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THE VILLAGE DANCE ACADEMY

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# 2022/2023 ELITE TEAM COMPETITION GUIDEBOOK



**PLEASE READ CAREFULLY!**

## STANDARD VDA MAKEUP

**Foundation** – Apply a liquid and/or powder base foundation to match your skin tone all over your face.

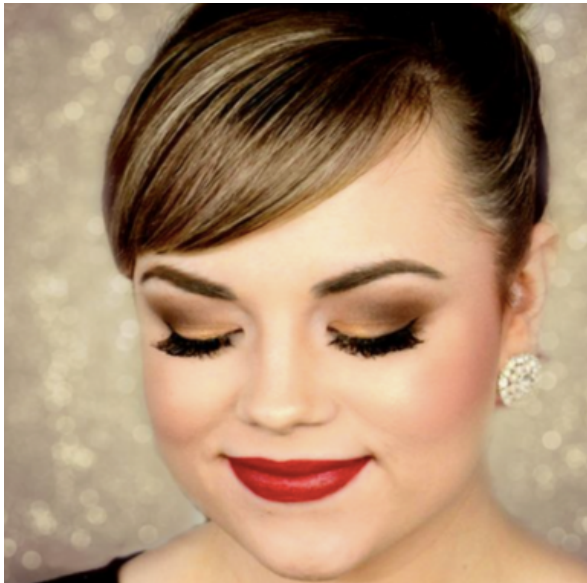
**Blush/Bronzer** – Apply a blush and bronzer that suits your skin tone. They should be applied much darker than you would normally apply it.

**Eye Shadow** – Apply a light brown eyeshadow over your eyelid and then add a darker brown eyeshadow along the eye crease.

**Eyeliner** – Apply eyeliner along the lash line of your top lid with a small “wing”. (We suggest using a gel or liquid eyeliner)

**False Eyelashes** – Apply mascara to your top lashes as well as your bottom ones if necessary.

**Lipstick** – Apply a “cherry” RED lipstick (unless otherwise told)



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# COMPETITION EXPECTATIONS

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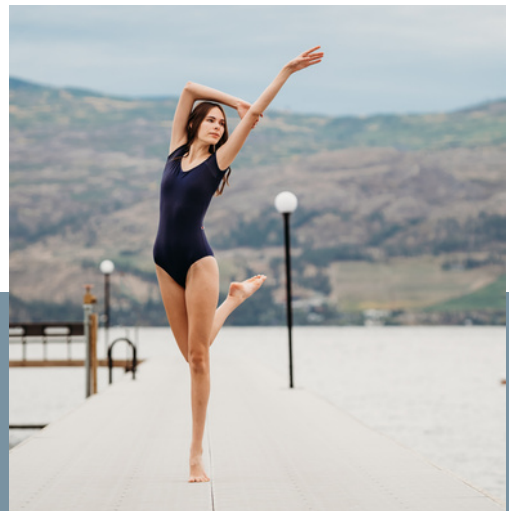
- All group dances are to arrive at the theatre **STAGE READY 1.5 hours prior to their stage time** unless otherwise told by Sam. *Definition of stage ready:* Hair & makeup are completely done and costume is on your body.
- All soloists and duos are to arrive at the theatre 1 hour prior to their stage time.
- It is important that all dancers are with their group prior to hitting the stage. Please do not wander the hallways or hang out in the dressing room within the 1.5 hour window prior to stage time.
- If you are in need of extra help with hair and makeup, it is crucial that you organize and plan ahead for someone to help you before the 1.5 hour call time.
- **AWARDS** – It is mandatory that you wear your company jacket for all awards sessions. If you do not have your company jacket, you do not go on stage for your award. If you are a hip hop only dancer, you are to wear your "team hoodie" for your award session. Full Company Dancers that have both jacket and hoodie are to wear their company jacket for all ballet, jazz, lyrical and contemporary award sessions.
- **CELL PHONES** are prohibited on stage for awards as well as backstage. It is extremely important that all dancers are respecting the emcee and adjudicators and are LISTENING to their feedback. Please be mindful that you are still on stage and that you are constantly representing your studio.
- **BACKSTAGE ETIQUETTE** – It is very important that we are always respecting our fellow team mates as well as other studios, teams and the competition faculty/staff. This means clapping for EVERYONE and being gracious for whatever award you are given (whether it is "bronze" or "platinum")
- **CLEAN UP AFTER YOURSELF!** Leave every space you enter CLEANER than you found it. This includes dressing rooms and rehearsal space. There will be consequences to any teams that do not clean up after themselves.
- **We kindly ask that all parents are not to enter the backstage area as well as the rehearsal room unless absolutely necessary.**

