

PDT Dance Arts

2025 COMPETITION TEAM PERFORMANCE GUIDE



It's Competition Time!

Please make sure you read the contents of this document carefully for everything you need to know going into competition season! We can't wait for our dancers to show you all of their hard work on stage! It's going to be a phenomenal season!

COMPETITION PERFORMANCE INFORMATION

2025 Competitions & Conventions

- **February 7-19** Tremaine Convention/Competition - Gaylord Texan
- **February 14-16** Starquest OPTIONAL Competition - Allen High School
- **February 24-25** Dress Rehearsal 2 at Courtyard Theatre
- **March 7-9** Monsters of Hiphop (Crew Only)
- **March 28-30** Energy Dance Competition (Everyone!)
- **April 11-13** Dancemakers Convention
- **May 2-4** Spotlight Dance Competition (Everyone!)
- **May 9-11** Stage One Competition - San Marcos (Everyone!)
- **May 25-26** Body Language 2025! - Courtyard Theatre
- **May 27** Competition Team Banquet!

For All Performances: Be Prepared

Before all performances, go down the checklist and be sure you have the following.

- All of YOUR Costume Parts
- Tights/Fishnets (At least two pair of each kind you need)
- Shoes (All dance shoes you have, just incase)
- Hair pieces
- Make-up & Accessories
- Hair Accessories
- Undergarments
- Anything else you use and think you might need.

Competition Schedule - Check and double check competition schedules. Schedules are not released to PDT until about 1 week prior to the event. **DO NOT ASK WHEN WE WILL GET THE COMPETITION SCHEDULE.** We will send you the schedule as soon as we receive it!

Be On Time - Arrive to the competition **no later than 2 hours prior to your child's first scheduled dance.** On Time means 2 hours prior. Competitions can run ahead of schedule. We want everyone present and ready to dance for their performance. Dancers need time to warm up and get in the right mindset to perform.

Be Prepared - Bring EVERYTHING with you. We have included a list of useful items to keep on hand for performances. Once you have prepared yourself and your belongings, check your props and anything you touch during the performances. If a prop is not yours **do not touch it.**

Follow all Etiquette - See etiquette portion.

Avoid the Dressing Rooms - If your child is old enough to care for themselves, please make sure they have everything they need and leave them to it. Parents in the dressing rooms not only take up valuable space but also can create tension and nervousness for the children. If your child does need assistance, it is advised you trade children with another mom. Children tend to listen to other

moms better, and other moms will not stress your child out. Your child is eager to please and impress you with the hard work they have put in, the pressure to do well for you may be expressed as irritability. We want this experience to be a fun and exciting experience for you and your child, not a stressful one.

Dressing room behavior is of extreme importance. The dressing room is where you keep all of the costume parts that belong to you. If there is disruptive behavior it could cause parts to get lost, stolen or damaged.

Respect - General respect for all other performers will be strictly enforced. Rudeness of any kind will not be tolerated. Everyone has worked very hard to pull the dances together, everyone is tired, and everyone wants to have a good time. We would like to ensure that performing is a good experience for everyone.

Check In - You need to be checked in 3-5 dances prior to your own dance. In the event of a quick change, do not rush or stress. We will make sure all dancers are dressed and ready before we allow them to put you on stage.

Awards - We encourage dancers to stay for awards. If there is a long break (2+ hours) between your last performance and the awards ceremony, you are welcome to go grab lunch or dinner. Students must wear their PDT jackets on stage for awards.

Prop Dads - We don't have any big props for you this year... so we hope to see you in the audience cheering our dancers on!

Forgotten or Lost Items - If you have forgotten an item, do not take one from someone else. If it is an item other dancers have on hand, you may ask to borrow one, then be prepared the next time and do not forget that item at the next competition. If it is an important costume piece or prop, notify an instructor immediately so we can figure out what to do. Parents, be prepared and make sure you go down your check list of everything your child needs for performance so they do not have to worry about forgetting an item. If an item is forgotten, you will be driving home to retrieve it.

Prop Use - If you use a prop, they will be brought to the theater for you, you will need to RETURN the prop after performance so we can make sure NO props get lost at competition.

Cheer LOUD & PROUD for all of our dancers!

Experience! - Remember this is an EXPERIENCE for your child. It does not define them as dancers, or as individuals. Your child should enjoy this experience and have the ability to create positive lifelong memories through it. You are there to be their #1 fan, you are not the coach, you are not the teacher, you are not the judge. You are the cheerleaders and we encourage you to take this job very seriously!

