



Inclusion Dance
Gymnastics & Ninja Warrior

STUDIO
HANDBOOK

FOR

Recitals & Showcases

Table of Contents

1 Recital times and Locations

2 General Recital / Showcase Information

3 Presentation and Photography

4 Rehearsals

5 Tickets

6 Costumes

7 Shoes and Tights

8 Finale

9 Showcase and Recital Arrival and Dismissal

10 Showcase and Recital Procedures

11 What to bring

Also included: Form to order Flowers for Showcase & Recital

QUICK REFERENCE STUDIO CONTACT INFORMATION

Phone Number: (906) 367-5404

Email: info@inclusion.dance

Website: <http://www.inclusion.dance>

**Recital & Showcase Address: 401 Superior Ave
Crystal Falls, MI 49920**

There is an elevator on the right side of the building for those who need it (look for the signs).
The front door has 2 big flights of stairs.

2024/2025 Recital Dates:

Winter Recital: December 20, 2024

Spring Recital: May 2, 2025

Recital Time: 6:00 PM

2024/2025 Showcase Dates:

Gymnastics & Ninja Warrior Winter Showcase: December 14, 2024

Gymnastics & Ninja Warrior Spring Showcase: April 26, 2025

Showcase Time: 10:30 AM

Section One

In order for us to give all students as much stage time as possible, we have the classes split into showcases and recitals. We know that our students love to perform their routines and show off their hard work as much as possible, and we are thrilled to be able to offer more seating and ticket opportunities by dividing our classes into a recital and a showcase.

Recital Times and Location

RECITALS ARE FOR THESE STUDENTS: All dance and all acro students.

WINTER:

December 14th: Winter Recital Dress Rehearsal at Crystal Falls Studio Location Stage at 1:30 P.M.

December 20th: Winter Recital at Crystal Falls Studio Location Stage 6:00 P.M.

SPRING:

April 26th: Spring Recital Dress Rehearsal at Crystal Falls Studio Location Stage at 1:30 PM.

May 2nd: Spring Recital at Crystal Falls Studio Location Stage 6:00 P.M.

Performers are required to **arrive no later than 5:00 P.M.** for recitals with their hair and makeup done and ALL costumes and shoes needed for each routine the student is in.

Showcases Times and Location

SHOWCASES ARE FOR THESE STUDENTS: All Gymnastics, Ninja Warrior, and all acro students.

WINTER:

December 14th: Winter Gymnastics Showcase at Crystal Falls Studio 10:30 AM.

SPRING:

April 26th: Spring Gymnastics Showcase at Crystal Falls Studio 10:30 AM.

Performers are required to **arrive no later than ½ hour before the showcase starts** wearing proper attire.

- Gymnastics Attire: Black shorts or leggings, Showcase T-shirt, and black gymnastics shoes.
- Ninja Attire: Athletic shorts or leggings, Showcase T-shirt, and CLEAN gym shoes.

Section Two

General Recital/Showcase

The opportunity to perform in a recital or showcase is an exciting, empowering, and confidence-building part of the training process. This is where we love to watch our students learn about the theater, rehearsals, and teamwork while they enjoy the opportunity to showcase their skills in a fun production. Recitals and showcases are a wonderful way for students to show the results of their hard work and for family and friends to join in the pride of their achievement. We love giving all students the chance to perform for their family and friends in this supportive and fun environment and encourage even our youngest and newest performers to be involved. If there is any reason why your child will not be able to perform at the recital on the dates and times provided in this handbook, please let us know so we can make amendments to the class routines involving them.

In terms of attendance, it is very important that students do not miss any of their scheduled classes between now and recital time so they can spend their rehearsal time together to perform their routines, feel confident, and look amazing. If your child is sick for class but well enough to come and watch, this is preferable to missing out altogether (unless the child is contagious to others). If for any reason your child will miss any of their regular classes we ask that you contact us at 906-367-5404, or on our website www.inclusion.dance to let us know in advance. Please note that unfortunately, any families with unpaid dance or costume fees will not be allowed to participate in our recital.

This is without a doubt the highlight of our year, and we are overjoyed to show you how hard our athletes have been working!

