

A FROST DANCE

E X P E R I E N C E

a personalized dance experience in an exciting and encouraging environment

Luv 2 Dance

Attached you will find the schedule for ***Luv 2 Dance*** which is at the **Holiday Inn** 970 Dixon Road Toronto, Ontario M9W 1J9 in Toronto March 27th to 30th. As we are only competing on Thursday March 27th, I encourage you to come early or stay late at the competition to cheer on your teammates. There may be rooms left at the hotel under the 'Luv to Dance' block, however, if they are sold out, it will be a regular room price. Please read this newsletter carefully as it has important information for the competition.

When to be There: All dancers must 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 called, the competition will wait for no one. Dancers need to come with **hair & make up done**. 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). It is best to make a '**check list**' of everything you will need for competition. For example: proper tights, shoes, costumes, hair accessories, any props you need for your dance (as each student is responsible for their props), all make up, a comb and brush, extra hair elastics etc. It will be a long day so **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 up 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:** if you're doing a **part**, it 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 wear to put over your costumes when you are in the audience and when on stage during Awards. 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'.

Holiday Inn 970 Dixon Road – March 27, 2014

8:58am	A Mad Tea Party	(Grade 3 Ballet)
9:14am	Princess Waltz	(Grade 4 Ballet)
9:26am	Inhumanity	(Int. Contemporary)
12:24pm	Old Skool	(Int. Hip Hop)
12:30pm	Awards, Lunch	
1:42pm	Hoedown	(Junior tap)
1:58pm	The Kite Song	(Sydney Delaney Solo)
2:04pm	Hello Muddah	(Kaiya Krumins Solo)
2:07pm	Coppelia Waltz	(Madeline MacDonald Solo)
2:25pm	Run the World	(Junior Hip Hop)
2:43pm	The Pirates Who Can't do Anything	(Musical Theatre)
2:49pm	This Place is Gonna Blow	(Emma Martinell Solo)
2:55pm	Country Girls	(Emma, Madeline MacDonald)
3:17pm	A Little Party	(Int. Tap)
3:43pm	Wings	(Senior 1,2 Jazz)
4:18pm	Dance to the Music	(Junior Jazz)
4:31pm	Once Upon Another Time	(Senior 3,4 Contemporary)
4:43pm	Eternity	(Grade 5 Ballet)
4:47pm	Glam	(Int. Jazz)
4:58pm	Fields of Gold	(Gillian Fox, Chelsea McPolland)
5:09pm	Runaway Baby	(Int/Sr Tap)
5:22pm	Enchantment	(Int/Adv Ballet)
5:25pm	We Took the Night	(Senior 1,2 Hip Hop)
5:28pm	Tag Me	(Gillian Fox, Chelsea McPolland)
5:35pm	Awards, Dinner	
7:03pm	G is for Girl	(Senior 3,4 Hip Hop)
7:25pm	Scarborough Fair	(Int. Foundation)
7:33pm	All Work, No Play	(Mackenzie Shank, Amanda Meekin)
7:36pm	Search & Destroy	(Julie Clark, Maddie Barcroft, Frances Loiselle)
7:45pm	Wanna Have Fun	(Emily Woollacott Solo)
7:48pm	So Cold	(Victoria Coleman)
7:54pm	Rhythm	(Senior Tap)
8:56pm	Gone	(Senior 1,2 Contemporary)
9:00pm	Lucky Strike	(Emily Wollacott Solo)
9:03pm	Work	(Brooke Hamilton Solo)
9:06pm	Bring It	(Stephanie Latour Solo)
9:09pm	Crazy in Love	(Ashley Lemoire Solo)
9:16pm	Falling in Love	(Gillian Fox Solo)
9:19pm	How We Love	(Chelsea McPolland Solo)
9:25pm	Medicine	(Brooke Hamilton Solo)
10:02pm	Awards	