

PERFORMER HANDBOOK FOR REHEARSALS AND SHOWS AT THE JEANNE RIMSKY THEATER

Refer to [“Which Show Am I In?”](#) for show and rehearsal dates & times

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KINDERBALLET

REHEARSAL

Arrival for Rehearsal

- A Parent/caregiver must stay for the duration of the rehearsal.
- Dancers MUST arrive 15 minutes before rehearsal begins!
- Park on side streets, or Firehouse lot on Webster Ave (not available 6/13) and walk in with your child.
- Use the front entrance of the Landmark Building on Main Street and sign in
- NO PARKING PERMITTED IN ANY LANDMARK LOT (FRONT OR BACK).

Getting Your Dancer Ready

- Arrive in dress code leotard and tights with hair done.
- Hair must be in a neat ponytail with hairspray, and hairpiece secured with bobby pins.
- Ballet slippers and tights must match (i.e. pink ballet slippers with pink tights, or skin-tone ballet slippers with skin-tone tights).
- Clean, hole-free tights and shoes required.
- Please be mindful that no underwear is to be visible once dancers are costumed.
- Remove ALL jewelry, nail polish, and hair elastics from wrists.

Pack and Label the Following:

- All dance attire, dance shoes, and tights, labeled with your dancer's full name.
- Touch-up materials for hair: hairspray/gel, bobby pins.
- Water (no juice. please).
- Snack: must be NUT-FREE, non-messy, and non-smelly.

Dismissal from Rehearsal

- Dancers may leave once all of their dances have been rehearsed.
- Sign out in the lobby.
- Upon sign-out, parents/caregiver of dancers will be issued an ID bracelet. You must present this to pick up your child after the show on Saturday. Please make sure that the parent/caregiver who will be picking the child up from the show has this bracelet on show-day (Saturday).

SHOW

Arrival for Show

- Dancers arrive 1 hour before showtime.
- **NO CARS PERMITTED IN LANDMARK PARKING LOTS.**
- Parking: side streets
- Use front entrance of Landmark Building on Main Street. Enter the theater and walk through the curtains to the left of the stage.
- Dancers must be escorted by a parent/caregiver to their dressing room.

Getting Your Dancer Ready

- Arrive in dress code leotard and tights with hair done.
- Hair must be in a neat ponytail with hairspray and hairpiece secured with bobby pins.
- Arrive in makeup: lipstick, blush, neutral-tone eye shadow (white/ivory, golden, browns), dark mascara or eyeliner
- Clean, hole-free tights and shoes required.
- Please be mindful that no underwear is to be visible once dancers are costumed.
- Remove ALL jewelry, nail polish, and hair elastics from wrists.

Pack and Label the Following:

- All dance attire, dance shoes, and tights, labeled with full name
- Touch-up materials for hair and makeup
- Water (no juice, please)
- MadeGood Granola bars will be provided. **NO OUTSIDE FOOD IS PERMITTED BACKSTAGE**, except for medical exemptions.

Ingredients: Pure Gluten Free Oats*, Agave Syrup*, Chocolate Chips* (Cane Sugar*, Unsweetened Chocolate*, Cocoa Butter*), Brown Rice Syrup*, Sunflower Oil*, Invert Cane Syrup*, Brown Rice Crisps*, Vegetable Extracts (Spinach, Broccoli, Carrots, Tomatoes, Beets, Shiitake Mushrooms), Natural Flavor*, Agar*, Salt. *Organic

Dismissal from Show

- Pick up your child in their dressing room.
- Only the parent/caregiver in possession of the ID bracelet will be permitted backstage to retrieve your child

LEVELS 1, 1A, 2, 3, AND 3A

REHEARSAL

Arrival for Rehearsal

- All dancers MUST arrive 15 minutes before rehearsal begins!
- Park on side streets, or Firehouse lot on Webster Ave (not available 6/13) and walk your child in.
- Use the front entrance of the Landmark Building on Main Street and sign in.
- NO CARS PERMITTED IN ANY LANDMARK LOT (FRONT OR BACK).

Getting Your Dancer Ready

- Arrive in dress code leotard and tights with hair done.
- Hair:
 - Levels 1 (pink leotard), 1a (blue leotard), and 2 (purple leotard) must be in a neat ponytail with hairspray, and hairpiece secured with bobby pins.
 - Levels 3 (burgundy leotard) and 3a (royal blue leotard): Hair must be in a ballet bun, with hairpiece secured with bobby pins. No bun-makers. (Please follow our YouTube bun tutorials [HERE](#).)
- Ballet slippers and tights must match (i.e. pink ballet slippers with pink tights, or skin-tone ballet slippers with skin-tone tights).
- Clean, hole-free tights and shoes required.
- No underwear or bra straps are to be visible.
- Remove ALL jewelry, nail polish, and hair elastics from wrists.

