

**Just For Kix of White Bear Lake**  
**Performance and Competition Information**

*General Information about what to do and what to expect at performances and competitions*

Updated 12/6/2017

**When to arrive for your dancer's performance**

**For Performances**

Depending on your dancer's age, and the type of performance that is taking place, will determine when your dancer should arrive. Take this as the default timing for your dancer to arrive - should special circumstances come up, I will communicate to you if/when your dancer's class should arrive.

- For a performance that takes place in a gym (Winter Show, Spring Show, Metro Show):
  - Kix, jazz, lyrical, and hip hop teams consisting of dancers in 4th-12th grade should arrive 30-45 minutes prior to the start of the show.
    - Dancers in more than one routine should find the locker room and store their 2nd, 3rd, etc., uniforms nicely
    - Teams should find each other and begin warming up, doing some dynamic stretching and rehearsing their routine.
    - If your dancer is in more than one routine, s/he should warm up with his/her class of choice and then rehearse with each class at least once.
  - Dancers in 2nd-3rd grade should arrive 20-30 minutes prior to the start of the show.
    - One or two parents can stay backstage with this age group.
    - Teams should find each other - if an instructor or assistant is not available, dancers should stay together with the one or two parents mentioned above.
      - Sometimes, older dancers volunteer to "hang out" with the younger groups - if this is the case at any performance, that dancer will stay with the group until they perform, so you are welcome to go and sit in the audience.
    - Dancers should warm-up, do brief stretching and rehearse their routine together as much as possible.
    - An assistant or instructor will run through the routine with the group at least once. If music isn't available (it sometimes isn't), the music will be counted or sung. :-)
  - Dancers in Preschool through 1st grade should arrive 15-20 minutes prior to the start of the show.
    - One or two parents should stay backstage with EACH group (i.e. 1 from Tiny Kix Tuesday, 1 from Wee Petites, etc.).
    - Dancers should stay together and can do fun jumping or playing around (please don't let them sit or drag themselves on the floor) to warm up. Parent volunteers can help with stretching, if they'd like to.
      - Sometimes, older dancers volunteer to "hang out" with the younger groups - if this is the case at any performance, that dancer will stay with the group until they perform, so you are welcome to go and sit in the audience.
    - An assistant or instructor will run through the routine with the group at least once. If music isn't available (it sometimes isn't), the music will be counted or sung. :-)
  - When you arrive, your dancer can remain backstage and you can go and sit in the audience, unless you have volunteered to stay backstage with a younger dance group.
- For a performance that takes place on a stage (Holiday Stage Show, Spring Stage Show):

- Watch your email for any special early practice times for your dancer, especially if s/he is in a tap class.
- Dancers 4th-12th grade who are performing in two or more routines are welcome to come about 45 minutes early. At the Community Theater, we usually have a classroom upstairs (2nd floor) for extra uniforms and changing - there is also a bathroom right next to this room. At the theater at North Campus, there are two changing rooms - one on either side of the stage.
  - All others should arrive about 25-30 minutes early.
- Dancers in preschool through 3rd grade who are performing in more than one routine should arrive about 30 minutes early. At the Community Theater, we usually have a classroom upstairs (2nd floor) for extra uniforms and changing - there is also a bathroom right next to this room. At the theater at North Campus, there are two changing rooms - one on either side of the stage.
  - All others should arrive about 15 minutes early.
- If the show is at the White Bear Lake Community Auditorium (formerly known as Central Theater), you can save a seat for your dancer so s/he can join you after they've performed.
  - The doors to backstage will be opened after every 2-3 routines to allow dancers who are done performing to return to their families and take a seat. We hope you will stay and watch the entire show.
  - If the show is in the theater at White Bear High School North Campus, seats can only be saved for preschool through 3rd grade dancers - all other dancers may need to remain backstage or stand at the back of the theater to watch as seating may be limited. Older dancers are welcome to sit if there is room.
- Our stage shows are typically fundraiser shows for local spirit groups - these groups usually have one or two team members assigned to each young group to sit with them and help them practice prior to the show. Because of this, you are welcome to drop your dancer off backstage and take your seat before the show begins.
  - At the Community Theater (aka Central Theater), there is LIMITED space backstage - it is crowded and hot, so we ask parents not to come backstage unless they feel it is necessary.
  - At the theater inside North Campus, there is more room out in the hallways, where we prep the dancers for entry. Parents are welcome to be here with their dancer, but it is not necessary.

**Dancers should come dressed and ready to perform.** They should NOT wear their dance shoes outside at all.

- Dancers should arrive in their uniform with clothing to cover it. The clothing should be easily removed (tops with zippers or buttons, baggy pants or shorts). Dancers should leave any jackets, boots and heavy clothing, like sweatpants and sweatshirts, with parents.
- Dancers should arrive with their hair pulled back into the particular style needed for their class (many classes wear it the same so the dancer doesn't have to change it). If your dancer requires a bun, visit our YouTube channel (search for Just For Kix White Bear) and watch the bun tutorial video.
- If your dancer is in more than one class, we will inform you of the show order ahead of time so you know which uniform your dancer should wear first. If your dancer can change by his or herself, please let them - the fewer people backstage, the better.
- Dancers should bring their shoes in their dance bag (or a special performance bag).

