



## MYD SHOWCASE Information Package

### May 9<sup>th</sup>, 2026

Please take the time to review all the information in your Showcase Information Package as there is a lot to know about our annual MYD Showcase.

#### Performances

We will be having 2 performances this year.

1st Show: **OLDS SHOW**

Saturday, May 9<sup>th</sup> at 12:00 p.m. **ALL OLDS Extra Choreo Solos & Duets will be included in this show, as well as any groups that have been emailed about performing in both shows.**

2nd Show: **SUNDRE SHOW**

Saturday, May 9<sup>th</sup> at 5:00 p.m. **ALL SUNDRE Extra Choreo Solos, Duets & Trios will be included in this show, as well as any groups that have been emailed about performing in both shows.**

#### Location and Directions

Move Yourself Dance 2024 Showcase will be held at the Trans Canada Theatre (Fine Arts & Multimedia Centre) at Olds College. Parking will be in the lots around the new High School and the CLC Building

#### Showcase Rules and Regulations

1. Dancers must arrive on time well in advance of each performance. All dancers are required to be at the TransCanada Theatre **1 hour** before the Showcase begins. This will give us time to warm up, rehearse and ensure we are all present and prepared.
2. Arrive at the TransCanada Theatre ready to go. Dressing rooms can be very crowded so please ensure your hair and make-up is done before you get there.
3. Take care of your costumes, all dancers will be responsible for their own costumes. Do not eat in your costumes and always try to hang costumes up.
4. Fuel yourself properly. Try to eat healthy foods (proteins and complex carbs like pasta) and drink enough water while waiting backstage in the dressing rooms. Avoid sugary food and junk food that will cause you to 'crash'. Remember that you are an athlete and need to eat properly.
5. Bring clean and healthy snacks for after performances. Younger students should also bring quiet activities such as games, coloring etc. for while they are waiting for their performances. We do also have movies playing on a projector in the younger rooms, to help occupy the younger dancers.
6. Be responsible. Your teachers will be very busy at the Showcase performances and will not be able to be with you at all times. Please make sure you show respect to all backstage parents that are volunteering for all the shows.
7. All students **MUST STAY BACKSTAGE** during the show. Parents are **NOT ALLOWED** to come and get students between dances. Parents will be permitted to come get students at **intermission ONLY** if the

dancers are finished performing and the parents have contacted Christine beforehand. **For safety reasons NO students will be released from dress rooms if it has not been prearranged with Christine.** If dancers wish to join the audience at intermission they will need to have a ticket for their seat.

**Backstage:** Dancers have to stay within their assigned dressing rooms at all times. Backstage volunteers will gather the groups when it is their time to perform. **Sorry, no parents are allowed backstage.** (Other than parents on the volunteer list for that show)

Due to quick costume changes, **men are not allowed backstage at any time.**

**No flash photography** is allowed in the theatre at any time. Flash photography can cause a dancer to become disoriented and potentially fall and injure themselves.

Valuables should be left at home as Move Yourself Dance is not responsible for any lost or stolen property.

### **Behaviour and Attitude**

1. All students must act in a professional manner.
2. Poor attitudes will not be tolerated.
3. Treat backstage parents with respect, even when you are rushed or stressed, remember they are there to help you.
4. Support your fellow dancers. Help each other out and support one another. We are all part of a team and need to work together.

\*Please remember that our year-end Showcase should be a fun and positive experience for everyone. We want all dancers to enjoy themselves and enjoy all that this experience has to offer.

### **Costume, Hair and Make-up**

1. Make-up should all be done the same with the correct colours. Eye make-up should be done in brown tones and lipstick should be a deep plum-burgundy. Stage make-up should be much heavier and darker than everyday make-up. Please see attached "Hair and Make-up Guidelines" for more information.
2. Hair for each dance will be specified in class and is listed on the "Hair and Make-up Guidelines" page. Make sure your hair is secure. Use ample amounts of hairspray so no bangs or "wispsies" are out. Dancers must look clean and tidy on stage. Dancers will be asked to redo their hair if it is not done properly.
3. No nail polish or jewelry is allowed on stage. Be sure to remove any nail polish and take off your watches, rings, earrings, etc.
4. Dancers must have appropriate footwear and tights. Please bring extra tights as you can not have any holes or runs in them on stage.
5. Make sure you have appropriate undergarments. **Do not wear underwear under your tights/ bodysuit. Older dancers please make sure bras are the proper colour and style and are not visible under your costumes.**

## Hair and Make-up Guidelines

Stage makeup needs to be much darker than everyday makeup to ensure dancers' features stand out under the bright stage lights. Please follow these detailed steps to create the perfect stage look.

### MAKE-UP

#### **1. Foundation**

- Start with a clean, moisturized face.
- Apply foundation evenly over the entire face and blend into the neck for a smooth, even tone. Choose a shade that matches your skin tone and covers any imperfections.
- Set the foundation with a loose powder to eliminate shine and help the makeup last through dancing and sweating.

#### **2. Blush**

- Use a "fish face" or big smile to find the apples of the cheeks.
- Brush blush generously along the cheekbone, blending upwards toward the hairline.
- Ensure the blush is blended well for a natural appearance with no harsh lines.

