

Competition Rules & Etiquette

We are so excited to start competition season! I'm sure there are a lot of questions, nerves, and excitement for you and your dancer. Listed below are tips and rules for our 3D Motion Company dancers and their families to follow for competition events.

Preparation is the key to success!

Competition can bring nerves for our dancers (and parents!) and the best way to help with those nerves is to **Be Prepared**. The more organized we are the easier it is to get through the day.

Please have Garment bags for costumes, marked with your names and all needed items/accessories for that dance. **Costumes must be neat, clean, and wrinkle-free.**

DO NOT BE LATE.

-We would like you there 2 hours before your scheduled dance time. Hair & Make-up should be applied at home **before you arrive**. Always bring hair supplies & make-up for touch ups throughout the day.

-All dancers should arrive in their warm-ups or clothing they can warm-up/rehearse in. Costumes are put on at competition. Bring a back-up pair of tights (& shoes if possible) just in case of holes or lost items. Undergarments should not be seen when your costume is on. (clear or nude bra straps only if needed.)

Being there 2 hours before dance time is for stretching, rehearsing, and in case the competition is running ahead of time.

-Competition does not wait for you. Sometimes they run early in the schedule and other times they run late. We have to go with the flow with what they tell us. Your job is to be there at the Be There Time...NOT the time on the competition's schedule. The time on the schedule is the time they are estimating you are walking on stage to perform. **Do not stress your dancer, team, teachers, or self by arriving late.**

Absolutely, No eating or drinking in costumes. If you must eat or drink, you **must** wear your warm-ups to avoid a stain.

During Awards:

All dancers must stay for the awards ceremony. Every dancer at competition has worked very hard to be there, just as you have. I expect 3D Motion to be supportive of all dancers by clapping for every dancer, no matter how long the awards seem to take. Say thank you/congratulations to staff or other winners. Behave on stage and pay attention to what is being announced. Dancers only on stage for awards, no siblings, friends, etc. You must wear your 3D jackets and/or 3D t-shirt and warm-up pants/leggings on stage during awards. (You don't have to be in costume for awards.)

We expect positive dancers and families. Be kind in dressing rooms, backstage, & audience....keep negative comments to yourself, you never know who is near you listening, and this sheds a poor image of 3D Motion Dance.

Most importantly we are there to learn, perform, and have fun!! Let's make it happen 3D!!

Things to bring to every competition:

hair brush
hair spray/gel
hair pins
bobby pins
hair elastics
company make-up
eye lash glue
make-up remover wipes
safety pins
hair nets
extra pair of tights
extra dance shoes (if possible)
change of clothes
warm-up clothes
warm-up suits & bag
Positive Attitude & Smiles =)

Special note to Parents:

Parents are not allowed backstage, Teachers will accompany dancers in the backstage area. Parents are not to approach/talk with any one at the judges table. If there is a problem or concern, tell the teachers and they will handle the issue with competition staff. Cheer on your dancer and positive attitudes are key. We can not all win first place at competition, please be sure your dancer is prepared to handle whatever the outcome with grace, poise, and sportsmanship. =) If your dancer is having trouble fighting their disappointment, we understand that, we ask to please find a quiet area away from all the excitement and allow them to compose themselves. Remember, your actions and the actions of our dancers is a reflection of 3D Motion Dance.

We are so proud of your dancers and are so excited for competition!! Good luck everyone let's give our best out there!

COMPANY ACCESSORIES

1. Stretch Band kit (for class)
2. Yoga Block (for class)
3. Ace Bandage (in bag)
4. Band-Aids (in bag)
5. Class Jazz Shoes (Any Color)
6. **Competition Jazz Shoes (Tan Only), Foot Undezz & Pirouette Shoes**
7. Folder/Binder with paper in it
8. **Competition Earrings** (Get @ Discount Dance Supply Online) Search Style: EC8AS for Clip Ons & Search Style: EP8AS for Posts
9. **Sock Bun, Bobby Pins, Hair Net, etc...**
10. **Competition Make-Up** (See Tutorial at: 3dmotiondance.com) ***Make-Up Links are coming soon***
11. **Garment Bag for Costumes**
12. **For AWARDS: Company Jacket, Company leggings/Warm-up pants & Black Glitter T-shirt:** <http://coachsassistant.gtmsportswear.com/3Dmotion?lockerid=30233>
PASSWORD FOR GTM STORE: **3DM**