

# What To Expect At A Dance Convention



## TO THE DANCERS:

The Dance Convention is such a fun and exciting experience! You will be getting to work with big name dance professionals, many of whom have choreographed for Hollywood and TV productions or have been on shows like So You Think You Can Dance. Remember that the reason we are attending the convention is to push ourselves to learn and try something new - not to be perfect.

It will be a very busy day, with lots of people everywhere. The classes will take place in the big ballrooms of the hotel (where weddings usually are), and you will share the dance class with about 100 other kids. The instructor will be on a raised platform, and he or she will have a microphone so you can hear him/her. There will be a small wooden floor, and there will be carpet – you can dance on either part. Experiment with where you stand – you will want to find a place where you can have enough room to move, but still see the teacher.

Every couple of classes there will be a short break to use the bathroom and eat a snack. You will also have a lunch break. If you need to go to the bathroom during a class, you can leave quickly and quietly and come directly back.

The classes might seem challenging but if they do, don't worry! Anything new is a little difficult, and any dance information coming from a new teacher will feel hard because it is different than the way you are used to dancing. It is OKAY and completely normal to feel like the classes are a challenge. 😊

Try your best! It is not a competition to see who can get the new steps or combinations first – focus on absorbing as much of the teacher's expertise as possible, and then you'll be able to bring it back to our studio to practice during the year. If you understand and achieve 10% of what you are being taught, that is a win!

## These are our Golden Rules for the dance convention:

- Try your best.
- Dance through every class.
- No sitting out, unless you are not feeling well – it is better to try and mess up, than not to try at all!
- If you begin to feel upset that you are not getting the step or that the class is going too fast, take a deep breath and remember that you are here to have fun. No pressure! Everyone learns at a different pace, and it doesn't matter what the dancer next to you is doing. YOU just do your best and have fun.
- Say thank you to the teacher at the end of class.
- Stay in a buddy system with your group. No one should go anywhere alone.
- Keep voices quiet during class, and feel free to raise your hand to ask a question, but only after you try to work on the step first on your own.
- Be respectful, friendly and polite to the teachers, your fellow Movement & Sound dancers, as well as all of the dancers from other studios. Be sure to include your team dancers in your lunch plans.
- Say thank you to your parents at the end of the weekend for allowing you to be a part of our dance company and attend the convention. 😊

## TO THE PARENTS:

### LUNCH

You can bring food from home or purchase something at the hotel, but we suggest bringing something.

### WHAT SHOULD MY DANCER WEAR?

A leotard with snug-fitting dance pants or capris, or tights and shorts. (Boys should wear shorts and a t-shirt). The dancers may wear their Movement & Sound t-shirt or tank top over the leotard, as well as their company jacket. As the classes progress, they should take off their warm-ups. Hair should be pulled back neatly and snugly in a ponytail or bun.

### WHAT SHOES SHOULD WE BRING?

Your dancer should bring all of his or her dance shoes. If he or she has an old pair of jazz shoes that still fit, I would suggest bringing them along too. The dancers sometimes have to dance on carpet, and carpet can damage the bottom of jazz shoes; this is when it is a good idea to wear an old pair. LABEL your belongings.

### OTHER THINGS TO BRING

- water bottle
- granola bar, piece of fruit, or other snack

### ANYTHING ELSE TO KNOW?

The convention may have vendors selling dancewear and clothing, so I just wanted you to be prepared! You certainly are not obligated to buy anything 😊. Your dancer may want to bring some of his or her own spending money, in case they are interested. 😊

The teachers will be popping in and out of all the classes, all day. They will be rotating between the rooms for each level.

Your dancer is going to have a great time and learn a lot at the convention!