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# IMPORTANT REMINDERS

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- All buns must be secured by a hair net that matches your hair colour.
- All hair styles are to be SLICKED back with absolutely no fly-aways. Hair spray, gel, water, toothbrush, make it happen!
- Shoes and tights must be CLEAN and free of any holes. Never a bad idea to have an extra pair in your costume bag.
- ***If you are new to this*** – Please do a trial run prior to your performance date! Should you need any assistance or extra guidance, do not wait until the day before your performance to ask. We are always happy to answer any questions.
- Absolutely NO FAKE NAILS and/or NAIL POLISH on toes or fingers.
- Bra straps are a big "no, thank you". We suggest going without a bra if possible, but understand this is not an option for all of our dancers. Kinesiology tape is a great option, if you need guidance – please ask!
- Butt glue is a great tool to have in your costume bag to avoid any sneaky cheeky for our older dancers.
- **If you forget a costume piece** – You risk losing your performance opportunity! This includes all accessories (ie. Gloves, Hair Pieces, etc.)
- **PLEASE LABEL EVERYTHING!** VDA is not responsible to pick up after you and collect any left behind costume pieces. Ensure you have everything prior to leaving any performance/theatre/venue.



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# PACKING LIST

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## Costuming & Clothing

- Costumes (and all of the accessories you may need)
- Dance Shoes (ballet shoes, toe undies, hip hop shoes etc.)
- Tights (if necessary)
- Hip Hop Dancers: HIGH BLACK SOCKS or NO SHOW SOCKS (depending on team requirements)
- Company Jacket and/or Hip-Hop Team Hoodie

## Hair

- Hair Ties (that match your hair colour)
- Bobby Pins (that match your hair colour)
- Hair Nets (That match your hair colour)
- Hair Spray/Gel
- Water Spray Bottle
- Curling Iron/Flat Iron

## MAKEUP

- Foundation
- Blush
- Bronzer
- Eye Shadow
- Eye Liner
- False Eyelashes
- Eyebrow Pencil
- Eyelash Glue
- Lipstick

## OTHER

- Moisturizer
- Deodorant
- Makeup Remover
- Your music and headphones
- Snacks (clean & healthy – not messy)
- Water
- Sticky Tape/Butt Glue
- Scissors
- Safety pins
- Needle and thread
- Band-aids
- Icy-hot
- Foam Roller



# BONSAIS



## **Jazz | RESPECT**

Hair | Slicked back curly, high ponytail  
(hair piece to the right of ponytail)

Makeup | Standard VDA Makeup

Tights | Beige Full Footed Tights (Mondor brand)

Shoes | Beige Pull On Jazz Shoes

## **Tap | HONEY BEES**

Hair | Slicked back curly, high ponytail

Makeup | Standard VDA Makeup

Tights | Beige Full Footed Tights (Mondor brand)

Shoes | Beige Tap Shoes

**DON'T FORGET YOUR WINGS!**

**EARRINGS ARE TO BE WORN FOR EVERY DANCE.**

**MONDOR BRAND IN "CARAMEL" FOR TIGHTS!**



# REDWOODS

## **Jazz | BIG NOISE**

Hair | Middle parted low bun

Makeup | Standard VDA Makeup

Tights | Beige Full Footed Tights

Shoes | Beige Pull On Jazz Shoes

## **Tap | JAILHOUSE ROCK**

Hair | Middle parted low bun

Makeup | Standard VDA Makeup

Tights | Beige Full Footed Tights

Shoes | Beige Tap Shoes

Jovan | Black Tap Shoes

## **Lyrical | POMPEII**

Hair | Middle parted low bun

Makeup | Standard VDA Makeup

Tights | No tights

Shoes | No shoes

**EARRINGS ARE TO BE WORN FOR EVERY DANCE.**

**MONDOR BRAND IN "CARAMEL" FOR TIGHTS!**



# WILLOWS

## **Jazz | THE RITZ**

Hair | Low ponytail (straight hair)

