



PERFORMANCE PACKET

Guidelines for the Dress Rehearsal & Performance Day

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4SDA PARENT GUIDELINES

*We want to make sure the Dress Rehearsal and Performances go as smoothly as possible.
Here are a few things you can do to prepare yourself and your dancer for the day!*

ARRIVE ON TIME & READY TO GO

We are grateful for our wonderful parents and our dancers are grateful too, even if they don't say it! Please do all that you can to arrive on time to the Dress Rehearsal and Performance(s). Kids know when adults are stressed, they feel it too. Arriving on time and prepared is the 1st step toward a wonderful recital experience. There are so many moving parts to a production this size and starting on time is absolutely paramount!

CHECK-OFF THE CHECKLIST WITH YOUR DANCER

We've included a checklist and guidelines to help you help your dancer pack their dance bag, care for their costumes, apply appropriate makeup and create that amazing ballet bun. Your dancer knows practice and repetition is key, so apply that philosophy to your bun making efforts and have fun practicing together!

TALK WITH YOUR DANCER

Please prepare your dancer for what to expect in the theater and backstage. Topics to discuss: be respectful to other dancers, chaperones & staff, no eating in costumes, being quiet backstage, no running/playing, the dressing rooms are where they can talk, etc. Let them know the adult chaperones, check-in staff, and Mr. Jason can contact their parents if an emergency arises. You are only a text away.

BE "IN THE KNOW"

We post the latest news and updates in the studio and online while also emailing at least once a month. Yes, it can be a lot of info in an already info overloaded world, but we do send the emails, post on the studio bulletin board and on our website in order help keep you in the know. Life can and does get crazy, and we do what we can to help you and your dancer avoid missing sign-up deadlines, rehearsals, and other important news and information.

Here are a few important details that are often overlooked, causing parents frustration:

- ***The Dress Rehearsal is closed:*** No one is allowed in the theatre during the dress rehearsal except CCAE & 4SDA staff.
- ***Backstage is closed:*** No one is allowed backstage except dancers, CCAE & 4SDA staff & volunteers.
- ***No Photography or Videography:*** The theatre has a very strict policy and we agree. Please do not film or take pictures during the performance. We love our parents, but we know the excitement can cause parents with the best intentions to leave the flash on, stand in front of other people and simply distract their own child from performing. We have contracted a theatre approved Photographer & Videographer. They are pros and they will get the best shots (of the dress rehearsal) and footage (of the performance(s)), while you simply enjoy the performance(s).



ROSEBUDS/BLUEBELLS BALLET

RECITAL CHECK LIST

Please have your dancer try on their costumes in advance and contact us if there are any *major* issues. Do not iron or dry costumes. Use fingers to comb through wrinkles of tutus if needed and/or steam from a hot shower. Shake out as much glitter as possible before arriving at the theater. Store costumes in a safe, secure place. **You are responsible for your child's costume and they will not be replaced if damaged or lost.**

Rosebuds and Bluebells will perform a ballet number in the 1st Act of the recital and must be picked up at intermission. They will perform in their given costume and headpiece along with **pink tights, pink ballet slippers (not provided)**. Hair should be worn in a high, flat bun with no bangs or wispies and stage make up. No bun makers please.

Students should arrive hair and makeup ready. We suggest having your little dancer in their tights and comfy clothes so they can simply put on their costume with you in the car upon arrival or in the dressing room / bathroom with the chaperones. If we are given access to the conference center we will be able to direct you to the large multi-stall bathroom where you can also change your little one.

FOR BOTH DRESS REHEARSAL AND PERFORMANCE!

Chaperones will help them into their ballet shoes.

- ✓ Costume with Headpiece
- ✓ Pink Tights
- ✓ Pink Ballet Slippers
- ✓ Hair Supplies (hair ties, bobby pins, hair net, hair spray)
- ✓ Make-up for reapplication (We recommend a lipstain rather than lipstick to avoid messes, blush, etc.)
- ✓ Plenty of Water and DRY Snacks to avoid mess... No nuts please!
- ✓ Books or other simple activities to do during waiting time
- ✓ Zip-up sweater, it can get chilly back stage!

Please talk with your dancer! Be sure to prep your child about what to expect at the theater and make sure they understand they must listen to their chaperones and teachers. Have them use the restroom before they change into their costumes. Label everything in advance. **Please remember: no glitter, nail polish, extra hairpieces, or jewelry.**

Theatre policy requires everyone to have a ticket to sit in the audience. If you want your little dancer to watch the 2nd act you will need to get them a "lap ticket" (free under 3) or a child ticket.



