

A FROST DANCE

E X P E R I E N C E

a personalized dance experience in an exciting and encouraging environment

A Few Notes From our First Competition:

- Parents should not be in the changeroom, unless assisting a young dancer for a quick change
- The changeroom is used for changing, please refrain from doing hair and makeup in the changeroom when possible
- Please remind your children that judging is subjective. The judges only get to see their dance once, they have no idea how much hard work has gone into it and how much our students have improved. They have a judging scale to use and we receive feedback from them to improve our dances. There are always going to be pieces that we think 'should have done better', but we want our students to feel good about how they performed. And if they feel they did their best as soon as they come off the stage, we have to remind them of that feeling, even if the mark doesn't reflect how they feel.
- We noticed many dancers not using our studio coloured makeup, and it was obvious on stage. Below is a copy of the updated list for you to check
- Dancers need to be responsible for being backstage and **READY** to dance **ONE HOUR** prior to their dance time. It is important for teachers to be rehearsing dances before they go on stage and not spend their time looking for dancers
- The changeroom is usually a small space for lots of dancers, please keep your things together in a bag, and throw garbage out. Keep it tidy!!
 - I was left with a mess and had to clean up a lot of garbage on the floor. This responsibility should be the students as it is their space

Please note: you will find the schedule for Dancefest, in Peterborough, and This Is It, in Kingston, attached to this newsletter.

Dancefest

Attached you will find the schedule for our second competition of the season, **Dancefest – March 30th to 31st**. This competition is being held at the Showplace Performance Theatre at 290 George St N, Peterborough, ON K9J 3H2 .

Please read this newsletter carefully as it has some important information for the competition. There is no cost to enter the venue to watch your child dance.

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**.

What to Bring: 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, snacks etc. **Please remove all visible jewelry and leave it at home. Please remove all nail polish and fake nails** before you get to the venue.

Hair Notes: Hair should be swept off the face with gel so that there are **no stray hairs hanging in the face**. 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

Make-up: Make sure to show up at competition with your make up done unless you are there more than an hour and a half before your scheduled performance time. A make up tutorial has been added to the A Frost Facebook page that has helpful tips.

Change rooms: As a reminder, there are no males allowed in the change rooms. Please arrange with Ms. Frost, by email at dance@afrostdance.com, if your child needs to be escorted to and from change rooms.

Photography: **There is absolutely no photography or recording allowed at competitions.** The competition reserves the right to disqualify a team if one of our family members is recording the routine or taking pictures. **We ask that you respect their rules and only take pictures when dancers are not warming up or after they dance.**

Makeup Check List

- Eye Shadow** – Va Va Violets by Cover Girl, Plum Perfect by Marcelle or Seductive by Revlon
- Eye Liner** - Black- liquid for intermediates and seniors, pencil is ok for juniors
- Blush** - A rose color (try to stay away from bright pink)
- Bronzer** - a colour that matches your skin tone
- Foundation** - a shade darker than your natural skin tone (blend into neckline)
- Lip Stick** - Covergirl Coloricious Lipstick – Euphoria or Eternal Ruby or Maybelline Colour Sensation – Pretty in Plum
- Fake Eyelashes** - (age 10 & up) no sparkles, brand and size is up to the student and parent (This is for students in the Intermediate and Senior classes)

Showplace Performance Theatre

Saturday March 30

11:15am	Shake a Tail Feather	Junior 1,2 Jazz	#6
11:18am	A Moment Forever	Junior 3,4 Ballet	#7
11:41am	Up	Junior 1,2 Ballet	#14
11:48am	Shake the Room	Zara Shiell	#16
12:09pm	Rich, Famous, Powerful	Holly Heuchert	#23
12:18pm	For Holly	Kate Doris	#26
12:27pm	Medicine	Lily Coghlan	#29
12:33pm	Jealous	Alora Earp	#31
12:42pm	Own Sweet Time	Audrey Watt	#34
12:45pm	Zero to Hero	Junior 3,4 Jazz	#35

