

# FLBA Performance 2018 Handbook

The annual Spring Performance is upon us! The performance is a culmination of many months of study, and is a chance for your child to shine! It contributes to a well-rounded dance experience and provides a true sense of accomplishment for the dancers. This year the Finger Lakes Ballet Academy's performance is entitled "Pas de Chat" and will be presented on two nights. In order for the performance to run as smoothly as possible, we need to make sure our families are well informed! Please read this handbook in its entirety, as it will provide answers to questions you may have. Even if you are a "seasoned" FLBA parent, please take a moment to read this handbook as it contains dates, times, policies, etc. Thank you!

## Important Info:

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**Costume Pick-Up** will be Saturday April 28<sup>th</sup> 10am-1pm at the FLBA Studio. If you cannot pick up your costume on this date, your dancer will receive their costume at dress rehearsal. (We cannot pass out costumes during classes.) At Costume Pick-Up you can also pre-register (at a discount!) for 2018-2019 classes, register for summer classes, order a performance DVD & purchase extra tights. Reminder that all fees and Session 8 & 9 tuition must be paid in full in order to pick up your dancer's costume. (More costume info on page 2)

**Rehearsals** Please see the rehearsal schedule further in this handbook. All rehearsals at CA Academy will be OPEN rehearsals with the exception of the Dress Rehearsal. NO ONE (with the exception of Cathy, Jaime, Daryl, Judy, the videographer and the photographer, the stage crew and lighting & sound technicians) will be allowed in the theater at Dress Rehearsal. *This is the policy of CA Academy.*

**Reminder that the only regular class on Sat. April 28<sup>th</sup> is Combo 1, 9:15-10am. Costume pickup and pre-registration for the Fall are at the studio on 4/28 10-1pm. Everything else (Blocking Rehearsal) is at Canandaigua Academy from 3-7pm. There are no regular classes at the FLBA studio the week of April 30<sup>th</sup> - May 6<sup>th</sup>. Follow the rehearsal & performance schedule that week.**

**Demonstrators need to attend rehearsal for the class they demonstrate for.**

**Volunteers** A sign up for Class Moms, and other volunteers is posted online at <https://www.volunteersignup.org/Y8CPH> Please remember that if you sign up to be a class mom for EITHER Friday or Saturday night you **MUST** be available to attend the Dress Rehearsal on Thursday to receive instruction. ***\*\*You will only be allowed to be backstage and in the classrooms if you are have signed up as a Class Mom volunteer. You will not be allowed to come backstage or into the classrooms at intermission or before the performance if you are not signed up as a volunteer.*** Only adults can volunteer as Class Moms and be backstage or in the classrooms with the dancers. No teens please. **Class Moms MUST stay in their classroom until ALL dancers have been signed out!**

**Performance:**

**ALL LEVELS WILL PARTICIPATE IN ALL OF THEIR DANCE DISCIPLINES ON BOTH NIGHTS OF PERFORMANCES!** Warm up on stage at 4:30 for AI and Adv levels (mandatory for ballet and jazz dancers, but strongly encouraged for all AI and Adv dancers) starts promptly at 4:30 (if you attend the warm up, you must attend the entire time - no latecomers please)

**Dancers call (arrival time) is 5:30pm on both Friday & Saturday nights.** Please have hair done and be ready to go! Dancers can arrive in their tights, with something over them (pajama bottoms are good) but plan on putting their costume on at the theater. Hair and make-up should be done prior to arriving to the theater. *Parents will not be allowed to escort their dancer to the dressing room. Only confirmed volunteers are allowed in the backstage areas.*

## Tickets

Ticket sales opened on Saturday April 7<sup>th</sup>. Please use (and share!) this link to purchase tickets

<https://20769.recitalticketing.com>

All tickets are reserved (meaning there is no general admission- your ticket will be for a specific seat) and everyone with the exception of very small children sitting on a lap will need a ticket. All tickets are non-refundable and non-transferable.

