

# PROTOCOL FOR “MAKING SPIRITS BRIGHT” REHEARSAL AND SHOW AT THE JEANNE RIMSKY THEATRE

**Theater Rehearsal:** Friday, December 10th: 4 pm- approx. 8 pm

## **Covid-19 protocol for rehearsal:**

- Masks must be worn by all at all times indoors (in the audience, onstage, backstage).
- All dancers will be responsible for providing their own well-fitting, flesh-toned masks for the stage.
- Bring multiple masks (at least 4 are recommended).
- **\*NEW FOR ALL AGES\*** No eating will be permitted unless:
  - Proof of Covid-19 vaccination is on file (emailed by 12/8) OR
  - Proof a negative test taken 48 or less prior to rehearsal OR
  - Escorted outdoors by a parent/caregiver
- All adults entering the theater must present proof of vaccination.

## **Arrival for rehearsal:**

- **NO CARS PERMITTED IN LANDMARK PARKING LOTS.**
- Use front entrance of Jeanne Rimsky Theater and sign in.
- **For children 8 years and under: NO DROP-OFF. A vaccinated parent or caregiver is required to stay for the duration of the rehearsal. Your child will need an adult to manage their costume changes.**
- Parents/caregiver must present proof of vaccination at the door.

## **Pick up for rehearsal**

- Dancers may leave once all of their dances have been rehearsed.
- This rehearsal is subject to delays; pick-up time may vary.
- Children should carry a contact phone number.
- **NO CARS PERMITTED IN LANDMARK PARKING LOTS.**
- Dancers must sign out in the lobby.
- Upon sign-out, parents of dancers 10 years and under will be issued an ID bracelet. You must present this to pick up your child after the show. Please make sure that the parent who will be picking the child up from the show has this bracelet on show day.

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**Show:** Saturday, December 11th

2:00 pm arrival for: Senior Repertory  
Melissa’s Musical Theater Rep.  
Jess’ Musical Theater  
Jess’ Lyrical  
Middle School Lyrical

2:30 pm arrival for: Youth Dance Theater  
 Young Creators  
 Hip Hop Boys

(3:30pm show begins- approx 2 hrs long )

### **Mask protocol for show:**

- Masks must be worn at all times indoors (in the audience, onstage, backstage, in dressing rooms).
- All dancers will be responsible for providing their own well-fitting, flesh-toned masks for the stage.
- Bring multiple masks (at least 4 are recommended). See suggested resources below for ordering flesh-toned masks.

### **Arrival for show**

- **NO CARS PERMITTED IN LANDMARK PARKING LOTS.**
- All dancers use the front entrance.
- Dancers 10 years and under must be escorted by a parent to their dressing room.
- Dancers 14 years + : mandatory warm-up onstage at 2:15pm.
- Please bring an unwrapped toy! Our show is a “Toys for Tots” events!

### **Pick up for show**

- Only the parent in possession of the ID bracelet will be permitted backstage to retrieve your child.
- Parents of older dancers should wait for their dancer in the theater.
- No one will be permitted backstage, unless you are a parent volunteer.

## **PREPARATION AND PACKING FOR REHEARSAL AND SHOW**

### **YDT & Young Creators:**

#### **Professional photography will be taking place. Please adhere:**

- **Full hair and makeup are required for BOTH the Theater Rehearsal and Show**
- Arrive wearing tights under street clothes. Do not arrive wearing any other costume parts.
- Arrive with hair done. No “bunmakers”. Bun tutorials [HERE](#).
  - YDT: high ballet bun
  - Young Creators: low ballet bun
- Arrive **in eye makeup**: sparkly eye shadow, dark eyeliner and/or mascara.
- Flesh toned masks will be worn for all dances.
- No underwear may be worn under costumes.
- No nail polish on fingers or toes.
- No “tattoos” or markings on body.
- Remove ALL jewelry, and hair elastics from wrists.

Please pack the following (label all items):

- All costumes and costume parts, including base leotards and headpieces.
  - You will keep your costumes until after the show.
  - All costumes are the *property of the Berest Dance Center* and must be left at the theater after the show. Please keep your tights and shoes.
- All necessary dance shoes and tights.
  - **Youth Dance Theater: pink footed dance tights, ballet shoes**
  - **Young Creators: black footed dance tights, pink footed dance tights, tap shoes, ballet shoes**
- Touch-up materials for hair: hairspray/gel, hair pins, bobby pins
- A garment that can be used to cover your costume if you need to eat
- Clothing to go home in.
- Water only (no juice, please).
- Food:
  - Rehearsal: non-messy, non-smelly, nut-free
  - Show: no food permitted

## Boys:

- Packing:
  - Food:
    - Rehearsal: non-messy, non-smelly, nut-free
    - Show: no food permitted
  - All costumes, *property of the Berest Dance Center*, must be brought to the rehearsal, taken home, and brought back for the show, left at the theater after the show.
  - A flesh toned mask will be worn for all dances.
  - All necessary dance shoes & socks
  - All necessary undergarments