1:05pm

Awards

2:28pm	Falling in Love	Madeline MacDonald	#44
2:42pm	Moondance	Gabby Lockman	#48
3:01pm	You are the Reason	Cameron Maly	#54
3:10pm	Magic	Intermediate Hip Hop	#57
3:20pm	I Love My Lips	Senior 3,4 Musical Theatre	#60

3:56pm

Awards and Break

5:35pm	Pocket Full of Sunshine	Grade 5 Ballet	#81
6:00pm	I've Got a Dream	Intermediate 3,4 Musical Theatre	#89
6:08pm	Telephone	Senior 1,2 Musical Theatre	#91
6:37pm	Questions	Robyn Hawthorne	#99
6:57pm	Photograph	Charlotte Rishor, Erika Kielec	#105
7:03pm	Somebody to Love	Intermediate Ballet	#107
7:06pm	Dance With Me	Gabby Tewsley, Katie Hubble	#108
7:16PM	In Line	Senior 3,4 Contemporary	#111

7:42pm

Awards and Good Night

Sunday March 31

9:30am	Friend Like Me	Intermediate 1,2 Jazz	#127
9:34am	I Love Me	Intermediate 3,4 Jazz	#128
9:41am	Young Blood	Intermediate 3,4 Contemporary	#130
9:44am	Learn to Trust	Alora Earp, Mason Perkins	#131

10:11am

Awards

10:45am	Got Your Number	Intermediate/Senior Tap	#141
10:53am	Friendship	Laura Smyth, Nina-Simone Kellman	#143
10:56am	What Causes That	Emily Toupin, Gabby Lockman	#144
11:08am	Show Me	Cameron Maly, Sarah Woollacott	#148
11:11am	All For One	Intermediate 1,2 Musical Theatre	#149
11:19am	Strong Heart	Ella Marshak, Lily-May Gentle	#151
11:29am	Like it Like That	Senior 3,4 Hip Hop	#154
11:41am	Little Balloon	Intermediate 1,2 Contemporary	#157
11:51am	The End of Love	Senior 1,2 Contemporary	#160
11:59am	The Cello Song	Advanced Ballet	#162

12:13pm

Awards and Break

1:38pm	Crazy in Love	Senior Tap	#169
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1:58pm

Break

2:31pm	My Girls	Senior 1,2 Jazz	#176
2:35pm	My Tribe	Senior 3,4 Jazz	#177

2:50pm

Final Awards

This Is It: at the Grand Theatre in Kingston, April 12th to 14th. The address for the theatre is 218 Princess Street, K7L 1B2.

Saturday April 13th

9:42am	What Causes That	#124
9:45am	Friendship	#125
9:57am	Zero to Hero	#129
10:06am	Own Sweet Time	#132
10:12am	Rich, Famous & Powerful	#134
10:21am	Awards Presentation	
11:01am	In Line	#137
11:10am	Shake the Room	#140
11:16am	For Holly	#142
11:19am	Medicine	#143
11:52am	Somebody to Love	#154
11:58am	Shake a Tail Feather	#156
12:01pm	A Moment Forever	#157
12:10pm	Crazy in Love	#160
12:56pm	Awards Presentation	
1:59pm	Friend Like Me	#176
2:02pm	Moondance	#177
2:08pm	Jealous	#179
2:11pm	You Are the Reason	#180
2:14pm	Falling In Love	#181
2:17pm	Pocket Full of Sunshine	#182
2:32pm	The Cello Song	#187
2:35pm	Show Me	#188
2:38pm	Up	#189
2:44pm	Questions	#191
2:47pm	Little Balloon	#192
2:50pm	Young Blood	#193
3:08pm	I Love my Lips	#199
3:11pm	Photograph	#200
3:14pm	Dance With Me	#201
4:02pm	Got Your Number	#217
4:05pm	Learn to Trust	#218
4:11pm	Awards Presentation	
4:59pm	Magic	#221
5:02pm	Strong Heart	#222
5:08pm	All For One	#224
5:11pm	I Love Me	#225
5:17pm	Like It Like That	#227
5:20pm	The End of Love	#228
6:14pm	My Tribe	#246
6:17pm	I've Got a Dream	#247
6:26pm	Awards Presentation	
7:12pm	My Girls	#251
7:15pm	Telephone	#252
8:45pm	Awards Presentation	