



# PERFORMANCE PACKET

Guidelines for the Dress Rehearsal & Performance Day

Parent Guidelines	Page 2
Rosebuds / Bluebells Checklist	3
Lilacs & Primary Checklist	4
Elementary, Division 1-2-3-4-5 Ballet, Teen Ballet Checklist	5
Contemporary, Jazz (Hop), Lyrica, Musical Theatre & Tap Checklist	6
Dress Rehearsal Check In/Out Times	7
Performance Check In/Out Times	8
Makeup & Hair Guidelines	9
How to Make A Ballet Bun (Picture Tutorial)	10 – 13
Directions to the Venue	14
CCAЕ Campus Map	15



# 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 1<sup>st</sup> 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 CHECKLIST

Please have your dancer try on their costumes in advance and contact us if there are any *major* issues. Instead, use your fingers to comb through the wrinkles of tutus as needed and/or use the 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.***

Rosebuds and Bluebells will perform a ballet number in the 1<sup>st</sup> 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 light stage makeup. 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 (Not provided. Should be the approved tights used for class.)
- ✓ Pink Ballet Slippers (Not provided. Should be the approved tights used for class.)
- ✓ 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 / jacket, it can get chilly backstage!

**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 leaving for the theatre / putting on their costumes. Label ***EVERYTHING*** in advance and 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 2<sup>nd</sup> act you will need to get them a "lap ticket" (free under 3) or a child ticket.

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



# LILACS and PRIMARY BALLET & TAP RECITAL CHECKLIST

Please have your dancer try on their costumes in advance and contact us if there are any *major* issues. Instead, use your fingers to comb through the wrinkles of tutus as needed and/or use the 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.***

Lilacs students will perform a ballet number in the 1<sup>st</sup> Act of the recital and a tap number in the 2<sup>nd</sup> Act. For ballet, they will perform in the given leotard costume with their ballet tutu, **pink tights, pink ballet slippers**, and a headpiece. For tap, students will change into their tap skirt along with the headpiece given, **pink tights and black tap shoes**. Hair should be worn in a high, flat bun with no bangs or wispsies and stage makeup. 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 backstage!

**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 leaving for the theatre. Label ***EVERYTHING*** in advance and 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 wonderful experience!



## Elementary, Division 1-2-3-4-5 Ballet, Teen Ballet RECITAL CHECKLIST

Please have your dancer try on their costumes in advance and contact us if there are any *major* issues. Instead, use your fingers to comb through the wrinkles of tutus as needed and/or use the 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.***

Elementary, Division 1 - 5 Ballet students will perform during the 1<sup>st</sup> 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, unless otherwise noted by their teacher, and stage makeup should be applied. Chaperones will help assist with reapplication only. Students must arrive promptly at their call time, ready for a fantastic Dress Rehearsal and Performance!

- ✓ Costume and headpiece(s) given, nude leotard if needed
- ✓ **Un-seamed** Pink Tights (the approved tights used for their regular classes)
- ✓ Pink Ballet Slippers and/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. **NO NUTS PLEASE!**
- ✓ Books or other simple activities to do during waiting time
- ✓ Zip-up sweater, it can get chilly backstage!

**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 2<sup>nd</sup> act may be signed out during intermission, though they are welcome to stay backstage to be a part of our Final Bow at the end of the performance. Students who choose to watch the 2nd Act from the audience will need a ticket per theatre policy.

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



# CONTEMPORARY, JAZZ, JAZZ-HOP, LYRICAL, MUSICAL THEATRE & TAP RECITAL CHECKLIST

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. Instead, use your fingers to comb through the wrinkles of tutus as needed and/or use the 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 2<sup>nd</sup> act of each performance. Hair should be worn in a high, flat bun, unless otherwise noted by their teacher, and stage makeup should be applied. Chaperones will help assist with reapplication only. Students must arrive promptly at their call time, ready for a fantastic Dress Rehearsal and Performance!

