

Hayiya Spring Concert



Tips & Tricks

A dance recital can be full of nonstop surprises for both first-time and veteran dance parents. Please follow the insider tips below to help you make the most of your dance recital, whether your dancer is a toddler or a teen. Read through our tips carefully, and if you need help or clarification, ask! Our dedicated team is happy to help. We want ALL our dance families to feel prepared and confident as they head into the performance.

TIPS, TRICKS, AND ADVICE

1. Costumes

Getting your costumes is such an exciting and overwhelming moment. Costumes often come with accessories, such as hair pieces and gloves. Thus, it is so important to keep the accessories and the corresponding costume together. Place your costume accessories in zip lock bags. Label the costumes and the zip lock bags with your dancer's name and then pin or tape each zip lock bag to the hanger of the corresponding costume. Take your time and double check to verify that you have attached the correct zip lock bag to the correct costume.

FLESH-TONE BODY LINERS / LEOTARDS ARE REQUIRED FOR ALL BALLET, TAP, JAZZ, AND LITURGICAL STUDENTS.

There will be no talk about costume malfunctions. These undergarments provide coverage to eliminate any discomfort when changing costumes

in the presence of other dancers. These undergarments are also great solutions for quick changes backstage.

No colorful bras. Skin toned (nude) dance bras or solid black bras only.

Handle Costumes with Care

Keep them hanging up inside their garment bags or on hangers, away from pets and children. We know the kids will be tempted, but don't let your dancer wear their costumes around the house for fun until AFTER the recital. Be sure to save an extra pair of tights for recital day, or double-check that yours don't have runs or holes.

2. Label Everything with Your Dancer's Name

A dance class can have anywhere from 5 to 20 students. Imagine what would happen if the dancers did not have their dance supplies labeled with their names. The likelihood of things getting mixed up or misplaced is very high.

Be proactive and label everything. Yes, everything. Including but not limited to costumes, dance tights, dance shoes, costume accessories, makeup, dance bags, garment bags, snacks, games, books, tablets, phones, and chargers.

Pack an extra outfit that your son/daughter can change into once the recital is done. Backstage can be a little chaotic when it's time to go, so make a list of everything you have in the bag ahead of time. As you're

gathering all of their belongings, you'll be sure to have everything you packed.

3. Pack Snacks, Water & Activities

Having access to snacks and water backstage can be important. Recitals can last for hours. This year's event is relatively short at under 2 hours long.

As always, healthy snacks are favored. It is important to feed your dancers snacks that are going to boost their energy and not make them sleepy or lethargic. Dancers who perform more than one dance may have significant downtime in between their dances. Thus, it is essential for the dancer to stay energized, but of course not too energized.

Pack non-messy foods: dried fruit, nuts, granola bars, cheese, and crackers, chips, and sandwiches. If you connect with the other dance parents and prepare to share items, make sure you ask about food allergies.

Absolutely no soda and juice! Pack water.

Sugary drinks do not have the best impact on children that have to sit in a room for hours. You also do not want to risk your dancer showing up on stage with a bright orange stain on her beautiful yellow ballet dress or his white dance tights.

Pack activities that you know your child will use and enjoy to keep themselves entertained. This may be a tablet, puzzles, iPod, reading books, coloring books, stuffed animals, card games, or a phone. Having some form of entertainment will help shorten the time.

4. Read First. Then Ask Questions.

If you have read the emails, texts, and reminders: it is ok and good to ask questions. You are getting a lot of information about the color of tights, hair, and more. There are other parents who would love to help and guide you in the ways of the studio. Every dance studio does things differently. Just a note: make sure if you are going to ask your child's dance teacher a question, you do it at least two days before the show. On the day of the show the dance teacher will have a lot to do and answering your question about pink versus red lipstick will not be one of them.

Please contact the staff with any studio and recital-related questions at 478.960.4206. Please do not leave Facebook messages in reference to studio activities. Also, please **do not** send text messages to the one-way text system number 478.215.0456. That number only sends messages. It does not receive text messages.

5. Purchase Flowers or a Special Gift

How are you going to show your dancer how proud you are of them? Flowers, a gift basket filled with favorites, balloons, or a handmade card are just a few ideas.

