















Recital Handbook



A guide to help you get the fullest and most enjoyable experience during the recital season!

2023 Green Dance Academy

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Costumes

Do's & Don'ts



Do's

1. Dancers should try their costumes on immediately.
2. Check all accessories
3. Put your child's name in your costumes, tights and shoes
4. Press and/or steam all costumes. Always use a low setting when ironing
5. Tutus should be hung upside down
6. Keep costumes hung and clean

Dont's

1. No eating while wearing the costume
2. No playing in their costume till after the recital



Dress Rehearsal

What to do

Dress rehearsal and Recital, for all studios, is at the Dowagiac Performing Arts Center in Dowagiac, Michigan!

Dowagiac Middle School PAC

57072 Riverside Dr

Dowagiac, MI 49047

Procedure

1. Please arrive 30 minutes early with hair and make-up done. If wearing fingernail or toenail polish it must be clear or French tip. NO COLOR polish and no jewelry.
2. When you arrive you will be directed to the check in table then to the dressing rooms so your dancers can change into their costumes.
3. One adult per child under 10 years old may accompany students. We ask that you not bring extra individuals to the rehearsal. Dad's will not be permitted in or near female dressing rooms.
4. Individual photos are a first come, first serve basis so arrive early and get these done prior to the group photos.
5. Proceed to the picture room and wait for the instructor to lead them for the group photo. If you are purchasing pictures for your dancer, payment is required at the time of order. No personal photos are allowed while the photographer is working.
6. You may video tape your child's dance at dress rehearsal. DO NOT share any videos publicly on social media to respect the privacy of our students. All choreography is property of Green Dance Academy.
7. If your dancer has another dance to rehearse please make haste and get ready for their next dance. If not, you are free to go!

Helpful Hints for Dress Rehearsal

- Have the appropriate colored tights for each dance
– you may want a spare pair.

REMINDER: Every dancer will receive ONE pair of tights for EACH style of dance, with their costumes.

- Label your child's belongings, especially costumes, accessories and dance shoes.
- Have plenty of bobby pins, hair spray, and hair gel.
- Use hair nets to keep buns in place.
- Laundry baskets are great to carry everything in, or drop costume pieces into when changing!
- Bring an over-sized, button-up shirt to slide over their costume to protect from make-up or snacks.
- Encourage your dancer to go the bathroom before putting on tights and costume.
- Before you leave home...double check that you have all costumes, accessories, and shoes.



The Day of the Show

Be Prepared

- Do all hair and make-up before arriving.
- Double check all costumes, tights, and accessories
- NO body glitter or spray glitter of any kind will be permitted.
- NO jewelry unless part of recital costume.
- Any body piercings or tattoos must be covered.

Arrival

1. Arrive 30 minutes early with **hair and make-up done**. You must apply stage make-up on your child as the lights tone down the features of their faces. (refer to your make-up and hair instructions at the back of this booklet). Please NO COLOR polish.
2. Students will be checked in and you will be given a wristband. If there are any special notes concerning your dancer, they **MUST** be written at the CHECK-IN table.
3. You will be asked to wait by the check-in table and our staff will be happy to help you and your dancer.
4. Parents will get a wristband when checking their dancer in. (If, at any time during the show, you need to take your dancer out of the dressing room the wristband is the only way you can check-out your dancer.)



Helpful Hints For Recital

To Be Prepared



Arrive Early (at least 30 minutes)

check in your child at the desk, get temperatures taken and allow time to get your dancer ready and use the restroom.



Check Your Dancer In

Only a parent with a wristband will be allowed to check-out dancers from the dressing rooms.. All dancers are to stay in their assigned changing room. **NO WANDERING IN THE HALLWAYS!**



Bring Supplies

Bring a quiet activity to entertain your child during waiting times (deck of cards, coloring book and crayons). A blanket to sit on is helpful. Snacks for your dancer will keep them energized. **AVOID ANYTHING MESSY.**



Cover-ups

Dancers are **NOT** allowed in the auditorium with costumes on. They **MUST** change into their regular clothes or cover up. Please remember they must have a ticket to enter the auditorium unless they are sitting on a lap.