LILACS BALLET & TAP RECITAL CHECK LIST

Please have your dancer try on their costumes in advance and contact us if there are any *major* issues. Do not iron or dry costumes. Use fingers to comb through wrinkles of tutus if needed and/or steam from a hot shower. Shake out as much glitter as possible before arriving at the theater. Store costumes in a safe, secure place. **You are responsible for your child's costume and they will not be replaced if damaged or lost.**

Lilacs students will perform a ballet number in the 1st Act of the recital and a tap number in the 2nd Act. For ballet, they will perform in the given leotard costume given with their ballet tutu, **pink tights, pink ballet slippers**, and a headpiece. Students will change into their tap skirt (when applicable) for tap along with the headpiece given, **pink tights and black tap shoes**. Hair should be worn in a high, flat bun with no bangs or wispies and stage make up. No bun makers please.

Students should arrive in their costume leotard and must be hair and make up ready
FOR BOTH THE DRESS REHEARSAL AND PERFORMANCE!

Chaperones will help them into their tutus and skirts and ballet and tap shoes.

- ✓ Lilacs Costume & Headpiece(s)
- ✓ Pink Tights
- ✓ Pink Ballet Slippers
- ✓ Black Tap Shoes
- ✓ Hair Supplies (hair ties, bobby pins, hair net, hair spray)
- ✓ Make-up for reapplication (We recommend a lipstain to avoid messes, blush, etc.)
- ✓ Plenty of Water and DRY Snacks to avoid mess... No nuts please!
- ✓ Books or other simple activities to do during waiting time
- ✓ Zip-up sweater, it can get chilly back stage!

Please talk with your dancer! Be sure to prep your child about what to expect at the theater and make sure they understand they must listen to their chaperones and teachers. Have them use the restroom before they change into their costumes. Label everything in advance. **Please remember: no glitter, nail polish, extra hairpieces, or jewelry.**

Do contact us with any questions / concerns. We are happy to help you make this a



PRIMARY BALLET & TAP RECITAL CHECK LIST

Please have your dancer try on their costumes in advance and contact us if there are any *major* issues. Do not iron or dry costumes. Use fingers to comb through wrinkles of tutus if needed and/or steam from a hot shower. Shake out as much glitter as possible before arriving at the theater. Store costumes in a safe, secure place. **You are responsible for your child's costume and they will not be replaced if damaged or lost.**

Primary students will perform a ballet number in the 1st Act of the recital and a tap number in the 2nd Act. For ballet, they will perform in the given leotard costume given with their ballet tutu, **pink tights, pink ballet slippers**, and a headpiece. Students will change into their tap skirt (if applicable) for tap along with the headpiece given, **pink tights and black tap shoes**. Hair should be worn in a high, flat bun with no bangs or wispies and stage make up. No bun makers please.

Students should arrive in their costume leotard and must be hair and make up ready
FOR BOTH THE DRESS REHEARSAL AND PERFORMANCE!

Chaperones will help them into their tutus and skirts and ballet and tap shoes.

- ✓ Primary Costume & Headpiece(s)
- ✓ Pink Tights
- ✓ Pink Ballet Slippers
- ✓ Black Tap Shoes
- ✓ Hair Supplies (hair ties, bobby pins, hair net, hair spray)
- ✓ Make-up for reapplication (We recommend a lipstain rather than lipstick to avoid messes, blush, etc.)
- ✓ Plenty of Water and DRY Snacks to avoid mess... No nuts please!
- ✓ Books or other simple activities to do during waiting time
- ✓ Zip-up sweater, it can get chilly back stage!

Please talk with your dancer! Be sure to prep your child about what to expect at the theater and make sure they understand they must listen to their chaperones and teachers. Have them use the restroom before they change into their costumes. Label everything in advance. **Please remember: no glitter, nail polish, extra hairpieces, or jewelry.**

Do contact us with any questions / concerns. We are happy to help you make this a



Elementary, Division 1-2-3-4-5 Ballet RECITAL CHECK LIST

Please have your dancer try on their costumes in advance and contact us if there are any *major* issues. Do not iron or dry costumes. Use fingers to comb through wrinkles of tutus if needed and/or steam from a hot shower. Store costumes in a safe, secure place. **You are responsible for your child's costume and they will not be replaced if damaged or lost.**

Elementary, Division 1 - 5 ballet students will perform during the 1st Act of the recital. They will perform in the costumes received along with **un-seamed pink tights (not provided), pink ballet slippers (not provided)**, and a headpiece (provided). Hair should be worn in a high, flat bun with no bangs or wispies. No bun makers please. Have stage make up applied in advance. Chaperones will help assist with reapplication only. Students must arrive 20 minutes prior to scheduled start time with hair and make up done **FOR THE DRESS REHEARSAL AND PERFORMANCES.**

