

A FROST DANCE

E X P E R I E N C E

a personalized dance experience in an exciting and encouraging environment

This is It

Attached you will find the schedule for our second competition of the season, **This is It, April 14th**. This competition is being held at **Empire Theatre** at 321 Front Street, Belleville, ON K8N 2Z9. If you need to stay at a hotel I would suggest the Comfort Inn at 200 N Park St. The hotel the competition suggested only gives you the discounted rate if you stay for two nights.

Please arrive at least **ONE HOUR** early with hair and make up done. As we know, competitions can run early and it's very hectic backstage when we are looking for dancers to get practiced and on stage. So please do your part and be there on time.

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. Dancers need to come with **hair & make up done**. This venue is not very large so please only bring what you need and keep it organized in the change room.

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. If you have family coming to watch the competition, please make them aware of this policy as well.

We ask that you respect their rules and only take pictures when dancers are not warming up or after they dance.

Empire Theatre - 321 Front Street

Saturday April 14th

10:12am	Poker Face	Mason Perkins	#135
10:15am	Jar of Hearts	Emily Toupin	#136
10:27am	Awards		
11:22am	Landslide	Maddy MacDonald	#144
11:25am	God Only Knows	Franny Milner	#145
11:31am	Work Song	Lily Coghlan	#147
11:40am	Every Step	Senior 4 Contemporary	#150
11:43am	Hurt Me	Senior 3 Contemporary	#151
11:49am	Don't Mean a Thing	Int. 3,4 Tap	#153
11:55am	Doo Wah Diddy	Georgia James, Avery Lawson	#155
11:58am	Monster	Junior Jazz	#156
12:01pm	Butterfly Fly Away	Int. 1,2 Contemporary	#157
12:22pm	Numb	Advanced Ballet	#164
12:37pm	Never Grow Up	Emma, Grace Bowen	#169
12:40pm	America	Senior 3,4 Musical Theatre	#170
12:43pm	Radioactive	Kate Doris	#171
12:49pm	Wildside	Int. 3,4 Jazz	#173
1:07pm	Lucky Strike	Senior 3,4 Jazz	#179
1:13pm	Awards		
2:14pm	Can You Feel It	Senior 1,2 Tap	#183
2:20pm	Faith	Int 1,2 Jazz	#185
2:32pm	Clique	Senior Hip Hop	#189
2:38pm	Brother	Grace, Gen Graham	#191
2:41pm	Low	Int/Sr Hip Hop	#192
2:44pm	Power	Senior 1,2 Jazz	#193
2:47pm	Paloma	Grade 5 Ballet	#194
2:50pm	Representing Women	Senior 3,4 Tap	#195
2:56pm	Oh My God You Guys	Int. 1,2 Musical Theatre	#197
3:02pm	Pump It	Intermediate Hip Hop	#199
3:08pm	In Mourning	Intermediate Foundation Ballet	#201
3:17pm	Princess Tea	Junior 3 Ballet	#204
3:20pm	Far Away	Junior 4 Ballet	#205
3:38pm	Baby Bumble Bee	Senior 1,2 Musical Theatre	#211
3:41pm	Awards		
4:21pm	Coffee Break	Int. 3,4 Musical Theatre	#212
4:24pm	If You Believe	Grace, Gen Graham	#213
4:27pm	Fever	Franny Milner, Mackenzie Shank	#214
4:42pm	Hold Back the River	Int. 3,4 Contemporary	#219
4:45pm	The Curse	Int. 1,2 Contemporary	#220
5:00pm	I'm a Lady	Gabby Lockman	#225
5:09pm	Hold On	Maddy MacDonald	#228
5:12pm	What About Angels	Mackenzie Shank	#229
5:21pm	Love So Soft	Franny Milner	#232
5:30pm	Runway Girl	Robyn Hawthorne	#235
5:33pm	I'm Better	Mackenzie Shank	#236
5:57pm	Awards		