

A FROST DANCE

E X P E R I E N C E

a personalized dance experience in an exciting and encouraging environment

Terpsichore

Attached you will find the schedule for our first competition of the season, **Terpsichore – March 2nd to 4th**. This competition is being held at the Living Arts Centre in Mississauga at 4141 Living Arts Drive, L5B 4B8. **Competition Suggested Hotel:** Novotel 3670 Hurontario Street. It is not necessary to stay at a hotel, we just like to suggest one if you need it. You can also try the **Hilton Garden Inn** at 100 Traders Boulevard, they offer a CAA rate and is close to Square One Mall if anyone wants to shop on their day off Saturday ☺

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. Please read the attached 'extra' newsletter about what to expect at Competition.

When to be There: All dancers must be at the competition **one hour prior to their scheduled dance** time. For those dancing at 8am, please be at the venue by 7:30am with hair and make-up done. 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.**

*Group Booking for our April competition at the **Holiday Inn Express in Belleville** is under '**This is it Dance Competition**'*

Living Arts Centre

Friday March 2nd

5:40pm	Jar of Hearts	Emily Toupin	#139
5:43pm	Poker Face	Mason Perkins	#140
5:46pm	I'm a Lady	Gabby Lockman	#141
5:52pm	Work Song	Lily Coghlan	#143
6:04pm	Clique	Senior Hip Hop	#147
6:14 – 6:34pm		Awards & Dinner	
7:36pm	God Only Knows	Franny Milner	#152
7:39pm	Landslide	Maddy MacDonald	#153
7:42pm	If You Believe	Grace, Gen Graham	#154
7:45pm	What About Angels	Mackenzie Shank	#155
8:00pm	Castle on a Hill	Karsyn MacLeod	#160
8:21pm	Love So Soft	Franny Milner	#167
8:24pm	Angel Wings	Maddy MacDonald	#168
8:27pm	Runway Girl	Robyn Hawthorne	#169
8:30pm	I'm Better	Mackenzie Shank	#170
8:39pm	Brother	Grace & Gen Graham	#173
8:42pm	Power	Senior 1,2 Jazz	#174
9:03pm	Fever	Franny Milner, Mackenzie Shank	#181

9:55 – 10:25pm

Awards

Sunday March 4th

8:00am	Radioactive	Kate Doris	#421
8:06am	Baby Bumble Bee	Senior 1,2 Musical Theatre	#423
8:09am	Princess Tea	Junior 3 Ballet	#424
8:12am	Butterfly Fly Away	Int 1,2 Contemporary	#425
8:15am	Doo Wah Diddy	Avery Lawson, Georgia James	#426
8:18am	Paloma	Grade 5 Ballet	#427
8:21am	Numb	Advanced Ballet	#428
8:24am	Coffee Break	Int 3,4 Musical Theatre	#429
8:27am	America	Senior 3,4 Musical Theatre	#430
8:31am	Pump It	Intermediate Hip Hop	#431
8:38am	Monster	Junior Jazz	#433
8:41am	Low	Int/Senior Hip Hop	#434
8:47am	Oh My God You Guys	Int 1,2 Musical Theatre	#436
8:50am	Can You Feel It	Senior 1,2 Tap	#437
9:03am	Don't Mean a Thing	Int 3,4 Tap	#441
9:06am	Representing Women	Senior 3,4 Tap	#442
9:09am	The Curse	Int 3,4 Contemporary	#443
9:30am	Faith	Int 1,2 Jazz	#449
9:39am	Every Step	Senior 4 Contemporary	#452
9:42am	Hold Back the River	Senior 1,2 Contemporary	#453
9:45am	Never Grow Up	Grace, Emma Bowen	#454
9:48am	Hurt Me	Senior 3 Contemporary	#455
10:04am	Wildside	Int 3,4 Jazz	#460
10:07am	Far Away	Junior 4 Ballet	#461
10:18am	Lucky Strike	Senior 3,4 Jazz	#464
10:47am	In Mourning	Intermediate Foundation Ballet	#473

10:51 – 11:21am

Awards