**Make-up is optional, but recommended, even for boys:**

- Young dancers (preschool-3rd grade) should wear a little color on their cheeks, eyes and lips (boys don't need to wear anything on their eyes unless a parent wants them to).

- Older dancers (4th-8th grade) should wear more color and define their features; our oldest dancers (9th-12th grade) should wear full performance make-up
  - Makeup should look natural from a distance, but will look heavier up close
  - Eyeliner is a great way to define the eyes - be sure to go all the way around the eye, but on the outside of the lash line
  - Choose a flattering color for the cheeks that goes with the uniform(s) your dancer will wear
  - For lips:
    - Senior Kix, Starmakers, and Dream Team will typically wear red lipstick.
    - For all other dancers :
      - Choose a darker pinky-purplish color that is flattering on the dancer and goes with the uniform (the color doesn't have to match, but it should be in the same "shade" group - If you choose a redder shade, red shades typically have a blue or orange undertone, so pick the one that matches best to your dancer's uniform)
      - Select a gloss to go over the top that can be reapplied to add shine to your dancer's smile if it is a long show or a competition
  - Things like foundation, contouring and such are completely up to the dancer and her parents - we are going for a natural look.
    - Try to brighten the area around the eyes with a lighter foundation or contouring color. Again, this is at your own discretion
  - Our oldest dance teams (Senior Kix, Starmakers, Senior Lyrical) can elect to wear fake lashes - if so, ALL members must wear them

After your dancer performs, a few things happen, depending on your dancer's age:

- Dancers in Preschool through 3rd grade who are performing once in the show can sit with family (or friends, if you allow this and let your dancer know) once they are done performing.
- Dancers in K-3rd grade who are in more than one routine will need to change.
  - A locker or dressing room is available for this - before the show starts, help your dancer find this room and put/hang their extra uniforms that will be needed later.
  - Once your dancer has performed once and needs to change, your dancer should enter the locker/dressing room to change; if assistance is needed, feel free to help. We do feel that 2nd and 3rd graders should be able to change on their own toward the end of the year.
- Dancers 4th-12th grade are on their own - they usually either go backstage or to the locker room to change for their next performance, or they can sit in the audience with family or team members.

### **Competitions**

Just For Kix Together We Dance competitions are for dancers in 4th-12th grade (except for ballet and tap, which do not compete) and any 3rd graders enrolled in Junior Hip Hop. Our dancers will compete in Just For Kix sanctioned competitions ONLY and they will compete only against other Just For Kix groups from other cities and/or states that are of the same age and relative group size. All Just For Kix competitions are fair and fun! Dancers are not judged on costumes or choreography, but on execution, energy and technique - they are judged on HOW they are doing what they are doing. For example, kick routines should be sharp, tight and precise, while lyrical routines flow more but displayed emotion and acting, as well as technique, are important. Each dance style has its own way of being judged.

**Competitions are not mandatory, but are highly recommended.**

If your dancer CANNOT or WILL NOT attend a competition, please let me know as soon as possible. We want your dancer to attend his/her classes even if s/he cannot compete.

### For Competitions

Dancers should come dressed and ready to compete. They should NOT wear their dance shoes outside at all.

- Dancers will be given an arrival time
  - This arrival time is typically 60-90 minutes prior to your dancer's competition time.
    - We ask your dancer to get there very early so s/he can become accustomed to the environment, watch some routines, warm up, stretch, rehearse their routine many times and take many breaks.
- Dancers should arrive in their uniform with clothing to cover it. The clothing should be easily removed.
  - If your dancer would prefer to travel in regular clothes, that is fine, but s/he MUST arrive at least 30 minutes earlier than the arrival time given to allow for changing and doing hair.
- Dancers should arrive with their hair pulled back into the particular style needed for their class (many classes wear it the same so the dancer doesn't have to change it). If your dancer requires a bun, visit our YouTube channel (search for Just For Kix White Bear) and watch the bun tutorial video.
  - Again, if your dancer prefers to travel without his/her hair done, s/he must arrive AT LEAST 30 minutes earlier than our assigned arrival time to accommodate this.
- If your dancer is in more than one class, we will inform you of the competition order ahead of time so you know which uniform your dancer should wear first.
- Dancers should bring their shoes in their dance bag (or a special performance bag), and any other uniforms in a garment bag.

We are FORTUNATE to have the opportunity to compete in Just For Kix competitions. ALL DANCERS should portray excellent sportsmanship throughout the entire day, with no negative comments during any events. While we are there, your dancer is representing the White Bear Lake Just For Kix Dance Program, and s/he should behave as such. Any dancer with poor sportsmanship will be asked to leave.

### **Thank you!**

Thank you for registering your dancer in Just For Kix! Your business is treasured by us and we value your dancer, or dancers, so much. Thank you for trusting us with your dancer's dance education and experiences!

If you have any questions about performances or competitions, please contact our Program Director at 651-653-8539 or [whitebearlake\\_mn@justforkix.com](mailto:whitebearlake_mn@justforkix.com), or our Home Office at 218-829-7107 or [dance@justforkix.com](mailto:dance@justforkix.com).