## Dancers 11 years+:

### **Professional photography will be taking place. Please adhere:**

- **Full hair and makeup are required for BOTH the Theater Rehearsal and Show- see pages 5 & 6**
- Arrive at the theater in a low bun with side-part and eye makeup- see pages 5 & 6.
- You must wear a flesh-colored “base” leotard to rehearsal to facilitate changing in the audience .
- Arrive in the tights and undergarments for your first dance, under street clothes. Do not arrive in any other costume parts.
- A flesh toned mask will be worn for all dances.
- NO Jewelry or hair elastics on wrists.
- No nail polish on fingers or toes.
- Packing:
  - Food:
    - Rehearsal: non-messy, non-smelly, nut-free
    - Show: no food permitted
  - All costumes, *property of the Berest Dance Center*, must be brought to the rehearsal, taken home, and brought back for the show, left at the theater after the show.
  - All necessary tights (see chart below)

- All necessary dance shoes (see chart below)
- All necessary undergarments (see section below)
- Extra Hairpins, bobby pins, hairnets (must match your hair color), hair spray/gel
- Eye Make-up & makeup wipes
- Warm-ups (sweater, leg warmers, etc.)
- Small sewing kit
- Portable mirror
- Water bottle
- Suggested Personal items: deodorant, toothbrush/toothpaste, dental floss, mouthwash, Q-tips, clear nail polish/for stocking runs, nail polish remover, nail file, headphones, instant ice packs, Advil, etc.

## Undergarment Requirements

**Middle school and high schoolers: please carefully review the following policy regarding undergarments:**

Please avoid wearing undergarments as much as possible. However, if you feel the need to wear anything under your costume, you may choose from the following options:

*-Flesh colored leotard:* with fabric straps, which are covered with your foundation makeup.

-NO CLEAR PLASTIC STRAPS will be permitted.

-If your leotard came with clear straps, the straps must be replaced.

-A preferable solution is to sew on ballet slipper elastic, which takes makeup well.

-The leotard must match the line of the costume and not be visible in the front or back.

*-Flesh colored bra:* although bras are generally not worn with dancewear, they may be worn for extra support if necessary.

-Bras should be smooth (no padded cups), sports-type bras with camisole straps and a stretchy back that can be pulled down and tacked (sewn) into costumes so that it is not visible

-Same rules about straps apply, as with leotards, stated above.

*-Flesh-colored thong:* recommended for any of the following situations:

-If the costume is a unitard.

-If you have your period

**Please keep these requirements in mind when packing, and plan accordingly.**

## Tights and Shoes

| <b><u>Class/Dance</u></b>            | <b><u>Tights</u></b>  | <b><u>Shoes</u></b>    | <b><u>Other</u></b> |
|--------------------------------------|-----------------------|------------------------|---------------------|
| <b>YDT(Zooey &amp; Aria)/Imagine</b> | Tan footed or stirrup | Skin-tone ballet shoes |                     |
| <b>YDT(Annie, Aria, Zooey)/Elves</b> | (we provide)          | Skin-tone ballet shoes |                     |

|  |                       |                        |                               |
|--|-----------------------|------------------------|-------------------------------|
| <b>YDT(Zooney &amp; Aria)/Rockin'</b>                | Pink footed           | Pink ballet shoes      |                               |
| <b>Elena's Middle School Lyrical/Imagine</b>         | Tan footed            | Tan jazz shoes         |                               |
| <b>Melissa's Musical Theater Rep/Gnomes</b>          | N/A                   | Tan jazz shoes         | Plain black leggings          |
| <b>Melissa's Musical Theater Rep/Let's Celebrate</b> | Tan footed            | Tan jazz shoes         |                               |
| <b>Jazz Rep./Ave Maria</b>                           | Tan footed or stirrup | Skin tone ballet shoes |                               |
| <b>Jazz Rep/Mechanical Dolls</b>                     | Tan footed or stirrup | Tan jazz shoes         |                               |
| <b>Jess' Lyrical/The Prayer</b>                      | Tan footed or stirrup | Tan jazz shoes         |                               |
| <b>Morgan/Santa's Bag</b>                            | Tan footed or stirrup | Tan character shoes    |                               |
| <b>Jess' Musical Theater(girls)/Toymakers</b>        | N/A                   | Tan jazz shoes         |                               |
| <b>Jess' Musical Theater (Andrew)/Toymakers</b>      | N/A                   | Black jazz shoes       | Black turtleneck, black pants |
| <b>Amanda/Jack-in-the-Box</b>                        | N/A                   | Tan jazz shoes         |                               |
| <b>Senior Rep/Making Spirits Bright</b>              | Tan footed or stirrup | Tan character shoes    |                               |

## Hair and Makeup Requirements

### HAIR REQUIREMENTS

Low bun with side part executed neatly by using hairspray (no wispies or flyaways), bobby pins & hairpins, hairnet, hair tie. All hair accessories must match hair color. See our YouTube bun tutorials:

<https://youtu.be/DYmidsWKBGY>

## MAKEUP REQUIREMENTS

**Base:** Apply foundation (should be a shade darker than your own skin). Apply translucent powder (optional)

**Eyes:** Apply primer (neutral powder) fully covering eyelid and up under brow, and blend.

Apply mid-tone to lid, darker shade (contour) in crease of eye as well as outer 1/2 of lid (see closed eye on diagram), and finally lightest shade (highlight) under brow bone and in inner corner of eye.

Apply black liner across upper lashes and lighter liner (brown) across lower lashes.

Apply waterproof mascara to upper lashes.

### **Eyebrows:**

Use an eyebrow product to shape and darken. Elongate so that the end is in line with the outer corner of your eye socket.

