
THE VILLAGE DANCE ACADEMY

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.

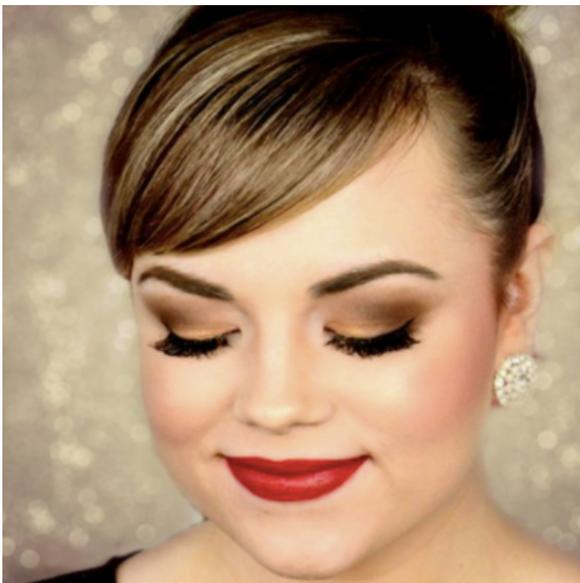
Blush/Bronzer – Apply a blush and bronzer that suits your skin tone. They should be applied much darker than you would normally apply it.

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** PURPLI >



SAINT GERMAIN

Standard “RED”



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



LEFT ON RED

Standard “BURGUNDY”



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



DUBONNET

COMPETITION EXPECTATIONS

- 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.

IMPORTANT REMINDERS

- 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.

PACKING LIST

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 situated on crown of head

Makeup | Standard VDA Makeup

Tights | No Tights

Shoes | Black Leather Lace Up Tap Shoes with ***Black Socks***

Accessories | Fairy Wings & Flower hair piece on front of bun

Ballet | FAIRYLAND

Hair | Slicked back high bun situated on crown of head

Makeup | Standard VDA Makeup

Tights | Ballet Pink Full Footed Tights (Mondor brand)

Shoes | Clean Ballet Shoes

Accessories | Inflatable backpack, red bow around 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

Tights | Beige Full Footed Tights (Mondor brand)

Shoes | Beige pull-on Jazz Shoes

Tap | PINK SHOE LACES

Hair | Slicked back curly, high ponytail with silver bow

Makeup | Standard VDA Makeup

Tights | Beige Full Footed Tights (Mondor brand)

Shoes | Black 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

Shoes | Foot Undies *NO TIGHTS*

Accessories | Barrets on left side of head

Tap | TOP GUN

Hair | Middle parted low ponytail

Makeup | Standard VDA Makeup

Shoes | Black Tap Shoes & **BLACK SOCKS**

Accessories | Sunglasses & Hats

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 "CAMEL" FOR TIGHTS!

OAKS



Jazz | LOOKIN' GOOD

Hair | Slicked back high ponytail, straight hair

Makeup | Standard VDA with PINK lip

Shoes | Beige leather slip on jazz shoes

Tights | Nude tights *MONDOR BRAND* in CAMEL

EARRINGS & HEADPIECE

Lyrical | FLOWERS IN YOUR HAIR

Hair | Middle Parted Low Bun, flowers on the right side of bun

Makeup | Standard VDA

No shoes or tights.

EARRINGS

Tap | LONEDIGGER

Hair | Middle Parted Low Bun

Makeup | Standard VDA

Shoes | Black Leather Tap Shoes

Tights | Beige Tights *MONDOR BRAND* in CAMEL

Accessories | Hair piece on right side

FIRS



Jazz | SUPERSTAR

Hair | Middle Parted Mid Ponytail (straight hair)

Makeup | Standard VDA *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 *burgundy lip*

NO SHOES OR TIGHTS

Accessories | Lace glove, pearl necklace, *EARRINGS*

Firs Tap | HISTORY REPEATING

Hair | Middle Parted Mid Ponytail (straight hair)

Makeup | Standard VDA

Shoes | Black Tap Shoes

Accessories | Earrings

CEDARS

Jazz | ANOTHER ONE BITES THE DUST

Hair | Middle Parted Low Bun

Makeup | Standard VDA

NO SHOES OR TIGHTS

EARRINGS

Lyrical | THIS THING CALLED LOVE

Hair | Middle Parted Low Ponytail (hair curled)

Makeup | Standard VDA

NO SHOES OR TIGHTS

Accessories | Veil (secured) & *EARRINGS*

Contemporary | SAME GIRL

Hair | Middle Parted Mid Pigtales

Makeup | Doll Makeup with PINK lip

Accessories | Bows

No shoes, tights or earrings.