#### **3. Eyes**

- **Base Color:** Apply white eyeshadow across the entire eye area, from the lash line to the brow, and extend slightly beyond the outer edge of the eye.
- **Eyelid:** Apply a medium shade of brown to the eyelid, covering from the lashes to the crease.
- **Crease:** Use a dark brown eyeshadow in the crease, blending outward into a small triangle shape at the outer corner of the eye.
- **Eyeliner:**
  - Line the upper lash line from the outer corner to the center of the eye with black eyeliner (preferably liquid).
  - Line the lower lash line just under the lashes, extending slightly past the outer edge to create a small "wing."
- **Mascara:** Apply multiple coats of mascara or use false eyelashes for dramatic definition.

#### **4. Lips**

- Stretch the lips flat and apply lipstick carefully, following the natural lip line.
- Include the corners and inner parts of the lips for complete coverage.
- Use a deep plum or burgundy lipstick (no red or pink tones). Lip liner may be used if it matches the lipstick.

#### **Additional Notes**

- Color suggestions are provided to help new parents. If you have colors from previous years, those are perfectly fine unless you've been advised otherwise.
- Always test your products beforehand to ensure they work well under stage conditions.

Thank you for your attention to these details. Proper stage makeup ensures dancers look their best under the lights, helping them shine during every performance.

## **HAIR**

### **MIDDLE PART SLICKED BACK LOW BUN (For ALL Acro, Ballet, Lyrical & Contemporary)**

1. **Start with clean, dry, or slightly damp hair. Use a comb to create a precise middle part, extending from the hairline to the crown of the head.**
2. **Smooth down both sides of the part with a brush for a polished look. Brush the hair back into a mid-low ponytail (ponytail should be about the same height as the middle of the dancer's ear). The ponytail should be centred at the back of the head. Use a gel or hair spray to smooth any flyaways or frizz for a sleek finish. Secure the ponytail tightly with a hair elastic.**
3. **Twist the ponytail tightly, coiling it around the base to form a bun. Secure the bun with bobby pins, placing them evenly around the bun to keep it stable. Tuck the ends of the hair under the bun for a clean look.**
4. **Use a strong-hold hair spray to ensure the style stays in place. Check for stray hairs and secure them with additional pins or spray.**
5. **For extra security, wrap a hair net matching the hair color over the bun and pin it in place.**

### **MIDDLE PART SLICKED BACK LOW STRAIGHT PONYTAIL (For ALL Tap & Jazz)**

1. **Start with clean, dry, or slightly damp hair. Use a comb to create a precise middle part, extending from the hairline to the crown of the head.**
2. **Smooth down both sides of the part with a brush for a polished look. Use a flat iron to straighten the hair, working in sections to ensure all strands are smooth and sleek. You may want to apply a heat protectant spray before straightening to prevent damage.**
3. **Brush the hair back into a mid-low ponytail (ponytail should be about the same height as the middle of the dancer's ear). Use a gel or hair spray to smooth any flyaways or frizz for a sleek finish. Secure the ponytail tightly with a hair elastic.**
4. **Use a strong-hold hair spray to ensure the style stays in place. Check for stray hairs and smooth them down with additional spray or a brush.**
5. **PLEASE Use elastics that match your hair.**

### **MIDDLE PART SLICKED BACK LOW STRAIGHT PIGTAILS (For ALL Hip Hop)**

1. **Start with clean, dry, or slightly damp hair. Use a comb to create a precise middle part, extending from the hairline to the nape of the neck.**

- 2. Smooth down both sides of the part with a brush for a polished look. Use a flat iron to straighten the hair, working in sections to ensure all strands are smooth and sleek. You may want to apply a heat protectant spray before straightening to prevent damage.**
- 3. Divide the hair into two equal sections, one on each side of the middle part. Use clips or hair ties to temporarily secure one side while working on the other.**
- 4. Brush one section of hair back into a low pigtail at the nape of the neck. Use a gel or hair spray to smooth any flyaways or frizz for a sleek finish. Secure the pigtail tightly with a hair elastic. Repeat on the other side to create two matching pigtails.**
- 5. Use a strong-hold hair spray to ensure the style stays in place. Check for stray hairs and smooth them down with additional spray or a brush.**
- 6. PLEASE Use elastics that match your hair.**

## **Showcase Checklist**

### **Make-up Bag:**

1. Nail polish remover
2. Make up remover
3. Small sewing kit
4. Safety pins
5. Band aids
6. Deodorant
7. Hairspray, gel, brush, comb
8. Hair accessories - elastics, hairnets, bobby-pins, etc.

### **Make up:**

- Foundation
- Blush
- Eye shadow (browns and white)
- Eyeliner (black)
- Mascara (black)
- Eyelashes and eyelash glue (optional)
- Lip liner
- Lip stick
- Applicators

### **Dance Bag:**

- All dance shoes
- Tights, plus extra pairs in colours needed
- Socks, if needed
- Appropriate undergarments
- Water bottle
- Healthy snacks
- Quiet Activities