Recital gifts are a staple and promise your performers have earned it!

6. Practice Fast Costume Changes

Sometimes, you may find you only have one dance (or even less) in between your child's dances to get them changed. Therefore you should make sure you practice the changes at home if possible – with a timer!

Honestly, if you have practiced them even once, then you will know what issues you might encounter on the day – a hook that is hard to undo, a buckle that might catch on tights for example.

Layout all of the different costumes, make sure you have all the pieces and accessories that go along with them and pack them in individual bags, and **label them with your child's name!** This way you avoid frantically digging and scrambling inside of the dance bag in between performances. Costume changes will be a little more calm for you and the dancers. **Oh, and don't forget dance shoes!** You would be surprised to learn how many times dance shoes are left at home.

7. Arrive On-Time on Recital Day

On the day before the dance recital, make sure that you and your dancer get a good night's rest. On the morning of the dance recital, you will be up very early. Prepare for a fun day. Arrive on-time and let the joy begin!

8. Purchase Your Dance Recital Tickets

Regardless of where a recital performance will occur, ticket sales are paramount. The monetary profit gained from ticket sells covers the cost of the venue and other expenses (e.g., liability insurance, stage props, and stage technicians). Your dance director and instructors have worked extremely hard to create an amazing production. Please do your part and sell tickets to your family members, friends, and colleagues. This is the time to show off your child. The dancers have worked very hard to make everyone proud.

9. Talk About the Nerves and Excitement

Performing on a brightly lit stage in front of a lot of people can be very scary. Start talking with your dancer now. Encourage them to do their best and to keep dancing no matter what. Yes, this means even if they forget a step or two, they will know to continue to dance because you took the time to teach them this important lesson.

Take the time to talk with your dancer to see how they are feeling about their performance. Reassure them that they will do great!

Remind them to have fun. A dance recital is a celebration to show how much progress your dancer has made during the dance season.

If this is your first dance recital, you are probably more anxious and nervous than your dancer. So, pause and take a deep breath in through your nose and exhale through your mouth. As you exhale, push out all of your anxiety and nervousness and enjoy the show or enjoy being a rock star backstage mom or prop moving dad (hint, hint).

10. Encourage Your Dancer To Practice Performing At Home

When you watch your child perform in your living room, you show them that you are invested in their work. Cheering them on from the comfort of your own home reminds them that no matter what happens on stage, you will be there with the loudest applause. When students practice performing before hitting the stage, it's likely to reduce their pre-show nerves.

11. Practice Hair & Makeup Beforehand

While you are packing your bag, it is a good idea to practice hair and makeup BEFORE recital day. MAKEUP IS NOT REQUIRED. Dancers are welcome to wear age-appropriate makeup if they like. Dancers should arrive already wearing their makeup if they choose to wear it.
No

By Teacher:

Ms. Princess - Jewelry is optional but permitted items are: small earrings, small hoops, silicone bracelets (no elastic beads). No requirements for hair. Makeup is optional and should be age appropriate.

Ms. Angelita - No jewelry. No bows. Hair pull back in a bun. Makeup is optional and should be age appropriate.

Mrs. Nadia - No jewelry. No bows. Hair out of fair. Makeup is optional and should be age appropriate.

Ms. Kierra - Optional jewelry item to be announce by Ms. Kierra. Hair in a center bun or doughnut. Bun can be high, low or in the middle. Some hair can left out. Click below to see examples. Makeup is optional and should be age appropriate.

Mrs. Pilar - No jewelry except for African shell jewelry for W. African dancers. No requirements for hair. Makeup is optional and should be age appropriate.

12. Document the Memories

Our memories in the form of photos and videos will last a lifetime. So, please take many pictures and videos. It is going to be so exciting to see how much your dancer has progressed. For the safety of the dancers performing on stage, flash photography is strictly prohibited.

Did you know that a flash from a camera in the audience has the power to temporarily blind a dancer, putting them in a compromising position and increasing their risk of injury? Taking a picture is not worth compromising the safety of the dancers.

13. Have Fun, Relax, and Enjoy the Show

Breathe you made it! Now, enjoy the show.

Many thanks,

Hayiya Staff (478.960.4206)