



THEATRE REMINDERS & BACKSTAGE RULES

- No parents or friends are allowed backstage!** Only authorized volunteers and dancers!
- Dancers **MUST** check in and out at the theatre with a staff member or teacher!
- Parents **MUST** pick up/drop off dancers on the **1ST LEVEL OF LINCOLN HALL**
- Boys are not allowed in the girls' dressing rooms and girls are not allowed in the boys' dressing rooms
- Backstage staff and volunteers are responsible for you: please follow their directions and be courteous at all times
- You must remain **SILENT** when in the wings
- You must keep the wings clear for dancers entering and exiting the stage
- Your behavior at the theatre must reflect those expectations outlined in the Dancer-Parent Handbook – failure to do so could result in serious consequences
- Please make sure your dance shoe ribbons/elastics are CLEAN and well-sewn and shoes are CLEAN WITH NO HOLES!**
- All trash must be thrown away! It is not the responsibility of volunteers or theatre staff to clean up after you!
- Please make sure your personal items are put away in your dance bags at all times and not left out!



WHAT ALL DANCERS **MUST** BRING TO THE THEATRE:

- Dancers must arrive with as much makeup done as possible, and hair done neatly in the appropriate hairstyle
- A robe to protect your costume
- An extra-large pair of socks or booties to wear over your ballet shoes (slippers or anti-slip socks recommended)
- Extra tights and performance undergarments! Please make sure your performance tights are **BRAND NEW!**
- Deodorant – Deodorant **REQUIRED** under costumes!
- A makeup touch-up kit: foundation, lipstick, blush, and eyelash glue (if applicable)
- A hair supply kit containing: a hairbrush, several strong hair bands, bobby pins, hair pins (please purchase the longer and thicker U-shaped pins), hair nets, hair spray, and hair gel



WHAT FOODS TO BRING TO THE THEATRE:

ALL DANCERS: Please bring your lunch in a bag with your name clearly written on the side!

PARENTS: If you are delivering lunch, you must knock at the theatre door and the staff/volunteers will deliver it

- healthy snacks
- healthy sandwiches
- fruits and veggies that are pre-cut, not juicy, and won't stain and are not sticky!
- water bottles



WHAT FOODS **NOT** TO BRING TO THE THEATRE:

- Absolutely **NO PEANUT PRODUCTS of any kind!** Please look on the list of ingredients of any food you bring- if the product is manufactured in a facility that also handles peanuts that is okay. *Please be aware that we have some dancers with life-threatening allergies.*
- No cakes, cookies, candy, or any unhealthy sugary foods
- No juices that might stain
- Nothing too juicy or crumbly



WHAT ACTIVITIES TO BRING FOR BACKSTAGE:

- Books
- Board games
- Deck of cards
- Knitting/crocheting
- Coloring pencils and books (NO MARKERS!)
- DVDs (to be used with headphones at chaperones' discretion)