- ✓ Costume and headpiece(s) given, nude leotard if needed
- ✓ **Un-seamed Pink Tights**
- ✓ Pink Ballet Slippers or Pointe Shoes
- ✓ Hair Supplies (hair ties, bobby pins, hair net, hair spray)
- ✓ Make-up for reapplication (we recommend a lipstick stain to avoid getting on costumes, blush, etc.)
- ✓ Plenty of Water and DRY Snacks to avoid mess. Not nuts please!
- ✓ Books or other simple activities to do during waiting time
- ✓ Zip-up sweater, it can get chilly back stage!

Please talk with your dancer! Prep them on what they can expect and how they should behave at the theater. Label everything in advance and remember no glitter, nail polish, extra hairpieces, undergarments or jewelry. Students who are not performing in the 2nd act may be (though are not required to be) signed out during intermission. However, they will need a ticket to sit in the audience per theatre policy.

Do contact us with any questions / concerns. We are happy to help you make this a wonderful experience!



CONTEMPORARY, JAZZ, LYRICAL, & TAP RECITAL CHECK LIST

Please have your student try on their costumes in advance and contact us if there are any *major* issues. Do not iron or dry costumes. Use fingers to comb through wrinkles of tutus if needed and/or steam from a hot shower. Please shake the excess glitter out of the costumes before arriving at the theatre. Store costumes in a safe, secure place. **You are responsible for your child's costume, and they will not be replaced if damaged or lost.**

All tap, jazz, lyrical, and contemporary pieces will be in the 2nd act of each performance. Hair should be worn in a high, flat bun and stage make up should be applied. Students must arrive 20 minutes prior to scheduled start time with hair and make up done for **THE DRESS REHEARSAL AND PERFORMANCES.**

- ✓ Costume, Headpieces, and Accessories for appropriate dance pieces
- ✓ **Beginning/Intermediate/Advanced Tap:** Tan tights, black fishnets, black tap shoes
- ✓ **Primary/Elementary/Div 1 Jazz (Thur. w/Mr. Justin):** Black tights, black jazz shoes
- ✓ **Division 3/4/5 Jazz (Thur. w/Mr. Justin):** Black compression socks, black jazz shoes
- ✓ **Division 1/2 Jazz (Fri. w/Ms. Darci):** No tights, black jazz shoes
- ✓ **Elementary/Division 1 Lyrical:** Pink tights, pink ballet shoes
- ✓ **Division 2/3 Lyrical:** No tights, half sole shoes
- ✓ **Division 4/5 Lyrical:** No tights, tan leather half-sole shoes
- ✓ **Contemporary:** No tights, tan half-sole shoes
- ✓ Hair Supplies (hair ties, bobby pins, hair net, hair spray)
- ✓ Make-up for reapplication (lip stain, blush, etc.)
- ✓ Plenty of Water and DRY Snacks to avoid mess... Not nuts please!
- ✓ Books or other simple activities to do during waiting time
- ✓ Zip-up sweater, it can get chilly back stage!

Please talk with your dancer! Prep them on what they can expect and how they should behave at the theater. Label everything in advance and remember no glitter, nail polish, extra hairpieces, or jewelry. Do contact us with any questions / concerns. We are happy to help you



MAKE-UP AND HAIR GUIDELINES

2017 Dress Rehearsal & Performance

*Please note, this guideline is designed to assist you in this process.
Do not be concerned if your dancer's hair and make up are not perfect, just do your best!*

ALL students must arrive at the theater in full hair and make up, EXCEPT lipstick.

Please have your student bring their OWN lipstick (a lip stain is preferred for long coverage and to avoid messes) so they can apply after they are in costume and are ready to go on stage.

HAIR

Buns: All students must wear hair in a clean, high bun with NO center or side part. Buns should be high enough that you can see the bun from the front, but not so high that it is right on top of the head. Use a hair net that matches hair color to collect any stray hairs as needed. Be sure to use spray and/or hair gel as needed.

See the next pages for instructions on how to make a ballet bun.

Students with short hair may wear a lower bun.

MAKE-UP

All students need stage make up to avoid getting washed out on stage!

Rosebuds/Bluebells/Lilacs/Primary

- If necessary, use a bit of concealer to even skin tone.
- Apply a light amount of powder to avoid shine on stage.
- Use a pinky blush to contour cheekbones.
- Use a dark powder to define eyebrows.
- Apply Black Mascara.
- Use a Red Lipstain (think more pinky/red rather than orange/red). A lip stain or *colorstay* lipstick is a preferred option for long coverage and to avoid messes. Your student should bring their lipstick with them to the theater and apply after they are in costume and are ready to go on stage.