## Performance Requirements

**Underwear MAY NOT be worn under tights!!** Tights will be worn down over the foot and socks are not allowed. If your child is uncomfortable with any of these performance requirements please have them start getting ready NOW by not wearing underwear under their tights to dance class, having them wear full footed tights and not wearing socks to class. Thanks!

**The performance tights were ordered by the studio and will be issued to you with your child's costume. Please do not wash or allow your dancer to wear the issued tights prior to the dress rehearsal, as the color will be affected. Additional performance tights have been ordered and will be available for purchase at rehearsals.**

**It is highly recommended that all female dancers in Beginning Levels and above (if they are dancing in more than one costume) wear a nude leotard under their costume.** A nude leotard will make costume changes go quicker and provide additional coverage under some of the costumes. For greatest ease in changing, you should wear the nude leotard as the first layer and put your tights on over it, then your costume.

The studio will issue the dancers their costumes and accessory pieces. Shoes (ballet, tap, jazz, hip hop, etc.) in the appropriate color are the responsibility of the dancer. Dancers will need specific colored shoes for each of their dances. If your dancer does not have the correct color shoes they can be painted or taped the appropriate color. **It is your responsibility to have the correct color shoes.**

## Costumes

Costumes will be distributed at on Saturday April 28<sup>th</sup>. When you sign for your child's costume, you will receive any additional instructions and also be made aware of what is to remain the property of FLBA after the performances. Once your child's costume is home please do not let them wear them until the dress rehearsal and the performance! You may want your dancer to try on their costume once when you bring it home to check for fit. Costumes are made to fit snug. They will not feel like street clothes. Please let you child know this. Some alterations may be required (tightening up a strap, etc.) *Alterations are the obligation of the dancer's family, not FLBA.* Please bring your costume to the theater in the garment bag that is issued to your dancer. Costumes will stay at the theater after the Friday night performance. Items that remain property of FBLA will be collected in the dressing rooms after the Saturday performance.

**Please make sure all of your dancer's items are labeled!! This means shoes, tights (write their initials in the waistband) costume pieces, accessories, etc.**

### **TIPS: OTHER HANDY EXTRAS**

These items should be packed in your dancer's bag:

- Baby wipes/ Shout wipes (to fix makeup or wash hands)
  - Baby powder (for itchy costumes)
  - Safety pins (for emergency costume repairs)
  - Clear nail polish (to repair minor holes or runs in tights when there isn't time to change them)
  - Band-Aids (the "invisible" kind)
  - A blanket or towel to sit on
  - An activity (to entertain younger dancers)
  - A bottle of water is ok to send with your dancer, but please NO juice or soda in the backstage areas or near costumes.
- "Clean" snacks like pretzels or cheese sticks are ok. Thanks.

## Hair & Makeup

All dancers who are in costume and onstage should wear makeup. Think of it as part of the costume. Please arrive in your makeup for the performances. (Male dancers will look washed out on stage if not wearing makeup just as a female dancer would. A little blush and mascara is a good idea, gentlemen!)

### How to apply Makeup:

1. Start with a clean face. Apply lip balm to make lipstick application easier.
2. Apply base/foundation in a color that matches skin tone- this is a must as it holds all other makeup in place.
3. Apply eye shadow (not blue) to lid, using a darker brown on the contour line and white to highlight between the contour line and eyebrow.
4. Apply black mascara to upper & lower lashes.
5. Apply pinkish/rose blush on cheekbones (do not apply too high or too close to the middle of the face)
6. Apply red lipstick AFTER costume is on. (You can send this in a labeled plastic baggie with your child and have class moms apply in the dressing rooms.