- ✓ Costume, Headpieces, and Accessories for appropriate dance pieces
- ✓ **Ms. Shocka's Tuesday, 6:00 PM and 7:00 PM Musical Theatre Classes:** Tan non-shimmer tights, regular non-seam black fishnets (to be worn over tan tights), black jazz shoes (slip on is preferable)\*
- ✓ **Ms. Shocka's Tuesday and Thursday Tap Classes:** Tan non-shimmer tights, regular non-seam black fishnets (to be worn over tan tights), black tap shoes
- ✓ **Ms. Rachel's Div 1/Elem Lyrical:** Tan tights footless, bare feet
- ✓ **Ms. Abbie's Thursday Div 2 /3 and 4 /5 Lyrical:** No tights and half soles
- ✓ **Ms. Abbie's Monday Lyrical 4/5:** No tights and half soles
- ✓ **Ms. Abbie's Monday Pri / Elem; Div 2 /3; Div 4 /5 Jazz and Jazz-Hop:** Tan tights black shoes
- ✓ **Ms. Rachel's Div 4/5 Wednesday Contemporary:** Tan tights and sand block sox  
<https://us.blochworld.com/product/A1000>
- ✓ 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... NO NUTS PLEASE!
- ✓ Books or other simple activities to do during waiting time
- ✓ Zip-up sweater, it can get chilly backstage!

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



## DRESS REHEARSAL CHECK IN/OUT TIMES

JUNE 13TH @ CALIFORNIA CENTER FOR THE ARTS, ESCONDIDO

<b>LEVEL (DAYS)</b>	<b>CHECK IN TIME</b>	<b>CHECK OUT TIME</b>
Rosebuds (All days)	02:40:00 PM	3:45 PM
Bluebells (All days)	02:40:00 PM	3:45 PM
Lilacs Ballet & Tap (Mon, Wed AM & Fri)	03:00:00 PM	4:45 AM
Primary Ballet & Tap (Mon, Thur , Fri)	03:00:00 PM	4:45 AM
Lilacs Ballet & Tap (Wed PM, Thur AM, Sat)	04:00:00 PM	5:45 PM
Primary Ballet & Tap (Tues, Sat)	04:00:00 PM	5:45 PM
D2 Ballet (All days)	05:30:00 PM	6:45 PM (SB)
D3 Ballet (All days)	05:30:00 PM	6:45 PM (SB)
D4 Ballet (All days)	05:30:00 PM	6:45 PM (SB), 7:30 PM (CB)
D5 Ballet (All days)	05:30:00 PM	6:45 PM (SB), 7:30 PM (CB)
Elementary Ballet (All days)	06:10:00 PM	7:15 PM
D1 Ballet (All days)	06:10:00 PM	7:15 PM
Teen Ballet	06:10:00 PM	7:15 PM
Tap: Intro-Adv	07:00:00 PM	8:15 PM
Musical Theater	07:00:00 PM	8:15 PM
Elem/D1: Lyrical	07:00:00 PM	8:15 PM
D4/5: Jazz	07:00:00 PM	8:15 PM
Jazz-Hop	07:00:00 PM	8:15 PM
D2/3: Jazz	07:00:00 PM	8:45 - 9:00 PM
Primary/Elementary: Jazz	07:00:00 PM	8:45 - 9:00 PM
D4/5: Lyrical	Already Present	8:45 - 9:00 PM
D2/3: Lyrical	07:00:00 PM	8:45 - 9:00 PM
D4/5: Contemporary	Already Present	8:45 - 9:00 PM

**REMINDERS:**

- This is a closed rehearsal. There is no seating for parents.
- Students are dropped off & picked up at the Security table.
- Only chaperones & security volunteers are allowed backstage.

