediately if you are missing something! Fix any problems that happened and put everything together and away until the next competition.
- DO:** Get your awards during your dance classes the week following the competition (unless you received yours at the award ceremony). You will also be going over your critiques from the judges.