



PERFORMANCE WEEK GUIDE

Pick up and drop off is through the backstage entrance. Drive to the back of the Yukon Arts Centre (YAC), beside the shipping container.

What to Bring

- Leave all valuables and jewellery at home as the dressing rooms can be chaotic
- If you bring a cell phone, silence it, and avoid conversations except the briefest of communication with your guardian.
- NLSD is not responsible for the loss or damage of any personal belongings brought into the studio or Yukon Arts Centre.

Your Dance Bag

NLSD recommends dancers keep the following in their dance bag at all times:

- Dance attire
 - Leotard(s)
 - Dance tights (extra pair recommended in case of holes or runs)
 - Skin toned undergarments such as bras or 'nude suits'. ***If you have a backstage quick change, mature female dancers please wear a skin-colored bodysuit ("nude suit").***
 - Dance shoes (Ballet, Pointe if needed, Jazz) ***Name labelled.**
- Hair products:
 - Bobby pins, hair pins, hair elastics, hair nets etc.
 - Hairspray, gel, mousse, etc.
 - Hairbrush, comb etc.
- Deodorant
- Period products
- Wet wipes/makeup wipes
- Sewing supplies, such as safety pins (various sizes), scissors, needle, thread, buttons
- Static guard spray and lint roller
- Water bottle
- Personal makeup if needed and makeup remover ***Please DO NOT share water bottles or makeup.***



Hair and Makeup

Dancers must have performance-ready hair and makeup before arriving to tech and dress rehearsal and performances. Hair is usually in a bun, but your instructor may specify something different depending on your role.

Hair and Makeup Tutorials

- Classic Ballet bun: [Ballet bun for long hair](#), [ballet bun for kids](#), [ballet bun for short hair](#)
- Half up-half down bun and ringlets (Clara, Party Girls): [Party Girl hair](#), [hair straightener ringlets](#), [curling iron ringlets](#)
- Stage Makeup (please only use **red lipstick**): [Stage makeup](#), [junior stage makeup](#), [stage makeup for kids](#)

Costumes

Dancers must locate and check their costumes before their scheduled stage time. Dancers must hang up their costumes promptly after their number has concluded.

Costume rules:

- **NO eating while in costume** or near other costumes. If you need a snack make sure you are completely away from any costumes, including on other people.
- **NO physical contact while in costume** – Velcro, sequins, and other adornments can catch and be damaged.
- **Hang your costume back up** and store your accessories/props appropriately. Your costume is your responsibility.
- **Bring your ballet shoes** – Label them because shoes often get mixed up during show weeks.
- Make sure your **ballet tights have no holes or runs** – consider bringing an extra pair just in case.
- **Wear appropriate undergarments** – nude suit, nude dance bra etc.
- **Remove any jewelry, watches or hair ties on wrists before changing into your costume** (except small stud earrings). They can catch and damage your costume.
- **Do not remove NLSD costumes from NLSD or Yukon Arts Centre** unless transported by designated staff/volunteers or in the rare case that you are asked to do so by an instructor. If you do, you may be charged a fee to replace that costume.



Note that your costume fee is included in the \$65 registration fee. This only covers NLSD costumes; certain required costume pieces are the responsibility of the dancer and are not included in the fee (black leotard, ballet tights, *any* required dance shoes).

Backstage Behaviour

- Dancers wait upstairs and only go down when directed. While you are quietly and calmly waiting upstairs, check yourself and your friends for missing costume pieces or unwanted jewellery.
- Rowdy behaviour and cartwheels, etc is not permitted in the change rooms and hallway.
- Keep your personal belongings tidy, and be mindful that the dressing rooms are crowded.
- Do not take videos backstage, or anywhere in the production and dressing rooms.
- The audience can very easily hear and see us when we are waiting in the wings:
 - Remain silent and still while waiting backstage
 - Stand closest to the wing curtain facing the audience while waiting before/during your dance. The further back you stand the more likely you are to be spotted!