

A FROST DANCE

E X P E R I E N C E

a personalized dance experience in an exciting and encouraging environment

Believe Dance Competition

Attached you will find the schedule for ***Believe Dance Competition – April 11th to 13th***. This competition is held at the Capitol Arts Centre in Port Hope at 20 Queen Street. There are several options for parking; metered parking on the street, free parking just down the street from the theatre and pay parking lots also in the area if needed. ***The theatre is on the smaller side, so please make sure you make your way into the theatre at least 30 minutes before your dancers performance. Please read this newsletter carefully as it has some important information for the competition.***

COMPETITION INFO:

When to be There: All dancers need to be at the competition **one hour prior to their scheduled dance** time. It is important to be at competition one hour in advance to warm up and run your routine. As well, competitions can run ahead of schedule and it is necessary to dance when your number is on, the competition will wait for no one. For those dancing before 9am, we ask that you arrive by 8am. Dancers need to come with **hair & make up done and costume on**. If you have any questions about hair or make up, please ask your student's teacher before the competition.

What to Bring: Costumes, dance shoes, healthy snacks, water, props and make-up (for touch ups). **Please remember healthy snacks to refuel and lots of water to stay hydrated.** It is necessary for all dancers to eat before they perform. I know many dancers are nervous before they dance, but not eating makes things worse. You need fuel in your system to keep your blood sugar level and keep your brain and body working to its fullest. Also, if you are at the competition all day, make sure you take some time to go outside for fresh air.

Hair Notes: Hair should be swept off the face with gel so that there are **no stray hairs hanging in the face**. When doing your hair, remember - gel is your best friend. The best time to do your hair is when it is wet. **Buns must be secured by a proper hair net and hair pins.** You want to have the bun as close to your head as possible. **Remember:** the part is on the left side of the head.

Make-up: Make-up is important. **For competition "Stage make-up" is more important!** I cannot stress enough the amount of make-up you need to put on! A LOT!! Please make sure that dancers are using enough cover up, eye shadow, eye liner and lipstick. Eyeliner needs to be extended to the outside of eyes. Cover up and bronzer needs to be brought down to blend into your neckline so it mixes in with the skin.

Remember to bring your Studio jackets to wear over your costumes when you are in the audience. Please wear your Studio wear proudly - be polite, courteous, patient and encouraging to other dancers and staff. It is very important that we keep our area tidy and that we clean up after ourselves. And of course, have fun and

'Go Hard or Go Home'.

Believe Dance Schedule Friday April 11th

8:34pm Work (Brooke Hamilton)
9:01pm Once Upon Another Time
9:04pm So Cold (Victoria Coleman)
9:40pm How We Love (Chelsea McPolland)
10:04pm Tag Me
10:10pm Medicine (Brooke Hamilton)
10:28pm **Awards**

Saturday April 12th

8:46am Dance to the Music
9:43am Hoedown
10:00am **Awards**
5:52pm Glam
6:19pm Princess Waltz
6:55pm **Awards**
8:07pm Wings
8:16pm Lucky Strike (Emily Woollacott)
8:58pm Coppelia Waltz (Madeline MacDonald)
9:19pm **Awards**
9:51pm Falling In Love (Gillian Fox)
9:57pm Bring It (Stephanie Latour)
10:03pm Rhythm
10:33pm Crazy in Love (Ashley Lemoire)
10:39pm Fields of Gold
10:42pm Wanna Have Fun (Emily Woollacott)
10:57pm **Awards**

Sunday April 13th

8:45am A Mad Tea Party
8:54am We Run the World
10:22am Hello Mudduh (Kaiya Krumins)
10:31am Gone
10:46am Inhumanity
10:55am **Awards**
11:18am Eternity
11:21am Scarborough Fair
11:36am G is for Girl
11:51am Runaway Baby
11:57am All Work, No Play
12:00pm Search & Destroy
12:18pm The Kite Song (Sydney Delaney)
12:30pm Country Girls
12:36pm Pirates Who Don't do Anything
1:00pm We Took the Night
1:03pm This Place is Gonna Blow (Emma Martinell)
1:12pm Enchantment
1:15pm Old Skool
1:18pm A Little Party
1:21pm **Awards**