(SB) = (Sleeping Beauty)  
 (CB) = (Contemporary Ballet)

# 4S DANCE ACADEMY

## PERFORMANCE CHECK IN/OUT TIMES

JUNE 15TH @ CALIFORNIA CENTER FOR THE ARTS, ESCONDIDO

### SHOW 1 (10:30 AM Curtain)

<u>WHO</u>	<u>CHECK-IN</u>	<u>CHECK-OUT</u>
Security - 1st shift	9:15 AM	10:15 AM
D3/4/5 dancers for warm up	9:30 AM	* Intermission (ballet only) or End of Show (bows)
All Chaperones	9:30 AM	When your room is clear, all students are picked up.
Elementary / D1 / D2	9:45 AM	* Intermission (ballet only) or End of Show (bows)
Lilacs / Primary	9:45 AM	End of Show
Rosebuds / Bluebells	10:00 AM	** Intermission
Act 2 only students	10:00 AM	End of Show

### SHOW 2 (2:30 PM Curtain)

<u>WHO</u>	<u>CHECK-IN</u>	<u>CHECK-OUT</u>
SECURITY - 1ST SHIFT	1:15 PM	2:15 PM
All Chaperones	1:30 PM	When your room is clear. Students picked up.
Elementary / D1 / D2	1:45 PM	* Intermission (ballet only) or End of Show (bows)
D3/4/5	1:45 PM	* Intermission (ballet only) or End of Show (bows)
Teen Ballet	1:45 PM	* Intermission (ballet only) or End of Show (bows)
Lilacs / Primary	1:45 PM	End of Show
Rosebuds / Bluebells	2:00 PM	** Intermission
Act 2 only students	2:00 PM	End of Show

\* Elementary D1/2/3/4/5 students in ballet only, may be picked up at intermission or stay to the end for bows.

\*\* Rosebuds & Bluebells must be picked up at intermission. If you plan to have them watch the 2nd act from the audience, they will need a free lap ticket (3 and under) or paid ticket (\$10).







# MAKEUP AND HAIR GUIDELINES

## 2019 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 makeup are not perfect, just do your best!*

**ALL students must arrive at the theater in full hair and makeup, 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. We want to see their eyes and beautiful smiles from the audience and in the video that will be recording!**

#### **Rosebuds/Bluebells/Lilacs/Primary**

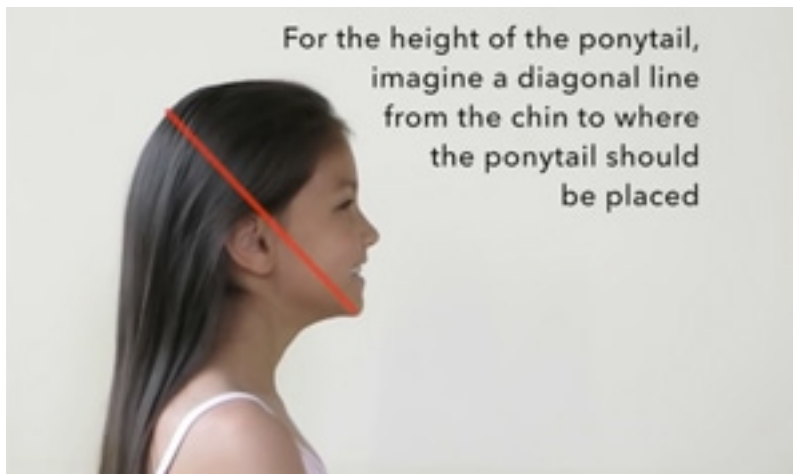
- If necessary, use a bit of concealer to even skin tone.
- Apply a light amount of powder to avoid shine on stage.
- Use a pinky blush to contour cheekbones.
- Use a dark powder to define eyebrows.
- Apply Black Mascara.
- Use a Red Lip Stain (think more pinky/red rather than orange/red). A lip stain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

#### **Elementary, Divisions 1 – 5, Jazz (Hop), Lyrical, Musical Theatre & Tap**

- 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/the-basic-stage-eye/>
- 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, 4 & 5 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 makeup in a labeled plastic baggie to the theater. They will apply lipstick and retouch as needed after they are in costume and ready to go on stage.