Elementary, Division 1, Division 2, Division 3, Advanced

- Use a matte foundation and powder. Nothing shiny as that looks like sweat onstage!
- Use matte, neutral browns for eyeshadow and brow contouring. Again, nothing shimmery and no glitter!! Use a light shade as a base all over the lid and just under the eyebrow, a medium color just above lashes, and a dark color for eyebrows and lid crease. Check out this blog if you need a tutorial: <http://kathrynmorganonline.com/?p=61>
- Use a black eyeliner for both the top lid and bottom. On the top lid, draw a thick line along the lashes that extends slightly upward at the end as a "wing". Make sure the "wing" is not too long, it should not be a flat line or one that droops as that will make eyes appear sad onstage. Bottom eyeliner does not need to be as dramatic, just enough to shape the eye.
- Apply a generous amount of black mascara (**ALL DIVISION 3 AND ADVANCED STUDENTS SHOULD WEAR FALSE EYELASHES, AND APPLY MASCARA AFTER LASHES HAVE BEEN APPLIED AND HAVE DRIED**)
- Use a pinky blush to define cheekbones
- Use a Red Lipstick (think pinky/red rather than orange/red) or a lip stain if possible for long coverage. Students should bring their lipstick with them to the theater and apply after they are in costume and ready to go on stage.

How to Make a Bun

Girls in all classes must wear their hair in a neat and tidy classical bun so hair does not obscure the neckline or get in the students' eyes. The bun keeps hair from flying in a dancer's face; it also creates a clean, elegant line for the dancer. Follow these steps to make the perfect bun:

Materials List (all are available at most drug stores)

- Hairspray or hair gel
- Hair pins (Thicker type with plastic tips.)
- Bobby pins
- Elastic band (ponytail holder)
- Comb & brush (Fine tooth comb preferable)
- Hair net (Fine net with elastic edges. Should be same color as hair.)

1. To start the process, wet your hands and the hair with water. This will give you better control over the hair. Gather the hair and pull it back. Apply hair gel if you need more control over the hair.
2. Use a hairbrush to smooth out rough or uneven areas. Form a ponytail by brushing the hair up from the jaw line to the top part of the back of the head. This will form a high bun. The placement of the ponytail determines the placement of the bun. Mid and low buns are sometimes used with short hair.
3. Use an elastic hair band to secure the ponytail. A tidy ponytail with hair drawn snugly back is the key to making a good ballet bun.
4. Apply more water or gel to keep the hair neat, and twist the ponytail.



5. Coil the ponytail into a tight circle.



6. Use hairpins all around the coil to secure it to the rest of the hair. Slide each pin through the outer part of the coil, then into the base of the bun.



7. Wrap a fine hair net around the bun. Keep twisting and wrapping so that the hair net tightly secures the bun. Add a few more pins.



8. With long thick hair, you may end up with a bun that will protrude too much. A flatter bun is preferable. To flatten, remove all pins; the hair net will hold the bun. Then flatten the bun and re-pin all around the bun.



9. For extra hold, when the bun and hair are all secure, use hairspray.





DIRECTIONS TO CCAE PARKING & DROP-OFF

California Center for the Arts, Escondido
340 North Escondido Boulevard, Escondido, CA, 92025

FROM SAN DIEGO

1. Head North on I-15
2. Take exit 28 for Centre City Pkwy/S Centre City Pkwy
3. Continue onto Centre City Parkway/S Centre City Pkwy
4. Turn right onto W Grand Ave
5. Turn left onto N Escondido Blvd & drive past CCAE (which will be on your right)
6. Turn right into the large parking lot and follow the directions on the Campus Map to the Center Theatre Security Check-In/Out.