HAWTHORNS



Jazz | BILLS, BILLS, BILLS

Hair | Middle Parted Spikey Bun

Makeup | Standard VDA *pink lipstick*

No shoes or tights.

EARRINGS

Lyrical | DREAMS

Hair | Middle Parted Low Bun

Makeup | Standard VDA *burgundy* lip

No shoes or tights.

EARRINGS

Contemporary | SAME GIRL

Hair | Middle Parted Mid Pigtails

Makeup | Doll Makeup with PINK lip

Accessories | Bows

No shoes, tights or earrings.

EVERGREENS



Jazz | BAD GIRLS

Hair | Middle Parted Mid SPIKEY Bun
Makeup | Standard VDA with BLACK lip
PINK Earrings
No shoes or tights.

Lyrical | A MILLION YEARS AGO

Hair | Middle Parted Low Bun
Accessories | Headband & Earrings
Makeup | Standard VDA

Contemporary | THE WAY WE FLOW

Hair | Middle Parted Low Ponytail (straight hair)
Makeup | Standard VDA
No shoes or tights.

WILLOWS



Contemporary | BAREFOOT IN THE PARK

Hair | Middle Parted Low Ponytail (straight hair)

Makeup | Standard VDA

No shoes or tights.

Jazz | RIVER

Hair | Middle Parted Low Ponytail (straight hair)

Makeup | Standard VDA

No shoes or tights.

EARRINGS

Lyrical | MY MIND

Hair | Middle Parted Low Ponytail (straight hair)

Makeup | Standard VDA *burgundy* lip

No shoes or tights.

EARRINGS

ASPENS



Jazz | DO YOU LOVE ME?

Hair | Middle Parted Spikey Bun
Makeup | Standard VDA with BLACK lip
Sunglasses & Earrings

Contemporary | DISSIPATE

Hair | Middle Parted Mid Bun
Makeup | Standard VDA no lipstick
Black Socks & Head piece secured

Lyrical Small | FOOL OF ME

Hair | Middle Parted Low Bun
Makeup | Standard VDA (NUDE lip)
No shoes or tights.

Lyrical Large | UNETHICAL

Hair | Middle Parted Low Ponytail (straight hair)
Makeup | Standard VDA (BURGUNDY lip)
No shoes or tights.

EARRINGS



LINES

Open Line | PRETTY WINGS

Hair | Half up, half down
Makeup | Standard VDA *NUDE* lip
Small Gold Hoop Earrings

Jazz Line | CRUEL SUMMER

Hair | Slicked Back Middle Part Spike Bun
Makeup | Standard VDA with pink lip
NO SHOES OR TIGHTS
COMP EARRINGS & GLASSES

Inter Jazz Line | BOOGIE DOWN

Hair | Slicked back middle-parted low bun
Makeup | Standard VDA
NO SHOES OR TIGHTS
EARRINGS

Contemp Line | WILD WILD WEST

Hair | Slicked back middle-parted low bun
Makeup | Standard VDA *NUDE* lip
NO SHOES OR TIGHTS

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

Musical Theatre Line | OZ

Hair | Slicked back middle-parted low bun

Makeup | Standard VDA with *burgundy* lip

Shoes | Character Shoes

Tights | Beige tights *Mondor Brand in CAMEL*

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

Shoes | Black Tap Shoes

Tap 2 | ON BROADWAY

Hair | Middle Parted Low Bun

Makeup | Standard VDA

Shoes | Black Tap Shoes

HIP HOP TEAMS



ROE

Shoes | All White Sneaker (any brand)

Makeup | Standard VDA

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 *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 shaker (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!



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