Award Presentation






- The awards presentation will commence at the beginning of each show.
- 10 minutes PRIOR to the show all dancers in the Award Presentation will need to line up in the hallway. All Students must return their award when they exit the stage after the first show.
- Please check our Awards List at each studio and also at Dress Rehearsal for your dancer's awards, as all dancers will receive an award.
- Dancers can wear their first costume with a cover-up or their recital t-shirt and bottoms.





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Safety Precautions

-  1 We will be implementing the wristband check-out for retrieving your dancer from the dressing rooms. This is to ensure the proper guardian is picking up their dancer and not a random stranger.
-  2 All dressing rooms, backstage area and bathroom facilities will be sanitized between shows.
-  3 Students will be asked to keep their belongings in their designated area.
-  4 Hand sanitizer will be available for all dancers and attendees.
-  5 Only approved staff members and room moms will be allowed backstage and in the dressing room areas.

Proper Auditorium Etiquette

- Plan to remain seated for the duration of the performance. There will be a 15-minute intermission between acts. In the event that you must exit or enter during the show, please wait to do so between dances.
- Silence / turn off all phones and devices. Backlight from these devices can be very distracting & dangerous to our dancers.
- Absolutely NO costumes may be worn in the audience by dancers. A cover-up is required for any dancer leaving the back stage or dressing room area, until after the show.
- No outside food or drinks are permitted in the Dowagiac Performing Arts Center auditorium.
- NO FLASH PHOTOGRAPHY OR VIDEOGRAPHY is allowed during the performance. This is an infringement on our students' privacy, our choreography, and our business. All choreography is property of Green Dance Academy.
- If young children become fussy during the performance, please excuse yourself, sometimes a change of scenery can be helpful to calm them down.

Makeup

The Stuff

What you need:

1. ☐ Black eyeliner
2. ☐ Black Mascara
3. ☐ Brown eye shadow (both darker and lighter shade)
4. ☐ Pink Blush
5. ☐ Liquid or Powder Foundation (a shade darker than skin tone)
6. ☐ Bright Red Lipstick

A Tip On Shade

When choosing your make-up aim for natural tones that compliment your dancers skin. Your foundation should be a shade darker than your dancers skin as the stage lighting will cause your dancer to look very pale.

If you find that you're not comfortable applying make-up we will have staff available to help.



Makeup

The How

Younger (2-8 yrs old)



Younger dancers are not required to wear a heavy amount of make-up. Here's what we recommend:

1. Apply your foundation evenly
2. Gently apply the natural eye shadow
3. Brush on the mascara by having your dancer look up and down to apply to both top and bottom lashes
4. Apply the blush along their cheek bones
5. Finish with the lipstick (remind your dancer not to touch their lips)

If your dancer is comfortable a little eye liner helps bring out their eyes on stage. Apply the liner just above their upper lashes.

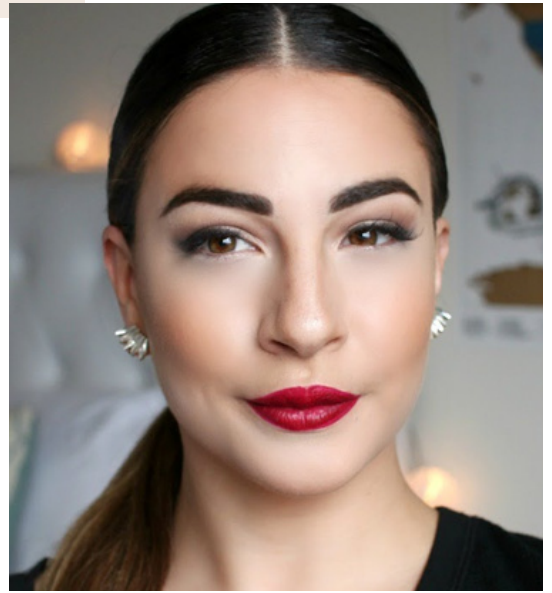
We're Here To Help

If you find that you're not comfortable applying make-up we will have staff available to help.

Makeup

The How

Older (9-18 yrs old)



Older dancers are asked to apply foundation, eye liner, eye shadow, blush and lipstick. Corrective "cover-up" make-up and brow color is recommended. False eyelashes can also help enhance your dancers eyes on stage.

