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THE VILLAGE DANCE ACADEMY

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# 2025/2026 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.

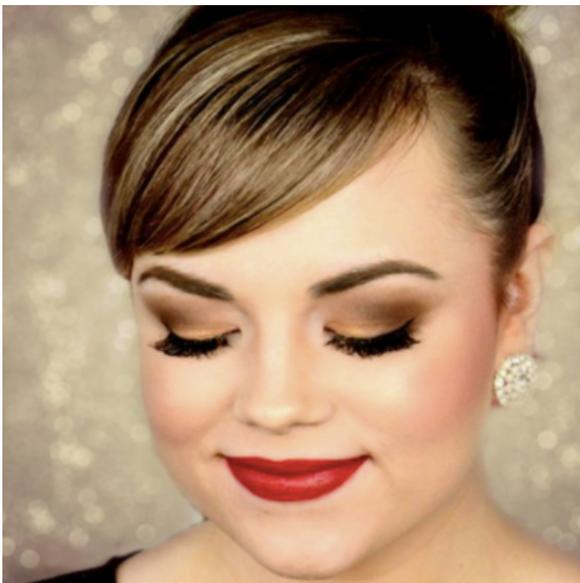
**Blush/Bronzer** – Apply a blush and bronzer that suits your skin tone. They should be applied much darker than you would normally apply it.

**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** – Red if not otherwise specified. See below for more details.



## A NOTE REGARDING LIPSTICK...

You can use your preferred brand!

These colours are just a guideline to help you find the correct shade.

For any “nude” lip, we ask that you match to *your* skin tone.

### Standard “PINK”



ALL DARE TO WEAR NUDE ORANGE **PINK** PURPLE >



SAINT GERMAIN v

### Standard “RED”



< AR NUDE ORANGE PINK PURPLE **RED** LIMIT >



LEFT ON RED v

### Standard “BURGUNDY”



< AR NUDE ORANGE PINK PURPLE **RED** LIMIT >



DUBONNET v

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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.
- **PARENTS!** We kindly request that all parents do not enter the backstage area or rehearsal room unless absolutely necessary. Your respect, kindness and support to dancers, parents, and staff is of utmost importance. Unruly behaviour towards anyone could lead to removal from the program.

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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.



IT TAKES A VILLAGE.

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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 or WHITE 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



## **Tap | GHOSTBUSTERS**

Hair | Slicked back high bun on crown of head

Makeup | Standard VDA Makeup

**NO TIGHTS**

Shoes | Black leather lace up tap shoes & black socks

Accessories | Inflatable backpack, red bow around bun

## **Ballet | FAIRYLAND**

Hair | Slicked back high bun on crown of head

Makeup | Standard VDA Makeup

Tights | Ballet pink full footed tights (Mondor brand)

Shoes | Ballet shoes

Accessories | Fairy wings & flower hair piece on front of bun

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

**\*earrings can be purchased from the front desk\***

***We have both clip-on and regular earrings!***

# REDWOODS



## **Jazz | CAR WASH**

Hair | Slicked back curly, high ponytail

Makeup | Standard VDA Makeup

Tights | Beige full footed tights

Shoes | Beige pull-on Jazz shoes

## **Tap | PINK SHOE LACES**

Hair | Slicked back curly, high ponytail

Makeup | Standard VDA Makeup

Tights | Beige full footed tights

Shoes | Black leather lace up Tap shoes

Accessories | Pink shoe laces & pink bow around ponytail

**EARRINGS ARE WORN FOR ALL ROUTINES.**

**\*earrings can be purchased from the front desk\***

***We have both clip-on and regular earrings!***

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

# SYCAMORES



## **Lyrical | DOCK OF THE BAY**

Hair | Middle parted low bun

Makeup | Standard VDA Makeup

NO TIGHTS

Shoes | Foot undies

## **Tap | TOP GUN**

Hair | Middle parted low ponytail

Makeup | Standard VDA Makeup

NO TIGHTS

Shoes | Black Tap shoes & black socks

Accessories | Sunglasses & hat

## **Jazz | BELLHOP BOOGIE**

Hair | Middle parted low bun

Makeup | Standard VDA Makeup

Tights | Beige tights

Shoes | Beige Jazz shoes

Accessories | Gloves, hat (worn on the right side)

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

**\*earrings can be purchased from the front desk\***

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

# OAKS



## **Jazz | LOOKIN' GOOD**

Hair | Slicked back high ponytail (straight hair)