Pack and Label the Following:

- All dance attire, dance shoes, and tights, labeled with your dancer's full name
- Touch-up materials for hair: hairspray/gel, bobby pins
- Water (no juice. please)
- Snack: must be NUT-FREE, non-messy, and non-smelly

Dismissal from Rehearsal

- Dancers may leave once all of their dances have been rehearsed. Pick up times may vary. Children should carry a contact phone number.
- Parents/caregivers must come into the theater to sign out their child.
- **NO CARS PERMITTED IN LANDMARK PARKING LOTS (FRONT OR BACK).**
- Parking: side streets or firehouse lot on Webster Ave. (not available Thursday 6/13).

- Upon sign-out, parents/caregiver of dancers will be issued an ID bracelet. You must present this to pick up your child after the show on Saturday. Please make sure that the parent/caregiver who will be picking the child up from the show has this bracelet on show-day (Saturday).

SHOW

Arrival for Show

- Dancers arrive 1 hour before showtime.
- **NO CARS PERMITTED IN LANDMARK PARKING LOTS.**
- Parking: side streets
- Use front entrance of Landmark Building on Main Street. Enter the theater and walk through the curtains to the left of the stage.
- Dancers must be escorted by a parent/caregiver to their dressing room.

Getting Your Dancer Ready

- Arrive in dress code leotard and tights with hair done.
- Hair:
 - Levels 1 (pink leotard), 1a (blue leotard), and 2 (purple leotard) must be in a neat ponytail with hairspray, and hairpiece secured with bobby pins.
 - Levels 3 (burgundy leotard) and 3a (royal blue leotard): Hair must be in a ballet bun, with hairpiece secured with bobby pins. No bun-makers. (Please follow our YouTube bun tutorials [HERE](#).)
- Arrive in makeup: lipstick, blush, neutral-tone eye shadow (white/ivory, golden, browns), dark mascara or eyeliner
- Clean, hole-free tights and shoes required.
- Please be mindful that no underwear is to be visible once dancers are costumed.
- Remove ALL jewelry, nail polish, and hair elastics from wrists.

Pack and Label the Following:

- All dance attire, dance shoes, and tights, labeled with full name
- Touch-up materials for hair and makeup
- Water (no juice, please)
- MadeGood Granola bars will be provided. **NO OUTSIDE FOOD IS PERMITTED BACKSTAGE**, except for medical exemptions.

Ingredients: Pure Gluten Free Oats*, Agave Syrup*, Chocolate Chips* (Cane Sugar*, Unsweetened Chocolate*, Cocoa Butter*), Brown Rice Syrup*, Sunflower Oil*, Invert Cane Syrup*, Brown Rice Crisps*, Vegetable Extracts (Spinach, Broccoli, Carrots, Tomatoes, Beets, Shiitake Mushrooms), Natural Flavor*, Agar*, Salt. *Organic

Dismissal from Show

- Pick up your child in their dressing room.
 - Only the parent/caregiver in possession of the ID bracelet will be permitted backstage to retrieve your child.
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BALLET 4 AND ABOVE (MIDDLE SCHOOL AND UP)

REHEARSAL

Arrival for rehearsal

- All dancers MUST arrive 15 minutes before rehearsal begins!
- NO CARS PERMITTED IN ANY LANDMARK LOT (FRONT OR BACK).
- Park elsewhere (side streets or Firehouse lot on Webster Ave.) and walk
- Use the front entrance of the Landmark Building on Main Street and sign in.

Getting Ready

- Arrive with your hair and makeup done. (See pages 9-10)
- Arrive in the tights and undergarments for your first dance, under street clothes or regular dance gear. Do not arrive in any other costume parts.
- No nail polish.
- No “tattoos” or markings on body.
- Remove ALL jewelry, and hair elastics from wrists.

Pack the following:

- Food: *nut-free*, non-messy, non-smelly
 - No eating in costume
- All costumes and costume parts, including base leotards and headpieces.
- All necessary tights
- All necessary dance shoes
- All necessary undergarments (see page 9)
- Extra Hairpins, bobby pins, hairnets (must match your hair color), hair spray/gel
- Make-up and make-up wipes (see page 10)
- Warm-ups (sweater, leg warmers, etc.)
- Portable mirror
- Water bottle

Dismissal from rehearsal

- Dancers may leave once all of their dances have been rehearsed. Pick up times may vary.
- NO CARS PERMITTED IN LANDMARK PARKING LOTS (FRONT OR BACK).
- Parking: side streets or firehouse lot on Webster Ave.
- All dancers must sign out in the lobby.

SHOW

Arrival for show

- Arrive 1.5 hours before the show for required warm-up
- NO CARS PERMITTED IN LANDMARK PARKING LOTS (FRONT OR BACK).
- Parking: side streets.
- Use front entrance of Landmark Building on Main Street. Enter the theater and walk through the curtains to the left of the stage.
- Sign-in backstage

Getting Ready

- Arrive with your hair and makeup done. (See pages 9-10)
- Arrive in regular dance gear. You will have plenty of time to change into your tights/undergarments/first costume.
- No nail polish.
- No “tattoos” or markings on body.
- Remove ALL jewelry, and hair elastics from wrists.