1. Apply your foundation evenly
2. Gently apply the eye shadow
3. Carefully apply the eye liner
4. Brush on the mascara (upper and lower lashes)
5. Apply the blush along cheek bones
6. Finish with the lipstick

Using a setting spray will help keep your dancers make-up on and looking fresh but is not required.

We're Here To Help

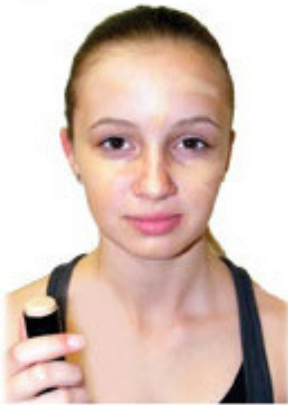
If you find that you're not comfortable applying make-up we will have staff available to help.

Makeup

Step by Step



1. Start with a clean face. Pull your hair back to begin.



2. I prefer a non greasy stick foundation. It doesn't streak when you perspire and a light application has good coverage.



3. Blend foundation from center of face to hairline. Apply creme under eye corrector, also apply on eyelids. Apply face powder to set.



4. Apply cheek color over half of apple of cheek and follow up cheekbone to hair line. Remember stage lights will wash you out.



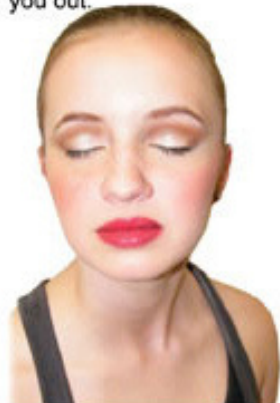
5. Use powder or pencil to accent and define a classic brow shape. Have your brows groomed and shaped prior to show time.



6. Traditionally red is used. For a clean contemporary design I have used a beautiful soft coral red.



7. Pearl white eye color is applied on eye lids, as hilite under brows and under lower lashes to make eyeliner "pop" and be more effective.



8. Matte brown eye shadow is applied to brow bone and to outer corner of eye lid.



9. Apply black eyeliner to upper lid extending up and out. Let dry.



10. Apply eye liner to lower eye lid, keeping outer eye lines open. Apply mascara to lashes.



11. The finished "Clean Beauty" makeup application!



You can also add False Eyelashes to this makeup.

Hair

How To

What you need:



- 1.Brush or Comb
- 2.Hairspray
- 3.Hair Gel
- 4.Spray Bottle
- 5.Pony-tail Holders (similar color as your dancer's hair)
- 6.Bobby pins/Hair pins (similar color as your dancer's hair)
- 7.Hairclips (similar color as your dancer's hair)

Tools of the Trade

The use of bobby pins, hair net and hair pins will help with keeping buns in place.

Hair clips can be used to help keep larger chunks of hair hidden off the face and neck.

If you find that you're not successful putting up your dancers hair we will have staff available to help.

Hair

Low Pony & Bun

To Start - The Part



For low ponytails and low buns dampen your dancers hair then part your their hair down the middle (from front to back). Use a comb or pick to create a straight line and then gel and hairspray the hair while combing it down to create a nice smooth look. Secure with pony-tail holder.

The Low Bun

To create the perfect bun, follow the above instructions then simply twist the hair and place it in a circular pattern around the hair tie, inserting hairpins as as you go. Wrap the hairnet around the bun and add a few more bobby-pins to help keep everything in place.



Here's a link to video;

<https://www.youtube.com/watch?v=Q3dPpY9Qknc>

If you find that you're not successful putting up your dancers hair we will have staff available to help.

Hair

High Pony & Bun



To Start

For high ponytails and high buns dampen your dancers hair then brush all their hair up and to the back. Use gel and hairspray while combing to create a nice smooth look. Secure with pony-tail holder.

The High Bun

To create the perfect bun, follow the above instructions then simply twist the hair and place it in a circular pattern around the hair tie, inserting hairpins as you go. Wrap the hairnet around the bun and add a few more bobby-pins to help keep everything in place.



Here's a link to video;

<https://www.youtube.com/watch?v=3P73C4Oea14>

If you find that you're not successful putting up your dancers hair we will have staff available to help.

our instructors



Our Contact



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