# HOW TO MAKE A CLASSICAL BALLET BUN

Step 1



Step 2



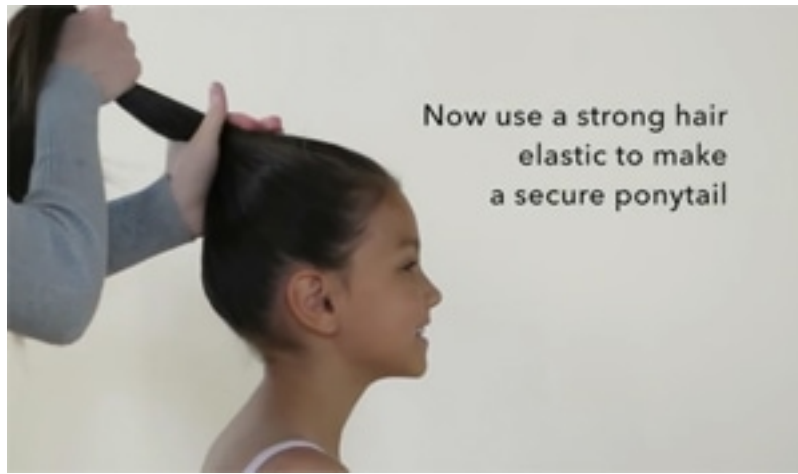
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Step 4



Step 5



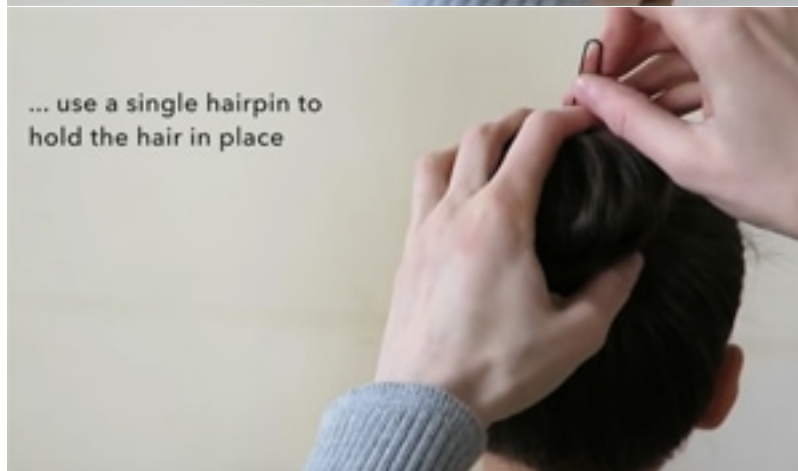
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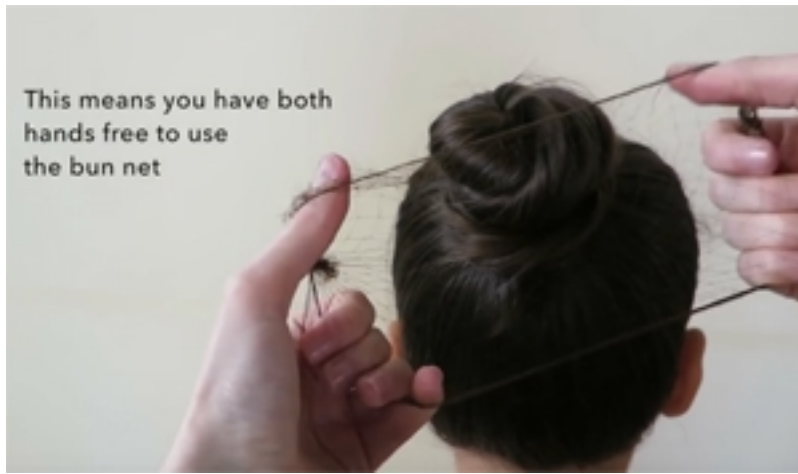
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Step 8