### Hair:

All female dancers should have their hair in a ballet bun (see instructions at right). For dancers with short hair, please pull hair off face with hair clips or hair ties. Please arrive to the dress rehearsal and the performances with hair already done! *Please see the insert that came with your costume to see bun height.*

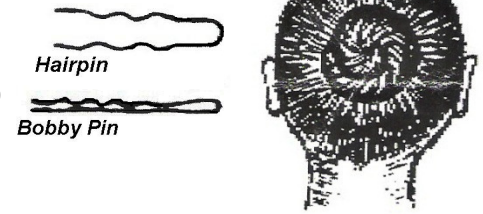
### NO BUN COVERS or CLIPS PLEASE!



## How to Make a Classic Ballet Bun:

### Supplies:

comb/brush  
hairpins/bobby pins  
hairnet (same color as hair)  
hair tie  
hairspray  
hair gel



1. Brush hair smooth and free of tangles. You may also want to wet hair to help avoid stray hairs and bumps.
2. Apply hair gel to wet or dry hair on the top, sides and underneath of hair. This will help avoid bumps and stray hairs.
3. Pull hair back neatly into a ponytail at the back of the head or higher, using a brush to avoid "lumps and bumps". A tidy ponytail with hair drawn snugly back is the key to making a good ballet bun. Placement of your ponytail determines placement of your bun. Ballet buns should be at the middle of the head or higher. For low buns place ponytail at the nape of the neck.
4. Secure ponytail tightly with hair elastic. For thick hair use two elastics.
5. Use hairspray to eliminate any "wisps" around the head, smoothing any remaining bumps of hair on the head.
6. Twist the ponytail as you gradually wrap it around the hair elastic, creating a tight, coiled circle, inserting the U shaped hair pins as you wrap. Be sure that your hair pins contain hair from both the head and the ponytail. This will hold your bun close to your head. Be sure to use plenty of hair pins (12-16 on average). The idea is to have your bun tightly coiled around your elastic and secured to your head.
7. Once you have created your bun, wrap your hair net around it as many times as it will allow for a snug fit.
8. Secure the hair net in place with bobby pins.

Spray entire head with hair spray to control stray hairs.

**Hint – Practice Makes Perfect:** Just remember that it takes practice to become good at anything, including making ballet buns. You should practice several times before your dancer's big day.

Hair supplies can be found at most drug stores and at Sally's Beauty Supply in Victor.

## Photography/Videography

Flash photography and videography are prohibited during the performances. Please remember that the show is being professionally video taped. The professional DVD will be far superior to what might shot from the audience -- no wiggles, no backs of heads of audience members, and no disruption to those around you. You can place your order for the DVD on the Ticket Sale dates or order at the performances. You can order a DVD of the performance at costume pick up on April 28<sup>th</sup> or at the performances.