Competition Etiquette - Students

- Proudly wear your Team Jacket when you are not performing and when you are on stage for awards!
- Clap for everyone and remember all performers have put in a lot of hard work. They deserve kudos as much as you do.
- If someone is rude to you, smile and walk away. Do not engage.
- Assume someone is always listening. Keep your negative thoughts & opinions to yourself. Do not speak ill of others. If you have a concern, you are welcome to speak with Miss Lindsey or Miss Katie in private.
- Respect the audience. Do not move through the audience during someone else's performance. Their friends and family want to see them dance, they do not need you marching yourself in front of them as they are trying to watch. Wait until the piece is over to leave or take your seat.
- Respect your teammates and other competitors in the dressing room and throughout the competition. You know what it feels like to have your belongings moved, stepped on, & disregarded. Do not do this to other people. Find your spot and keep your belongings organized.
- If someone congratulates you, thank them with a smile! If someone is rude to you, smile and walk away.
- Respect your parents during competition. Your parents have sacrificed and paid a LOT of money for you to have this experience. They deserve your gratitude for everything they have provided you. Thank them any chance you get!
- Respect your instructors during competition. They have put in countless hours preparing you for competition, many of which you do not even see. They deserve your gratitude for everything they have given you for this experience. Thank them any chance you get!
- Respect the Judges. This may be difficult if you do not receive the scores you hope for. Judging is a very difficult job with very long hours and scores do not always reflect the amount of work you have personally put into your training. They have a small amount of time to assess what they see and give you a number. It is only a number, not a reflection of who you are as a dancer or as a person. If you are unhappy with the scoring, we can talk about it in class as we listen to critiques.
- There is no room for envy in this studio. Jealousy, envy and insecurity bring out the worst in everyone. Part of our mission through this program is to build your self worth and confidence so that you can appreciate the worth in others. When you see someone else that is amazing, this does not take what is amazing about you, away from you. Learn from them. Appreciate them, and use that to grow. Their bodies, minds and experiences are different from yours. They are not you. They have something to offer you may not have. You have something to offer no one else has, respect that in yourself and remember you're an important part of our team.

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- Remember this is an Experience. The trophies do not matter. Your awards are not a reflection of your growth as a dancer. The opinions of the judges are just that, OPINIONS. Your value to PDT Dance Arts is not based on how many super double platinum ruby titanium high scores you can get. You are an essential piece of our puzzle that makes up a beautiful work of art when we work together. This experience is for fun, learning, growth as a dancer, growth of character, performance opportunity and the chance to share your talent & hard work to make someone in the audience feel something. This is a privilege, and you should feel grateful for the chance to have this opportunity!

Competition Etiquette - Parents

- Proudly wear your PDT gear when you are at competition! We have plenty of options for everyone in our online store!
- Clap for everyone and remember all performers have put in a lot of hard work. They deserve kudos as much as our children do.
- If someone is rude to you, smile and walk away. Do not engage.
- Assume someone is always listening. Keep your negative thoughts & opinions to yourself. Even if you think you are being discrete, there are eyes & ears everywhere. We do not want to model this behavior for our young impressionable children. Negative comments stem from a feeling of threat or insecurity, you have no reason to feel threatened or insecure. Turn your thoughts to gratitude. Appreciate those dancers that have put in the work to give you an amazing performance, from our studio or from elsewhere.
- Do not speak ill of others. If you have a concern, you are welcome to speak with Miss Lindsey or Miss Katie in private.
- Respect the audience. Do not move through the audience during someone else's performance. Their friends and family want to see them dance, they do not need you marching yourself in front of them as they are trying to watch. Wait until the piece is over to leave or take your seat. Do not save seats or sit in the designated areas for instructors & directors.
- Respect your teammates throughout the competition. This includes students and parents. Keep your thoughts, words and actions supportive, kind and thoughtful!
- Respect your children during competition.
 - Your children want your approval. They want to impress you with all of their hard work and talent. You are there to be their #1 fan & cheerleader.
 - Do not attempt to coach your own child, our instructors are professionals in this industry and are capable of doing so. Parent coaching undermines the instructors and will confuse your child.
 - Do not impress your nervousness onto your child. This will make them nervous and they will not perform to the best of their ability. If you get nervous for your child, it is best you turn them over to their instructor so they can get in the proper headspace for performance. If your child needs assistance in the dressing room but you are unable

to mind your tension/nervousness, we have several parents willing to help your child so you can relax and enjoy your child's performance.