Step 9



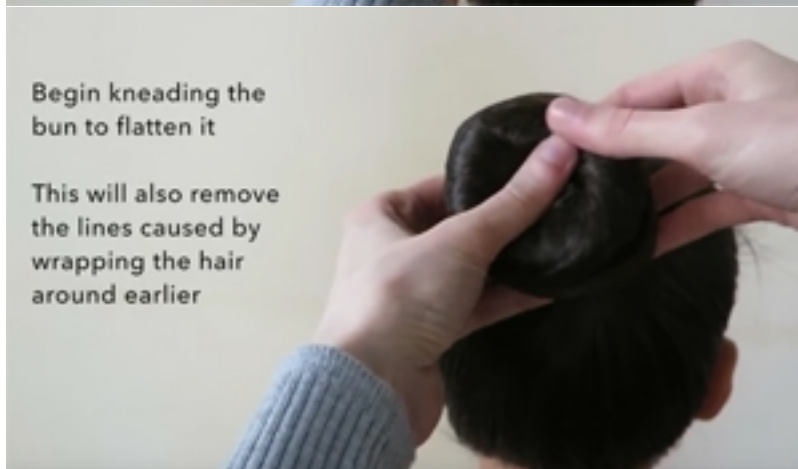
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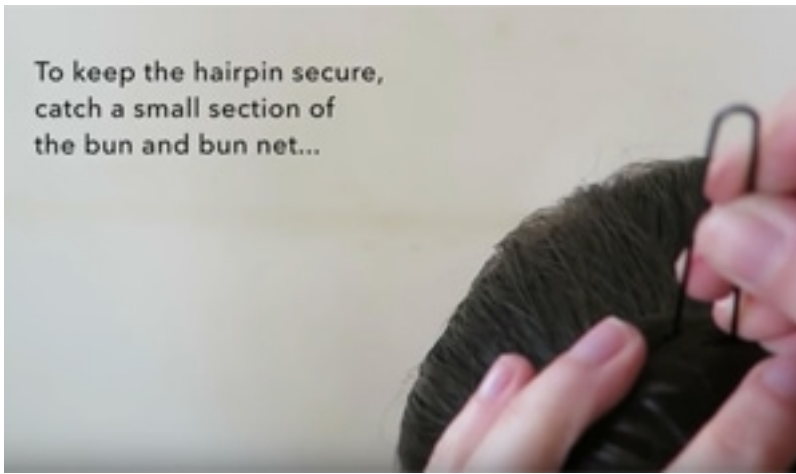
Step 11



Step 12



Step 13



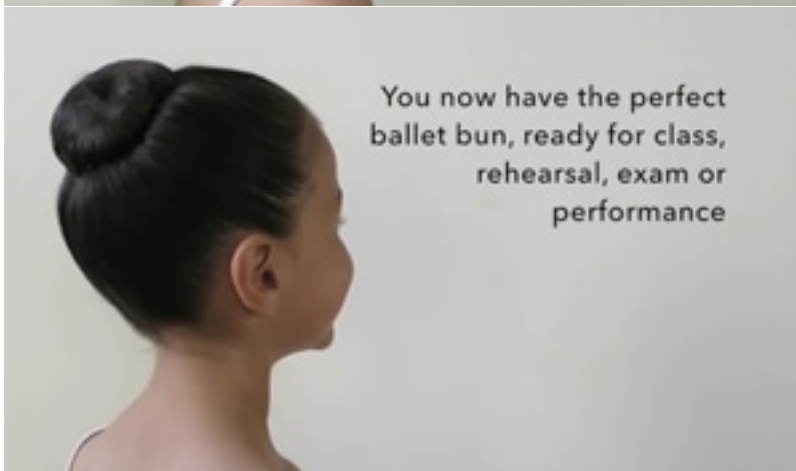
Step 14



Step 15



YAY!!!!!!







## **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.

