

# *JDA Synergy*

## Competition Survival Checklist

### Costumes

- Costume
  - \*use specific item checklist provided for your group posted on the website
- Accessories
- Shoes
- Tights
- Extra tights
- Undergarments (bra, clear/nude straps, underall)
- Garment bags

### Other costume needs

- Tide to go pen
- Lint roller
- Static guard
- Basic sewing kit (needle thread scissors)
- Safety pins
- Clear nail polish
- Nail polish remover

### Personal needs

- Change of Clothes or favorite cozy wear for in between dances
- Dance studio wear or costume cover cape
  - \*ask Miss Jaimie to borrow a cape for the season if you wish.
- Socks/slippers/indoor shoes
- Regular underwear
- Deodorant

## Hair needs

\*use the posted costume specifics checklist for what hairstyle(s) is required for your dancer posted on the website.

- Brush and comb
- Spray bottle (to dampen hair)
- Hair elastics
- Bobby pins
- Hair spray and gel
- Flat iron/brush/curling iron (if needed)

***\*if bun is required\****

- Hair nets
- Bun builder/donut

## Make up

\*see website for color samples to match as close as possible.

\*Not brand specific; purchase what is appropriate for your dancer's skin needs and budget.

- Moisturizer
- Foundation (should be a shade darker than skin tone)
- Blush - light pink
- Eye shadow – brown tones
- Mascara or false eyelashes
- Lip stick - red and pink
- Setting spray or powder
- Make up brushes/tweezers
- Gold glitter for crease line
- Q-tips/cotton pads
- Make up remover wipes or micellar water
- \_\_\_\_\_
- \_\_\_\_\_

## Wellness needs

- Water, electrolyte drinks/tabs
- Snacks (proteins, healthy carbs, fruit and veggie over sugary and simple carbs please)
- Dancer First aid kit
  - Band-aids, blister band-aids, hot/cold pack, pain reliever (Advil / Tylenol), muscle relief, allergy relief, etc
- Deodorant/Antipersperant
- Lotion/moisturizer
- Kleenex
- Sanitizing wipes/hand sanitizer
- Sanitary products
  - Pads, tampons, liners, leak proof undies.

## Dance Parent Essentials

- Cardigan or dress in layers. Venue temps vary
- Phone, wallet, chargers
- Cash not all venues have debit or an atm
- Headphones/ear plugs
- Your own pillow 😊
- Pens, highlighter
- Hotel check in info
- Double check dance schedule and venue details on the website.

## Add Your Own...

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- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

# Packing Tips

- Put all hair accessories or costume accessories in a ziplock bag and pin to corresponding costume.
- Use a rolling suitcase or duffle to pack all items on the checklist together.  
This limits what you carry in and out and avoids misplacing/dropping belongings.
- Place costumes in garment bags,  
make up and hair supplies in a bag or small clear bin/container  
shoes and tights inside garment bag with corresponding costume or in a separate bag/container.  
Place all inside the suitcase/duffle.
- Label all belongings with your name and studio (JDA is sufficient).  
If it gets lost or misplaced it can be returned this way.  
Shoes, costumes, containers, suitcase/duffle, etc
- Check ALL items before EVERY festival.  
Please do not assume, because you had it last time it is still there.
- Take costumes out of garment bags and hang somewhere safe between events to air out and limit wrinkling.
- DO NOT WASH COSTUMES or dry or iron  
If it is wrinkled, hang in the bathroom during a shower and it will steam out.  
Costumes are not replaceable.  
\* If you have a stain or issue ask Miss Jaimie for trouble shooting help
- Wash tights and under garments in cold water on gentle (or hand wash) and hang to dry.  
(They will last longer and not be as prone to tearing)  
\*\*Be sure to separate colours and wash separately from other clothes  
Then repack and be sure you have a back up pair of tights in case of holes, runs, or snags.

\*\*\* Tights, shoes, dance bras and underalls can all be purchased at **June's Fantasy Costumes** in Red Deer.

#6, 62000 - 67A Street  
Red Deer, Alberta  
T4P 3E8

# Things to Know...

- When arriving at a venue, follow the signs provided or ask for help at the admissions table.  
You will not be able to locate your teacher, please do not go looking for them. They will come get you from the dressing space.  
Teachers are either back stage rehearsing other dancers or putting dancers on stage.  
If you need help use the group chats to reach out to your fellow dance parents for guidance.
- You must arrive 1.5 – 2 hours before your scheduled dance time.  
Your dancer must be ready for stage 30 mins before their scheduled time  
The times are approximate and you must be ready when the festivals are.  
***\*\* Exception\*\* if your dancer is in a morning category be aware the venues typically only open 30 mins prior to day start. In this case, arrive completely ready only to put costume on and head straight to the rehearsal space.***
- Absolutely no changing in washrooms.  
These must be kept free for people needing to use them for their purpose.  
Changing in washrooms can result in studio disqualification.
- Dressing rooms are crowded and hot. Please avoid extra people in these spaces. Doing hair and make up before leaving the hotel or home (save mascara and lipstick for the venue) limits your time spent in the dressing room. Do not wear costumes or uncovered tights to and from the venue. You put your costume at risk of tears, snags, mud, spills this way.
- No eating or drinking in costume.
- Any costumes must be covered when outside of the dressing or rehearsal space. (studio wear, cover cape, or housecoat will work)
- No parents allowed in rehearsal areas. Unless invited by a teacher for backstage aid. 30 mins prior to your scheduled time your teacher or assistant will come gather your dancer (s) from the dressing area. Parents are then able to sit in the audience. You will collect your dancer in the dressing area after the adjudication and award presentation.

- No panties under costumes. Proper dance tights have a gusset for this very reason. If undergarments need to be worn for personal needs, a seamless nude underwear or underall can be worn.
- Each event has different admission fees/passes. They are purchased at the door usually via cash. Admission info will be released just before each event. Dancers competing in the competition/festival do not pay admission. Anyone is welcome to attend a festival. Please advise guests about admission and to come 30 mins early in case the festival runs ahead of schedule.
- Each Venue has different amenities.

#### **Coronation Dance Festival**

- Community Hall 4806 Wales Drive Coronation Ab
- Changing space provided
- On site concession
- Few restaurants in town. Not large staff component so wait times will be long.
- Frontier hotel has been renovated and may available for bookings. Some B and B 's \_ use google search.
- Gas stations (ufa, petro card lock, station on hiway)

#### **Camrose Catch A Rising Star**

- Jeannine and Peter Loughheed Performing arts  
4501 50St Camrose Ab
- Many food, gas and hotel options in the city
- Drink concession sometimes on site. Not guaranteed.
- No food or drink allowed inside the theatre.  
No not even just coffee.

#### **Drumheller Catch A Rising Star**

- Kaleidoscope Theatre  
450 17 ST E Drumheller Ab  
(in the Drum Valley Secondary School)
- No concession on site.
- Many food, gas and hotel options in the city

#### **Red Deer Danceworks Festival**

- Red Deer Polytechnic Arts Centre  
Red Deer College, 100 College Blvd
- Sometimes drink concession on site. Not guaranteed.
- Many food, gas and hotel options in the city