- Respect your instructors during competition. They have put in countless hours preparing your children for competition. They deserve your gratitude for everything they have given your children for this experience. Their knowledge, creativity, time and care goes to each and every student. Thank them any chance you get!
- Respect the Judges. This may be difficult if your child does not receive the scores they hope for, moreover, you hope for. Judging is a very difficult job with very long hours and scores do not always reflect the amount of work our children have put into their training. They have a small amount of time to assess what they see and give a number. It is only a number, not a reflection of who you are as a parent, who your child is as a dancer or their value as a performer. If you are unhappy with the scoring, you are welcome to speak with Miss Katie or Miss Lindsey in private.
- Gossiping, bandwagoning, and general negativity will not be tolerated. YOU are PDT Dance Arts. Speaking negatively about your studio, your director, your instructors, your fellow parents or your child's team members, is speaking negatively about yourself at a much higher volume. This type of behavior demonstrates envy & insecurity and shows nothing more than a lack of character. At PDT Dance Arts, we encourage our students to build genuine self worth and self confidence so they do not feel the need to cut others down to build themselves up. We appreciate your help with this by modeling behavior with class and respect. We understand conflicts may arise, in this instance you are welcome to reach out to Miss Lindsey or Miss Katie to help with conflict resolution.
- Remember this is an Experience. PDT Dance Arts does not put your child's value in the trophy. Your child's scores are not a reflection of their growth as a dancer. Their value to PDT Dance Arts is not based on how many super double platinum ruby titanium high scores they can get. They are an essential piece of our puzzle that makes up a beautiful work of art when we work together. This experience is for fun, learning, growth as a dancer, growth of character, performance opportunity and the chance to share their talent & hard work to make someone in the audience (you!) feel something. Find gratitude in the fact that you are able to provide your child with such an incredible life experience!

CHECK LISTS

The following is a list of essential items all performers must have to be fully prepared for performance. It is handy to buy them a tool box or make-up case to keep all of these items in. Put your child's name on **EVERYTHING**.

HAIR PREPARATION CHECK LIST

- Brush / Combs
- Hair Elastics that MATCH your hair color (10-15)
- Bobby Pins that MATCH your hair color (one full package of large and small)
- Hair Nets the MATCH your hair color (At least 5 per performance)
- Hair Spray (AquaNet, it holds all wispies without barrettes)
- NO BARRETTEES, Headbands or any other hair clippies that will show.
- Clear elastic for any hats that need to be worn.

MAKE-UP PREPARATION CHECK LIST

- Base/Foundation
- Eye Shadows (Browns, Dark/Med/Light)
- Eye Liner (Black)
- Mascara (Black)
- False Eye Lashes & Eye Lash Glue (At least two pairs)
- Blush
- Lip stick (Bright Red, Brown, Burgundy)

GENERAL KIT CHECK LIST

- Antiperspirant/Deodorant
- Razors
- Toothbrush & Toothpaste
- Vaseline
- Lotion
- Band-Aids
- Therma-Care Wraps / Instant Cold Packs
- Ace Bandage
- Neosporin
- Pain Reliever (Aspirin, Tylenol, Ibuprofen – Please limit the supply of these to enough for your child only)
- Alcohol wipes
- Nail Polish Remover
- Clear Nail Polish (For tight mis-haps)
- SHOUT wipes to remove stains from costumes
- Tissues

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- Cotton Balls
 - Q-Tips
 - Safety Pins (A LARGE Package with a variety of sizes)
 - Make-up Remover
 - Baby Wipes (Sensitive works best for no break-outs)
 - Extra pairs of tights (Fishnets, Black, Pink, Tan Stir-up, Tan Convertibles)
 - Extra undergarments Undies/Bra/Leotard with clear straps
 - Tampons (girls)
 - Dance Belts (Guys)
 - Sewing kit with various thread colors
 - Small pair of scissors
 - Screwdriver and extra screws (For Tap Shoes)
 - Black knee high socks (Yes for everyone!)
 - Dryer Sheets (Bounty To-Go) for static prevention
 - A set of Sharpies to mark items that belong to you.

For a complete list of all of the costume parts please see the document on the Team Page - www.pdtdancearts.com/teampage. Feel free to print both this document and the costume list for your reference.

We are so thrilled that all of you are a part of the PDT Dance Arts family. We are proud of each and every one of our dancers! Let's make this the best competition season yet!

GO PDT!!!