

# A FROST DANCE

---

## E X P E R I E N C E

*a personalized dance experience in an exciting and encouraging environment*

### ***Competitive Team Newsletter***

SHOWCASE, SHOWCASE, Read all about it! It's the time again, the competitive season is right around the corner. Our first performance is on Sunday February 8<sup>th</sup>. Showcase is a chance for our students to perform on stage before we go out and compete as a team. As we are part of a team member it is so important to attend every class. If you aren't there you are letting down your team, please remember this and keep absents to a minimum.

**Showcase:** **Sunday, Feb 8<sup>th</sup> at 2pm at Adam Scott.** Students are required to be at Adam Scott in the morning for a rehearsal (schedule is attached). ***Dancers need to arrive 10min before their rehearsal time with hair & make-up done*** (hair requirements will be specified by your teacher). Rehearsal is not in costume, please wear dance attire. Solos/Duets/Trios are not run before the show, but dancers may share the use of the stage after group rehearsals to space their routines. Dancers may leave after they have rehearsed, please be back at Adam Scott by 1:15pm. Dancers are responsible for bringing their own costumes. Costumes will be given out the week before Showcase. Please have all dancers wear their A Frost clothing to the show.

**Ticket Sales:** At the studio from Jan 26<sup>th</sup> & at the door. Tickets are \$8 for adults and \$5 for students and seniors.

**Please note:** **Not all competitive pieces are in the recital at the end of the year** *so please use this opportunity to invite friends, family and other dancers to see your competitive numbers.*

**Class Pictures:** We will be displaying group pictures of all team numbers at Showcase. **Pictures will be taken during Competitive classes the week of January 26<sup>th</sup>.** We ask all competitive students to wear A Frost Clothing for all class shots.

**Solo, Duet/Trio Costumes:** ***All solos, duets and trios are responsible for their own costumes.*** Please check with your teacher to ensure you are both happy with the costume choice. Also, if you are wearing shorts as part of your costume, please do not wear Lululemon as the label is visible and stands out on stage. If you are unable to come up with a costume before the Showcase, please speak with your teacher and come up with a simple alternative.

**You're Invited Sunday January 25<sup>th</sup> 1 to 3pm:** We are holding a make up and hair session for all dancer's (and parents of students that are 11 or younger). I'd like to have the team as unified as possible so I have a student coming in to give tips and techniques on how make up should be applied and hair done. Please check the list of make up below that you will need to bring as well as a brush and hair elastics, hair nets and hair pins if you would like to learn how to do a bun for ballet. This will be a great opportunity to connect with your teammate before the start of the season.

**Make Up:** In order for our dancers to present themselves more uniformly as a team, for the competitive season I would like all students to have the same colours of make-up. We would strongly suggest that all students do have their own make-up for hygienic reasons. It can be purchased from any department or drug store so please make sure that you choose a brand that will work for you. I have come up with the following colours for the season:

**Eye Shadow** – Cover Girl Dance Party or Maybelline Lavendar Smokes

**Eye Liner** – Black – liquid for intermediates and seniors, pencil is ok for juniors

**Blush** – a rose colour

**Bronzer** – a colour that matches your skin tone

**Foundation** – a shade darker than your natural skin tone (blend foundation into the neck line so that it matches the skin)

**Lip Stick** – Maybelline Plum Perfect 435 or Rimmel London Bordeaux, if red is required for your piece please use Maybelinne Red Revival. *Please make sure you have the correct lipstick as it is very obvious when we are wearing different shades.*

**Fake Eyelashes** (ages 12 and up) – please no sparkles on the lashes, the brand and size is up to the student and parent

**Competition Note:** Just a reminder of when our competitions are this year.

Our first competition is BeDance in Toronto March 6<sup>th</sup> to 8<sup>th</sup>, the host hotel is The Intercontinental 220 Bloor St West, mention you are with BeDance for the group rate, (there is also a Holiday Inn on Bloor Street, which may have better prices),

second competition is The Ultimate Dance Connection April 10<sup>th</sup> to 12<sup>th</sup> in Oshawa, the host hotel is the Best Western Plus Durham Conference Centre 559 Bloor Street West,

third & final competition is Bedazzled in Richmond Hill April 30<sup>th</sup> May 3rd, the host hotel is the Holiday Inn Express Hotel & Suites 10 East Pearce Street.

Schedules for competition should be available 2 to 3 weeks before competition.

If you have any questions or concerns about competitions, please don't hesitate to contact me.

**Rehearsal Sunday February 8<sup>th</sup>, at Adam Scott**

*Please do not show up before 9:40am*

9:50 Int 3,4 Jazz - **Boss**  
10:00 Int 1,2 Jazz -  
10:10 Senior 1,2 Jazz -  
10:20 Junior Tap - **Tightrope**  
10:30 Int 1,2 Tap - **Umbrella**  
10:40 Int 3,4 Tap – **Rosie's Rebels**  
10:50 Senior 1,2 Tap – **Black & Gold**  
11:00 Int 1,2 Hip Hop -  
11:10 Senior 1,2 Hip Hop -  
11:20 Senior 1,2 Contemporary -  
11:30 Senior 3,4 Contemporary – **Where Souls Lie**  
11:40 Int 2,3 Contemporary -  
11:50 Int 4 Contemporary -  
12:00 Senior 3,4 Hip Hop – **Lean Back**  
12:10 Junior Ballet (Gr 4&5 Saturday) - **Autumn**  
12:20 Grade 5 Ballet – **Rolling Clouds**  
12:30 Senior 3,4 Tap – **Gotta Get**  
12:40 Int Foundation Ballet -  
12:50 Intermediate Ballet -  
1:00 Musical Theatre - **Pants**  
1:10 Mary Little (Jr Ballet)