Makeup | Standard VDA with \*PINK\* lip

Tights | Beige tights (Mondor brand in Caramel)

Shoes | Beige Jazz shoes

Accessories | \*Earrings\* & headpiece

## **Lyrical | FLOWERS IN YOUR HAIR**

Hair | Middle parted low bun

Makeup | Standard VDA Makeup

NO TIGHTS

Shoes | Toe undies

Accessories | \*Earrings\* & flowers on the right side of bun

## **Tap | LONEDIGGER**

Hair | Slicked back high ponytail (straight hair)

Makeup | Standard VDA

Shoes | Black leather Tap shoes

Tights | Beige tights (Mondor brand in Caramel)

Accessories | Hair piece on right side

# FIRS



## **Jazz | SUPERSTAR**

Hair | Middle parted mid ponytail (straight hair)

Makeup | Standard VDA with \*SILVER\* lip

NO SHOES OR TIGHTS

Accessories | \*Earrings\* & glasses

## **Lyrical | HOW DEEP IS YOUR LOVE**

Hair | Middle parted low ponytail (straight hair)

Makeup | Standard VDA Makeup

NO SHOES OR TIGHTS

Accessories | \*Earrings\*, lace gloves & pearl necklace

## **Firs Tap | HISTORY REPEATING**

Hair | Middle parted mid ponytail (straight hair)

Makeup | Standard VDA with \*BURGUNDY\* lip

Shoes | Black Tap shoes

Tights | Beige Tights (Mondor brand in Caramel)

Accessories | \*Earrings\* & rhinestone pin on right side of pony

# CEDARS



## **Jazz | ANOTHER ONE BITES THE DUST**

Hair | Middle parted low bun

Makeup | Standard VDA Makeup

NO SHOES OR TIGHTS

Accessories | \*Earrings\* & white TNA butter bra

## **Lyrical | THIS THING CALLED LOVE**

Hair | Middle parted low ponytail (hair curled)

Makeup | Standard VDA Makeup

Shoes | Beige Turners

NO TIGHTS

Accessories | \*Earrings\* & veil (secured)

## **Contemporary | SAME GIRL**

Hair | Middle parted mid pigtails

Makeup | Doll Makeup with \*PINK\* lip

NO SHOES OR TIGHTS

Accessories | Bows

# HAWTHORNS



## **Jazz | BILLS, BILLS, BILLS**

Hair | Middle parted spikey bun

Makeup | Standard VDA with \*PINK\* lip

NO SHOES OR TIGHTS

Accessories | \*Earrings\*

## **Lyrical | DREAMS**

Hair | Middle parted low bun

Makeup | Standard VDA with \*BURGUNDY\* lip

NO SHOES OR TIGHTS

Accessories | \*Earrings\*

## **Contemporary | SAME GIRL**

Hair | Middle parted mid pigtails

Makeup | Doll Makeup with \*PINK\* lip

NO SHOES OR TIGHTS

Accessories | Bows

# EVERGREENS



## **Jazz | BAD GIRLS**

Hair | Middle parted mid spikey bun

Makeup | Standard VDA with \*BLACK\* lip

NO SHOES OR TIGHTS

Accessories | \*Pink earrings\*

## **Lyrical | A MILLION YEARS AGO**

Hair | Middle parted low bun

Makeup | Standard VDA Makeup

NO SHOES OR TIGHTS

Accessories | \*Earrings\* & headband

## **Contemporary | THE WAY WE FLOW**

Hair | Middle parted low ponytail (straight hair)

Makeup | Standard VDA Makeup

NO SHOES OR TIGHTS

# WILLOWS

A group of eight young women are standing on a sandy beach, looking towards a large body of water. They are dressed in light-colored, contemporary clothing. A large willow tree is on the left side of the frame, with its branches hanging down. The background shows a calm lake and a wooden pier in the distance.