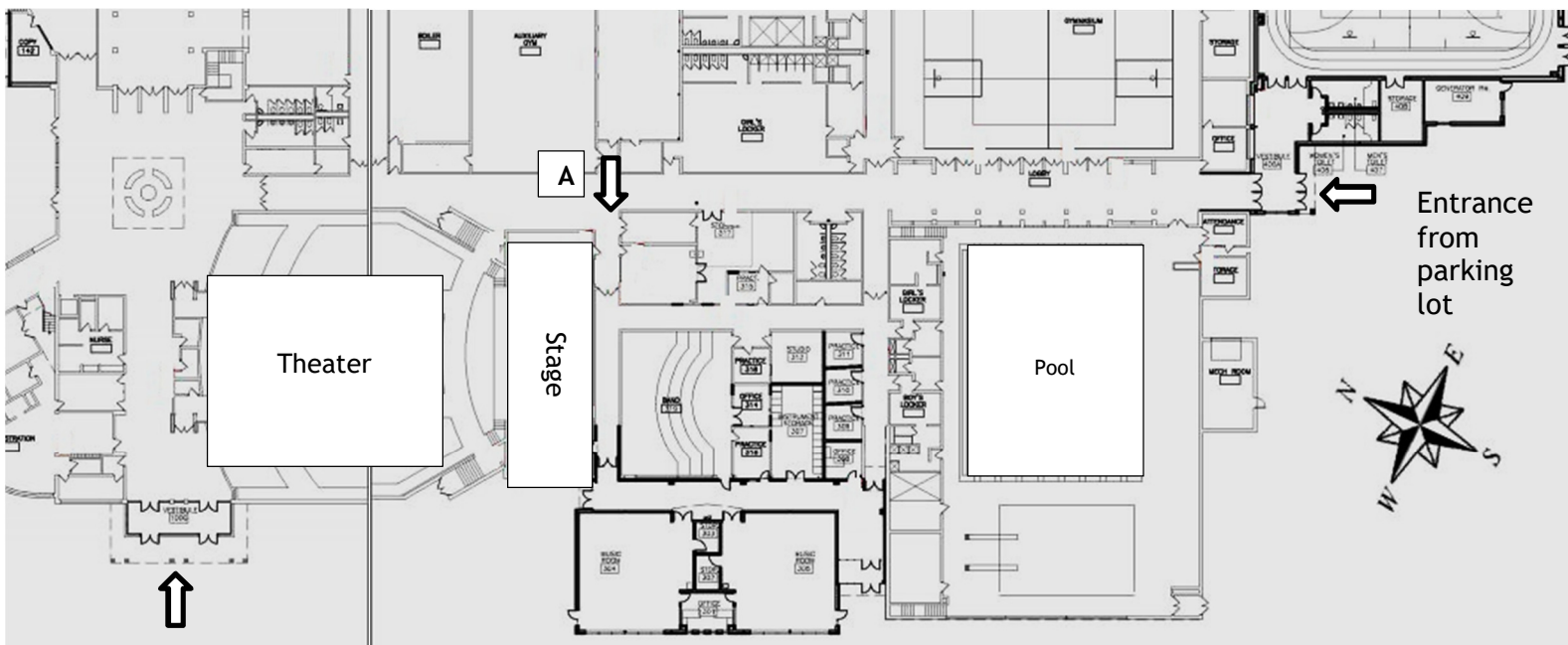
## Security/Sign In & Out

All dancers will be required to sign in and sign out at both the dress rehearsals, and the performances. Anyone over the age of 16 may sign themselves in or out. If your child is age 13 and up, you may sign a disclaimer and your child can then sign in/sign out themselves.

- If your dancer is signing themselves out, please make arrangements with your child where you will meet them after the show. Once they leave the backstage area the volunteers will not know where they are.
- Parents will be given a card at sign in with your dancer's name at drop off for the performances. Please present this card when you come to pick up your child.
- Sign in & out for all rehearsals at the Academy and performances will be at the sign in table near the backstage area at the Academy. (Labeled A on map)
- Please send **ONLY ONE ADULT** to the pick-up area after the performances. The pick-up area after the performance can be very congested. Sending only **ONE** person to collect your dancer makes this process run much smoother. Additional guests can receive dancers in the atrium area after they have been picked up.
- Remember that only volunteers will be allowed backstage so please prepare your child to be escorted to their room after they are signed in.

## Rehearsal & Performance Location

The performance is at Canandaigua Academy, 435 East St, Canandaigua, NY 14424



Main Entrance  
435 East Street  
(bus loop)

**A** Table for signing in and out of dress rehearsals & performances.

**Saturday April 28<sup>th</sup> - REHEARSAL**

Beginning Ballet A, B, and Wednesday  
Beginning Tap and Jazz  
Beginning Hip Hop A and B  
Beginning Modern

3-4pm

Adv Beg Ballet  
Adv Beg Tap (A and B)  
Adv Beg Jazz (A and B)  
Adv Beg Hip Hop, Adv Beg Modern

4-5pm

Int Ballet A and B  
Int Tap  
Int Jazz,  
Int Hip Hop  
Int Modern  
Seniors

5-6pm

AI Ballet  
AI Tap  
AI Jazz  
AI Hip Hop  
Adv Ballet  
Adv Tap  
Adv Jazz  
Pointe

6-7pm

**Monday April 30<sup>th</sup> - REHEARSAL**

Combo 1 (Tuesday)  
Combo 2

3:45-4:15

Combo 1 (Saturday)  
Beg. Ballet A  
Int. Ballet B (Sat.)