Pack the following:

- Food: *nut-free*, non-messy, non-smelly snack foods
 - Absolutely no eating in the dressing rooms. Eat only in the green room.
 - No eating in costume
- All costumes and costume parts, including base leotards and headpieces.
- All necessary tights
- All necessary dance shoes
- All necessary undergarments (see page 9)
- Extra Hairpins, bobby pins, hairnets (must match your hair color), hair spray/gel
- Make-up and make-up wipes (see page 10)
- Warm-ups (sweater, leg warmers, etc.)
- Portable mirror
- Water bottle

Dismissal from show

- Dancers will meet their families in the theater.

PREPARATION

Undergarments

- Please carefully review the following policy regarding undergarments:
- All undergarments must match your skin tone.
- Options include:
 - *Skin-tone 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.
 - The leotard must match the line of the costume and not be visible in the front or back.
 - *Skin-tone bra*: with fabric straps, which are covered with your foundation makeup.
 - Bras should be smooth (no padded cups), sports-type bras with camisole straps
 - The bra must match the line of the costume and not be visible in the front or back.
 - Same rules about straps apply, as with leotards, stated above.
 - *Skin-tone underwear*

Need other options? Talk to your teacher!

Hair

- *Hair that is long enough to make a ponytail*:
 - Low bun with side part executed neatly by using hairspray (no wispsies or flyaways), bobby pins & hairpins, hairnet, hair tie.
 - No bun-makers.
 - Please follow our [YouTube bun tutorials](#).
 - All hair accessories must match hair color.
- *Hair that is not long enough to make a ponytail*:
 - Slick back with gel, and secured out of the face.

Need other options? Talk to your teacher!

Makeup

Feminine-presenting

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.

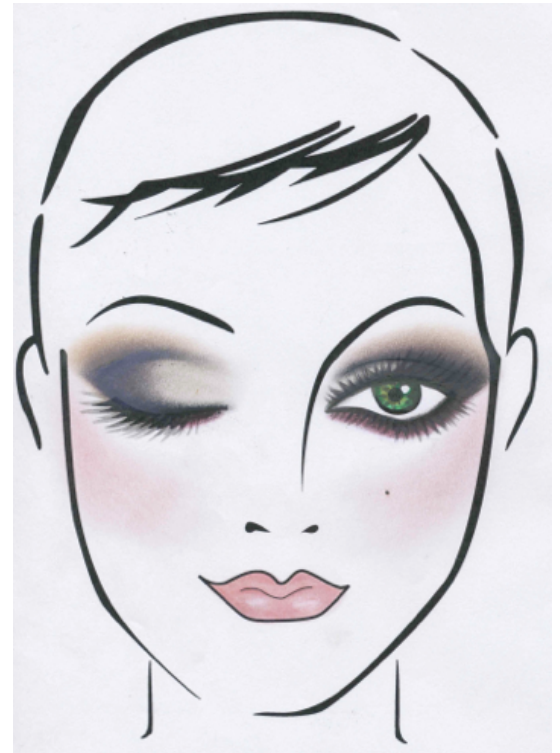
Apply mid-tone to lid, darker shade (contour) in crease of eye as well as outer 1/2 of lid (see closed eye on diagram), and finally lightest shade (highlight) under brow bone and in inner corner of eye. Apply black liner across upper lashes and lighter liner (brown) across lower lashes. Apply waterproof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

Cheeks: Use a darker tone blush to define cheekbones.

Lips: Moisten with chapstick, then apply dark red/burgundy lipstick (not bright red). Use a liner the same color or slightly darker to keep lips neat-looking.



Masculine-presenting

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

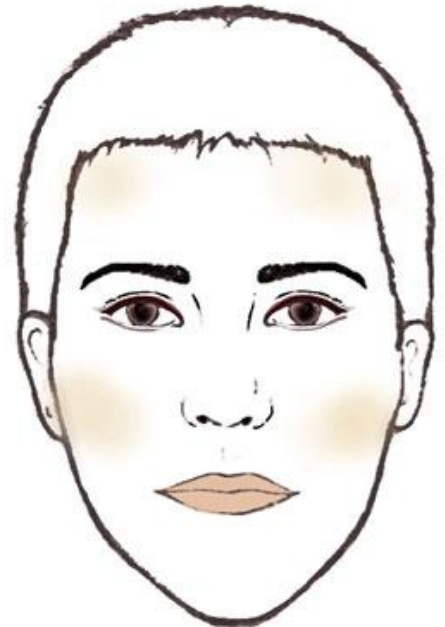
Eyes: Apply primer (neutral powder) fully covering eyelid and up under brow, and blend. Apply brown liner to bottom lash line. Highlight inner corner of eye with white pencil.

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.

Cheeks: Use a bronzer to define cheekbones.

Lips: Moisten with chapstick. Apply a neutral lip liner to define lips.



Need other options? Talk to your teacher!