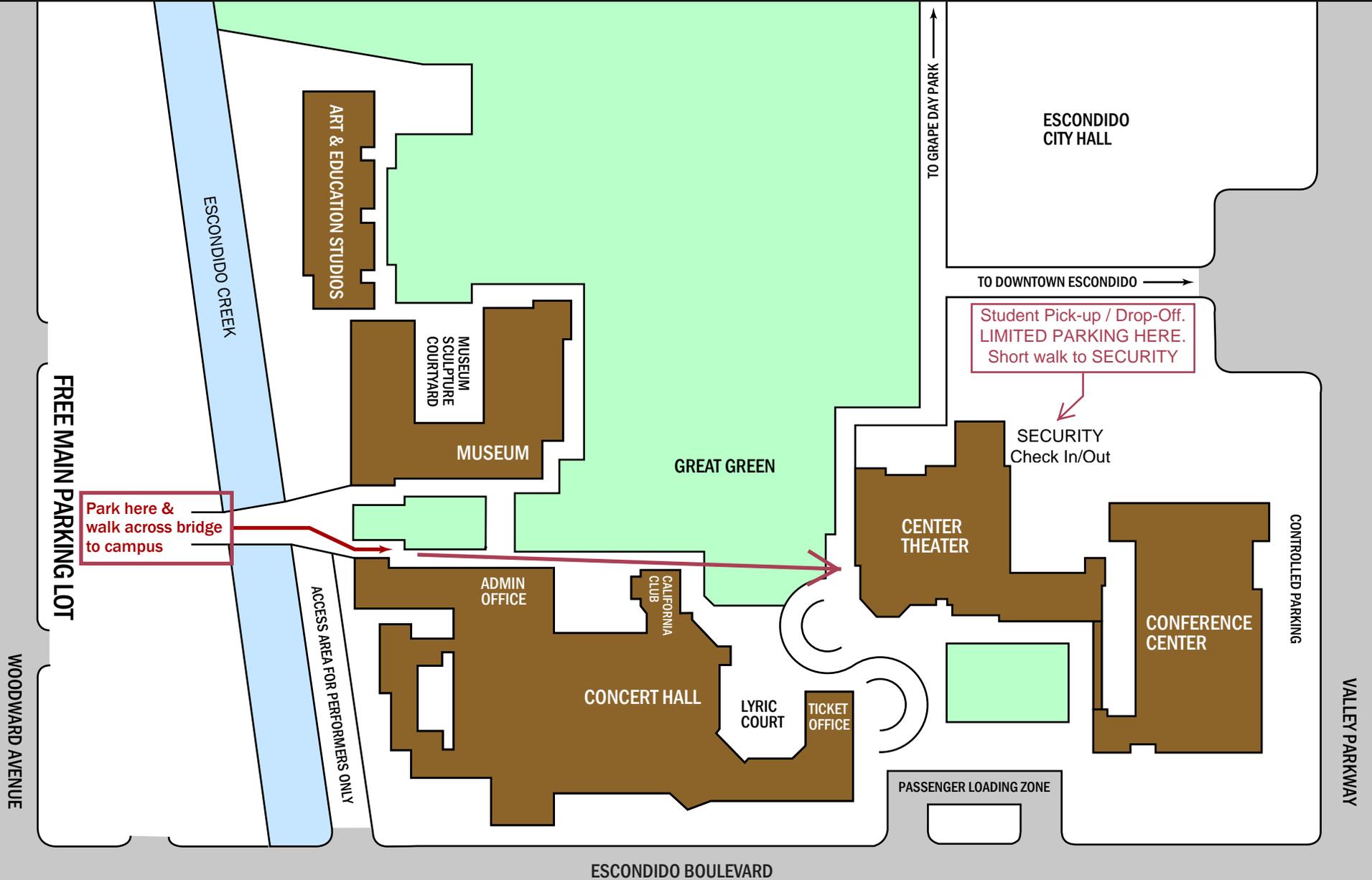
FROM COASTAL NORTH COUNTY, ORANGE COUNTY & LOS ANGELES

1. Take CA-78 E towards Escondido
2. Take exit 17C for Centre City Parkway
3. Merge onto Centre City Parkway
4. Use the left 2 lanes to turn left onto W Washington Ave
5. Turn right onto N Escondido Blvd
6. Turn right into the large parking lot and follow the directions on the Campus Map to the Center Theatre Security Check-In/Out.

FROM RIVERSIDE AND INLAND ORANGE COUNTY

1. Head South on I-15
2. Take exit 32 to merge onto CA-78 E toward Ramona
3. Take exit 17C for Centre City Parkway
4. Merge onto Centre City Parkway
5. Use the left 2 lanes to turn left onto W Washington Ave
6. Turn right onto N Escondido Blvd
7. Turn right into the large parking lot and follow the directions on the Campus Map to the Center Theatre Security Check-In/Out.

The Security Check-in/Out is accessible by car for those with handicap placards or who need extra help to unload / load their dancer. Please note the parking and loading zone is VERY small and will easily be impassable if there are too many cars trying to drop-off their dancers. PLEASE only use this option if you have a handicap placard or truly need the extra help! Contact the Studio Office for directions and instructions on how to access the drop-off area.



Park here & walk across bridge to campus

Student Pick-up / Drop-Off. LIMITED PARKING HERE. Short walk to SECURITY

SECURITY Check In/Out

ESCONDIDO BOULEVARD