

THE VILLAGE DANCE ACADEMY

*2025/2026 TIER 3*

# *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.

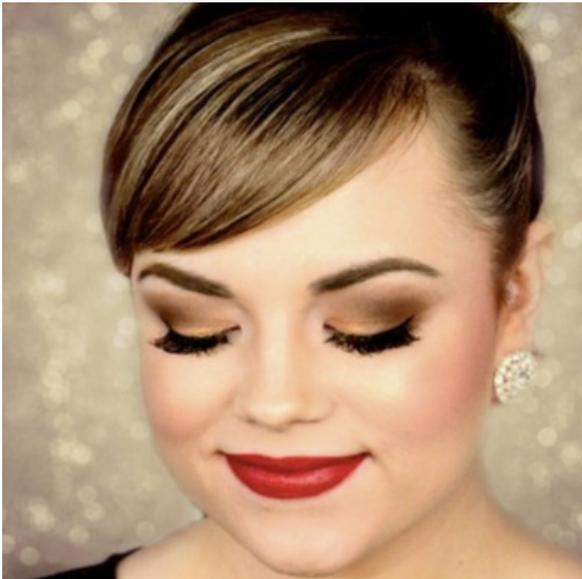
**Blush/Bronzer** – Apply a blush and bronzer that suits your skin tone. They should be applied much darker than you would normally apply it.

**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.
- 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.
- **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.



# 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 SOCKS or NO SHOW SOCKS (depending on team requirements)

## **Hair**

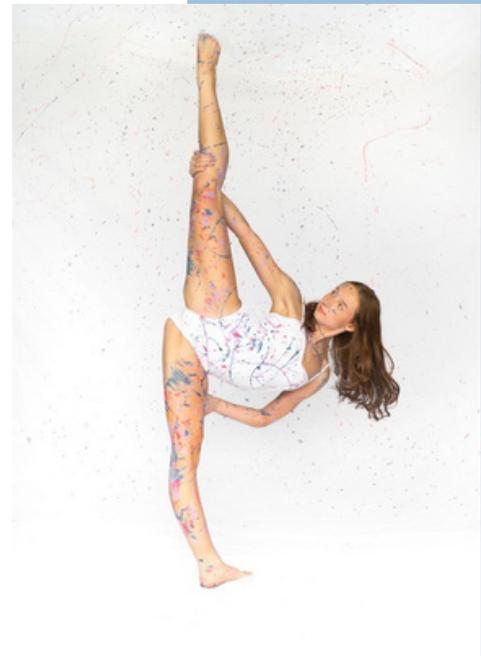
- Hair Ties (that match your hair colour)
- Bobby Pins (that match your hair colour)
- Hair Nets (That match your hair colour)
- Hair Spray/Gel
- Water Spray Bottle
- Curling Iron/Flat Iron

## **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
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# MISS SIMONNE'S CLASSES

## *Pre-Comp Hip Hop 8-10 with Miss Simonne / Monday 4:45pm*

"FLO RIDIN'"

**Make-up** | Standard VDA Competition Make-Up with BURGUNDY Lip

**Hair** | Middle Parted Low Pony

**Shoes** | CLEAN WHITE Sneakers & High White Socks

## *Pre-Comp Hip Hop 11-13 with Miss Simonne / Monday 6:30pm*

"WHATCHA LOOKIN' AT?"

**Make-up** | Standard VDA Competition Make-Up with BURGUNDY Lip

**Hair** | Middle Parted Low Pony

**Shoes** | CLEAN WHITE Sneakers & High White Socks

## *Pre-Comp Hip Hop 11-13 with Miss Simonne / Tuesday 6:00pm*

"TEMPERATURE"

**Make-up** | Standard VDA Competition Make-Up

**Hair** | Middle Parted Low Pony

**Shoes** | CLEAN WHITE Sneakers & High White Socks

## *Pre-Comp Hip Hop Teens with Miss Simonne / Tuesday 7:45pm*

"BUZZIN'"

**Make-up** | Standard VDA Competition Make-Up with BURGUNDY Lip

**Hair** | Any Style (but must be out of face)

**Shoes** | CLEAN WHITE Sneakers & High White Socks

# MISS MEL'S CLASSES

## *Pre-Comp Tap 7-9 with Miss Mel | Tuesday 4:15pm*

"TUTTI FRUTTI"

**Make-up** | Standard VDA Competition Make-Up

**Hair** | Slicked Back High Pony with Yellow Bow attached

**Shoes** | Black Tap Shoes

**Tights** | Beige Tights

## *Pre-Comp Lyrical 7-9 with Miss Mel | Tuesday 5:00pm*

"I AM MINE"

**Make-up** | Standard VDA Competition Make-Up

**Hair** | Middle Parted Low Bun

**Shoes** | Bare Feet

**Tights** | None

## *Pre-Comp Tap with Miss Mel | Tuesday 5:45pm*

"KING OF NEW YORK"

**Make-up** | Standard VDA Competition Make-Up

**Hair** | Middle Parted Low Bun with Hat

**Shoes** | Black Tap Shoes

**Tights** | Knee High Black Socks

**Accessories** | Suspenders

## *Pre-Comp Contemp 10-12 with Miss Mel | Thursday 6:00pm*

"RUNAWAY"

**Make-up** | Standard VDA Competition Make-Up

**Hair** | Middle Parted Low Pony

**Shoes** | Bare Feet

**Tights** | None

# MISS MEL'S CLASSES CONT

## *Pre-Comp Contemp Teens with Miss Mel | Thursday 7:45pm*

"THE BLAME"

**Make-up** | Standard VDA Competition Make-Up

**Hair** | Middle Parted Low Pony

**Shoes** | Bare Feet

**Tights** | None

# MISS JADYN'S CLASSES

## *Pre-Comp Jazz 7-9 with Miss Jadyn | Thursday 5:00pm*

"NEW ATTITUDE"

**Make-up** | Standard VDA Competition Make-Up

**Hair** | Middle Parted Low Pony

**Shoes** | Beige Jazz Shoes

**Tights** | Beige Jazz Tights

## *Pre-Comp Jazz Teens with Miss Jadyn | Thursday 7:00pm*

"TALK OF THE TOWN"

**Make-up** | Standard VDA Competition Make-Up

**Hair** | Middle Parted Low Pony

**Shoes** | Beige Jazz Shoes

**Tights** | Beige Jazz Tights

# MISS CASS' CLASSES

## *Pre-Comp Jazz 10-12 with Miss Cass / Wednesday 4:15pm*

"THESE BOOTS WERE MADE FOR WALKING"

**Make-up** | Standard VDA Competition Make-Up

**Hair** | Middle Parted Low Pony

**Shoes** | Beige Jazz Shoes

**Tights** | Beige Jazz Tights

**Accessories** | Gloves

## *Pre-Comp Lyrical 10-12 with Miss Cass / Wednesday 5:00pm*

"SORT OF"

**Make-up** | Standard VDA Competition Make-Up

**Hair** | Middle Parted Low Pony

**Shoes** | Foot Undies

**Tights** | None

## *Pre-Comp Lyrical Teens with Miss Cass / Wednesday 8:15pm*

"ALL I COULD DO WAS CRY"

**Make-up** | Standard VDA Competition Make-Up

**Hair** | Middle Parted Low Pony

**Shoes** | Bare Feet

**Tights** | None

IT TAKES A VILLAGE.

