

## COMPETITION CHECK LIST

### Competition Phone Line - 905-726-5825

You are responsible for carrying the following items with you for every competition. Make a list for each of your costumes of what is needed. (e.g. NAME OF COSTUME - bodysuit, skirt/pants/shorts, hat/headpiece, gloves, scarf, appropriate colour of tights/socks, jewelry if applicable, shoes, and so on.) This way no one should arrive missing a part of his/her costume. As a dancer, it is important that you learn to do this each time you go to perform.

1. BABY POWDER This facilitates quick tight changes
2. HAIR SUPPLIES Gel, spray, hairnets, brush, comb, elastics, LOTS of bobbi pins
3. JEWELRY Whatever is required for each of your pieces
4. MAKEUP Make sure you are using the proper colours
5. SAFETY PINS Lots - for last minute costume help
6. SEWING KIT Including small scissors for repairs
7. SNACKS Bring healthy snacks if needed between performances. No junk food.
8. STATIC GUARD Or "Bounce" sheet if applicable for your costume
9. "TIDE TO GO" To remove stains from costumes. However, Rule #1 is that you never eat or drink while in costume. Water is okay
10. TIGHTS Bring extra in case of mishap
11. MUSIC And last but not least, a copy of your music

- And some reminders for all dancers.....
- Label your shoes with your name plus SDA
- Please wash all leg wear after each competition ready for the next one
- No underwear under costumes
- Beige convertible tights (not stirrup) under all fishnet tights for leg uniformity
- When you finish a routine, check all of your costume parts and properly hang them up. Do not leave them on the floor of the change room!

The times we post for performance are estimated only. Some competitions may run early and some may run late. No matter what, you must be ready to perform when called. You must allow extra time for driving and parking at each venue and arrive ready to warm up in costume with hair and makeup done 1 ½ hrs prior to your first number.

If you do not plan to stay for adjudication, you must arrange with someone in your group to pick up your ribbon or pin on your behalf. Teachers will not bring back any of these items.

And finally - please remember no photos or videotaping of any kind while any piece is performing on stage. You do not want your group to be disqualified.