## **Contemporary | BAREFOOT IN THE PARK**

Hair | Middle parted low bun

Makeup | Standard VDA Makeup

NO SHOES OR TIGHTS

Accessories | Veil (secured)

## **Jazz | RIVER**

Hair | Middle parted low ponytail (straight hair)

Makeup | Standard VDA Makeup

NO SHOES OR TIGHTS

Accessories | \*Earrings\*

## **Lyrical | MY MIND**

Hair | Middle parted low ponytail (straight hair)

Makeup | Standard VDA with \*BURGUNDY\* lip

NO SHOES OR TIGHTS

Accessories | \*Earrings\*

# ASPENS



## **Jazz | DO YOU LOVE ME?**

Hair | Middle parted spikey bun  
Makeup | Standard VDA with \*BLACK\* lip  
Accessories | \*Earrings\* & sunglasses

## **Contemporary | DISSIPATE**

Hair | Middle parted mid bun  
Makeup | Standard VDA \*no lipstick\*  
Accessories | Head piece (secured)  
NO SOCKS

## **Lyrical Small | FOOL OF ME**

Hair | Middle parted low bun  
Makeup | Standard VDA with \*NUDE\* lip  
NO SHOES OR TIGHTS

## **Lyrical Large | UNETHICAL**

Hair | Middle parted low ponytail (straight hair)  
Makeup | Standard VDA with \*BURGUNDY\* lip)  
Accessories | \*Earrings\*  
NO SHOES OR TIGHTS



# LINES

## **Open Line | PRETTY WINGS**

Hair | Half up, half down

Makeup | Standard VDA with \*NUDE\* lip

Accessories | \*Small gold hoop earrings\*

## **Jazz Line | CRUEL SUMMER**

Hair | Slicked back middle part spikey bun

Makeup | Standard VDA with \*PINK\* lip

NO SHOES OR TIGHTS

Accessories | \*Earrings\* & Glasses

## **Inter Jazz Line | BOOGIE DOWN**

Hair | Slicked back middle-parted low bun

Makeup | Standard VDA

NO SHOES OR TIGHTS

Accessories | \*Earrings\*

## **Contemp Line | WILD WILD WEST**

Hair | Slicked back middle-parted low bun

Makeup | Standard VDA with \*NUDE\* lip

Accessories | Black socks

## **Ballet Line | SMILE**

Hair | Two braids into sausage bun

(click [HERE](#) for tutorial)

Makeup | Standard VDA with \*NUDE\*

lip and MOUSTACHE

(click [HERE](#) for moustache tutorial at

0:35)

Shoes | Ballet shoes

Tights | Ballet tights

# MUSICAL THEATRE & TAP

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## **Musical Theatre Line | OZ**

Hair | Slicked back middle-parted low bun  
Makeup | Standard VDA with \*BURGUNDY\* lip  
Tights | Beige tights (Mondor brand in Caramel)  
Shoes | Character shoes

There are so many costume pieces & accessories for this routine! Please ensure you are extremely diligent in your organization before, during and after any run throughs.

## ***LABEL EVERYTHING!***

### **Tap 1 | RHYTHM IS OUR BUSINESS**

Hair | Middle parted low bun  
Makeup | Standard VDA Makeup  
Shoes | Black Tap shoes & black knee  
high socks

### **Tap 2 | ON BROADWAY**

Hair | Middle Parted Low Bun  
Makeup | Standard VDA Makeup  
Shoes | Black Tap shoes & black knee  
high socks

# HIP HOP TEAMS



## **ROE**

Shoes | All White Sneaker (any brand)

Makeup | Standard VDA with  
\*BURGUNDY\* lip

Hair | Middle parted low ponytail

## **MINNOWS**

Shoes | All White Sneaker (any brand)

Makeup | Standard VDA with \*PINK\* lip

Hair | Style of choice, but must be at least  
half up!

## **COHO**

Shoes | All White \*chunky\* Sneaker (any brand)

Makeup | Standard VDA \*no lipstick\*

Hair | Middle parted ponytail into braid

## **CHINOOK**

Shoes | All White Sneaker (any brand)

Makeup | Standard VDA with \*BURGUNDY\* lip

Hair | Style of choice, but must be at least  
half up!

## **SOCKEYE**

Shoes | All Black Converse style shoe (high top)

Makeup | Standard VDA with \*BURGUNDY\* lip

Hair | TBA

## **Hip Hop Line | C IS FOR CIARA**

Shoes | All Black sneaker (any brand)

Makeup | Standard VDA with \*BURGUNDY\* lip

Hair | Style of choice, but must be at least half up!

**ALL SHOES MUST BE CLEAN  
AND IN GOOD CONDITION!**

WE CAN'T WAIT TO  
SEE YOU ON STAGE!



*IT TAKES A VILLAGE.*