4:15-4:45

Beg Ballet B  
Wednesday Beg Ballet  
Beg Tap  
Beg Jazz

4:45-5:30

Beg Hip Hop A & B

5:30-6:00

Vignettes (including Gala, cat burglars & cops)

6:00-6:45

Modern (all levels)

6:45-7:30

AI Ballet  
Advanced Ballet  
Adv. Tap  
Adv. Jazz

7:30-9:00

<b>Tuesday May 1st- REHEARSAL</b>	
Adv. Beg Hip Hop Int. Hip Hop Adv. Hip Hop	4:00-4:30
Adv. Beg Ballet Adv. Beg Tap (A & B) Adv. Beg Jazz (A & B)Adv. Int Tap	4:30-5:30
Int. Ballet A Int. Tap Int. Jazz	5:30-6:00
Seniors and Gala Vignette	6:00-6:45
Waitresses	6:45-7:00
Adv. Int Ballet Adv. Int. Jazz Adv. Ballet Adv. Tap Adv. Jazz Pointe	7:00-9:00

<b>Wednesday May 2<sup>nd</sup> - REHEARSAL</b>	
Montessori	3:30-4:00
<p>Informal Dress Rehearsal for Beginner Levels and up (no Combo groups) <b>COSTUMES, HAIR &amp; MAKEUP</b></p> <p><i>Combo levels are welcome to attend if they would like as this will be their only opportunity to see the 'older kids' in costume. They can sit in the theatre to watch. Parents should attend with their child.</i></p> <p>We will run vignettes and most dances in show order with costumes. Makeup and hair should be just as professionally done as it will be for Performance nights. Tights need to be clean and run free and the correct color! We will have extra tights to purchase in case of emergency.</p>	4:00-9:00

<b>Thursday May 3<sup>rd</sup> – DRESS REHEARSAL</b>	
<p>FORMAL DRESS REHEARSAL – ALL LEVELS <b>COSTUMES, HAIR &amp; MAKEUP</b> Young dancers will be excused when they are done. Intermediate levels and above should plan to stay till 9pm</p>	4:00-9:00

## Friday May 4<sup>th</sup> & Saturday May 5<sup>th</sup> – PERFORMANCE

Warm up on stage for AI & Adv. Levels	4:30-5:30
Call Time (be signed in by this time)	5:30
Performance	6:30

*Reminder: Classes continue after the performance through June 9<sup>th</sup>.*

## Do's and Don'ts

### DO...

- Be respectful of the teacher, the parents, the dancers, the audience members and other's belongings. If we all make a point to give a little respect, recital week will be a more pleasant experience for everyone.
- Prior to the dress rehearsal go over all the costume pieces and accessories your dancer will need. Make sure you have all of the items needed. LABEL EVERYTHING!
- DO ASK QUESTIONS!! If you are unsure of something, please ask!! Questions can also be asked at [fingerlakesballetacademy@yahoo.com](mailto:fingerlakesballetacademy@yahoo.com)

### DON'T... We hate to sound negative, but there are some “no no's” for the performance:

- no nail polish
- no jewelry (not even post earrings) or watches
- no body glitter or temporary tattoos
- no gum
- no ponytail holders on wrists
- no “bun covers” or “claw” clips in hair- please follow instructions to make a ballet bun. Thank you.  
(Basically- if it was not issued to your dancer by FLBA or asked of your dancer to provide, DON'T WEAR IT!)
- DO NOT eat or drink in the auditorium at the performance or rehearsals. FLBA students and staff are guests at the Canandaigua Academy. Please respect this rule!