Makeup | Standard VDA

Tights | Beige Tights

Shoes | Beige Jazz Shoes

Jovan | BLACK Jazz Shoes

**\*HAT\***

## **Lyrical | HANDS TO HOLD**

Hair | Middle Parted Low Bun

Makeup | Standard VDA

Tights | NONE

Shoes | NONE

## **Tap | THE HEX**

Hair | Middle Parted Low Bun

Makeup | Standard VDA

Tights | Beige Tights

Shoes | Beige Tap Shoes

**EARRINGS ARE TO BE WORN FOR EVERY DANCE.**

**MONDOR BRAND IN "CARMEL" FOR TIGHTS!**

# FIRS



## **Jazz | RHYMES**

Hair | Middle Parted Low Bun

Makeup | Standard VDA

Tights | NONE

Shoes | NONE

## **Lyrical | I'D RATHER GO BLIND**

Hair | Middle Parted Low Bun

Makeup | Standard VDA

Tights & Shoes | NONE

\*EARRINGS\*

## **Contemporary | FALLEN ALIEN**

Hair | Middle Parted Two Low Buns

Makeup | Standard VDA \*NUDE LIP\*

Tights | NONE

Shoes | NONE

## **Ballet | VIVRE**

Hair | Middle Parted Low Bun

Makeup | Standard VDA

Tights | Ballet Pink Tights

Shoes | Ballet Shoes

\*EARRINGS\*

## **Tap | DANGEROUS**

Hair | Middle Parted Low Ponytail

Makeup | Standard VDA

Shoes | Beige Tap Shoes

\*EARRINGS\*



# SYCAMORES

## **Contemporary | HAUNTED WATER**

Hair | Middle Parted Two French Braids  
into Low Ponytail

Makeup | Standard VDA \*Black Lipstick

Tights | NONE

Shoes | NONE

## **Jazz | BECAUSE THE NIGHT**

Hair | Middle Parted Low Ponytail

Makeup | Standard VDA w/ red lip

Tights | NONE

Shoes | NONE

\*EARRINGS\*

## **Lyrical | RESOLUTIONS**

Hair | Middle Parted Low Ponytail

Makeup | Standard VDA

Tights | NONE

Shoes | NONE



# EVERGREENS

## **Contemporary | TROPHY**

Hair | Middle Parted Low Ponytail

Makeup | Standard VDA \*GOLD LIPSTICK

Tights | NONE

Shoes | NONE

\*Gold Necklace & Earrings\*

## **Jazz | FUN**

Hair | Middle Parted Low Bun

Makeup | Standard VDA

Tights | NONE

Shoes | NONE

\*EARRINGS\*

## **Lyrical | STUBBORN LOVE**

Hair | Middle Parted Low Bun

Makeup | Standard VDA

Tights | NONE

Shoes | NONE

\*EARRINGS\*

# HAWTHORNS SMALL GROUP



## **Jazz | TAKE IT**

Hair | Middle Parted Low Bun

Makeup | Standard VDA

NO SHOES/TIGHTS

## **Lyrical | DON'T TELL ME I'M PRETTY**

Hair | Middle Parted Low Bun

Makeup | Standard VDA

NO SHOES/TIGHTS

\*EARRINGS\*

## **Contemporary | STOP MOTION**

Hair | Middle Parted Low Ponytail

Makeup | Standard VDA but with gray scale contour

A group of young women are gathered in a circle outdoors, smiling and looking at each other. They are wearing casual, modern clothing like crop tops and high-waisted pants. The background is a soft-focus outdoor setting with greenery.

# HAWTHORNS LARGE GROUP

## **Lyrical | SPEAKING OF THE END**

Hair | Middle Parted Low Bun

Makeup | Standard VDA

NO TIGHTS OR SHOES

\*EARRINGS\*

## **Jazz | CELL BLOCK**

Hair | Middle Parted Low Bun

Makeup | Standard VDA

NO TIGHTS OR SHOES

\*EARRINGS\*

## **Contemporary | UNMASKED**

Hair | Hair tucked

Makeup | Masks

Black socks, gloves, headpiece



# LINES

## **Hawthorns Open Line | CRAVING**

Hair | Middle Parted Low Ponytail

Makeup | Standard VDA

NO SHOES OR TIGHTS

\*EARRINGS\*

## **Jazz Line | TASTE**

Hair | Middle Parted Low Bun

Makeup | Standard VDA

NO SHOES OR TIGHTS

\*EARRINGS\*

## **Musical Theatre | HAIRSPRAY**

Hair | Wigs (It's Hairspray)

Hair | Two Pigtails with ribbon/scrunchie that matches your dress

(Nicest Kids in Town)

Makeup | Standard VDA

Shoes | White Keds with FRILLY SOCKS

NO TIGHTS

\*EARRINGS\*



## HIP HOP TEAMS

### **ROE**

Shoes | All White Sneaker (any brand)

Makeup | Standard VDA

Hair | Middle parted low ponytail

\*NUDE COLOURED UNDERWEAR\*

### **MINNOWS**

Shoes | All White Sneaker (any brand)

Makeup | Standard VDA

Hair | Individual choice (but must be approved by Sam & Simonne in class).

### **COHO**

Shoes | All White Sneaker (any brand)

Makeup | Standard VDA

Hair | Wigs

### **CHINOOK**

Shoes | All White Sneaker (any brand)

Makeup | Standard VDA

Hair | Middle parted low ponytail

WHITE HIGH SOCKS - NO ANKLES SHOWING!

### **SOCKEYE**

Shoes | Black Combat Boots

Makeup | Standard VDA

Hair | Individual Choice

Gold accessories

**ALL SHOES MUST BE CLEAN!**

**WE CANNOT WAIT TO  
SEE YOU ON STAGE!**

***THANK YOU!***



***IT TAKES A VILLAGE.***