

Competition Day Guidelines

Preparation & Appearance

- Your competition day is about **you**. As fun as it is to have social time at majors, before dancing you should have a focused mindset. Be sure to find alone time while at the competition to remain focused on your dancing.
- Dancers **U11 and above** should arrive wearing competition standard makeup and wig.
- If you need help with wigs or makeup, please let a teacher know. We will schedule a time on the day of your competition morning to assist.
- There will be a group chat going with all of the parents and teachers on the day, where you can let us know the status of your dancers competition.
- Please make sure you have shared each dancer's number so we can track them.
- **Girls:** The day/night before your competition, please be sure you have white laces and white tape for your solos and **an appropriate tan**.
- As fun as pools in the hotels can be, your dancer should not be swimming the night before their competition. Especially if they have tan on!

Before Arriving at Your Stage

- Make sure your dancer is well rested, has **eaten**, had **water**, and is wearing **comfortable warm-up clothing**.
- Every major begins with hard shoe - please have those shoes ready with tape and buckles.
- Depending on your start time, please **arrive at your stage 1 to 1½ hours early** so you can pick up your number and settle into the environment.
 - Make sure you pick up your number well before the competition starts. Once it begins, they will not give it to you and you cannot compete.
 - Your child may feel anxious or stressed, give them space, but also make sure their basic needs are met.
 - This is a process. Ask them what they need from you and what they would like from us. We are here to help calm those nerves.

Warming Up & Waiting

- There will be a lot of "hurry up and wait." Good practice for life!
- Dancers should begin warming up about **30-45 minutes before** their actual dance time. Learn what works best for you, every dancer's body is different.
- Teachers will be available to help warm up dancers before each round, but your dancer has to learn what their body needs to be successful.

- It is especially nice to warm up together, so stay in touch with us through the group chats.
- Please follow this comprehensive [warm up guide](#) made by one of our champion dancers, Ava, to help guide your dancer on how to prep for their rounds.

During the Competition

- Make sure to use the restroom before your dancer's rounds
- **Someone should stay at your stage at all times** and watch the competition so your dancer does not miss their turn - update teachers on when your dancer is performing so we can be there to support
- The competition conducts number checks between each group
 - **Do not leave the room during this time**
 - Keep shoes and costume on until the group is finished

After the First Round

- Once your dancer completes their first round, make sure they **rest, hydrate, eat,** and take a moment to **reset**
- Walking around with friends is fun, but resting and preparing yourself physically and mentally for your next round is more important.

Recalls & Set Rounds

- After the soft shoe round (2nd round), recalls will be posted on the competition website as well as announced on your stage
 - These results may take a few hours, please stay alert and connected
- If your dancer progresses to the **3rd round (set round)**:
 - They should put their hard shoes back on and begin refocusing
 - Teachers will be available to help run through steps before they dance
 - If your dancer does not recall, help them get comfortable and manage their emotions. Big outbursts are not helpful or appropriate
 - Please encourage the expectation that they will support their friends through the rest of the day.

Additional Information

- We want dancers to be able to guide through self knowledge. What works for one may not work for another when preparing!
- When in doubt, ask! Other experienced dancers and parents are wonderful resources too.

- Please respect that each of your wonderful teachers are trying their best. We are individuals built around a common goal - but we also understand we affect dancers/parents in a different way - so let us know who/what support you need.