Recitals usually last about 1 hour and 15 minutes or a little more.

Showcases usually last 1.5 hours or more.

Section Three

Presentation and Photography

At the conclusion of our recital and showcase, all parents and family members are welcome to take pictures. Taking videos and photos is welcomed due to not having any form of formal recording of the recital. We only ask that you refrain from any flash photography during the performances. Be courteous of others, do not stand up for photos, take from a seated position or go to the side to stand to take photos.

Section Four

Rehearsals

There is a rehearsal for each recital. Showcases do not have rehearsals.

Here at Inclusion Dance, dress and technical rehearsals are a vital part of preparing for our recital. This is where we get to see the costumes working on stage in a group to really compliment the dances your children have been working so hard on throughout the year. It gives us a chance to make any adjustments and ensures that everyone has time to get ready between their dances. We can see if any costumes are missing pieces or need to be taken in by our experienced costume designers.

Even more importantly, it gives the stars of our show a chance to get up and rehearse on the big stage with studio lights and moving on and off the stage. They can overcome some of the jitters that may hit when the bright lights come on and prepare themselves for the show ahead. It is a fun and rewarding experience and a great chance to play with their friends and watch some inspiring dancers as they wait for their turn in the spotlight.

Students will need to arrive BEFORE 1:30 PM on rehearsal day and bring along all of their costumes, hair, and makeup items for the recital. This includes hairspray, bobby pins, bun pins, hairnets, stockings, socks, hair ties, and safety pins. All students should be prepared and ready to start the rehearsal right at 1:30 PM!

Students will be signed in upon arrival by their responsible caregiver and will be supervised throughout the duration of the rehearsal. Students cannot leave the premises without being signed out by a parent or guardian.

Children are asked to bring a healthy lunch and snack with a bottle of water, or **cash for the purchase of food or snack**. Our staff and volunteers will ensure that children are reminded to drink water regularly and eat their lunches at the allocated time.

We understand that young children cannot sit for long periods of time, so, ***Dance 1 students will be allowed to leave as soon as they run through their routine*** and learn to come on and off stage.

Rehearsals last approximately 3 hours, sometimes as much as 3.5 hours or more.

Section Five

Showcase Tickets

For the showcase, you can only hold (reserve) your chair and ONE other next to yours.

Tickets for our **showcase** are available online or at the door for

- \$6 for all seats
- No charge for children 7 years old & under.
- Online showcase tickets can be purchased here:
<https://inclusion.shopsettings.com/Inclusion-Dance-c52162377>
- We have never sold out of showcase tickets, so they can be purchased in any amount at any time. You will be able to get tickets at the door on the day of the showcase. No assigned seating.

Recital Tickets

Tickets for each **recital** will go on sale to the public a few weeks in advance.

For the recital you can only hold (reserve) your chair and ONE other. For the recital, only first and second row ticket holders can sit in the first and second rows.

To ensure our dancers get to perform and show off their hard work to a full audience, we have kept ticket prices very reasonable considering the cost it takes to have these performances.

- Tickets will be on sale for \$11 (the front row is \$17 and the second row is \$14).
- We do not charge for children 7 years old & under to attend the recital. We also ask that you consider our dancers and other audience members when bringing young children to watch, and if they become loud, distressed, or disturb any other audience members, please take them outside to let off a bit of energy before returning to enjoy the rest of the show.

Online recital tickets can be purchased here:

<https://inclusion.shopsettings.com/Inclusion-Dance-c52162377>

Section Six

Costumes

Performance t-shirts will be distributed a week or so before the winter showcase and rehearsal. Costumes will be distributed in March a week or so before pictures will be taken.

Showcases

Winter and Spring Showcases use the SAME shirt. Please keep this shirt in good condition for the spring showcase. Please limit the washing of showcase shirts. The more they are washed, the worse they look during the performances. It is easiest to limit the amount the student wears the shirt until after spring performance. This shirt is your student's to keep. Please put their name on the tag.

- Gymnastics Attire: Black shorts or leggings, Showcase T-shirt, and black gymnastics shoes
- Parkour Attire: Athletic shorts or leggings, Showcase T-shirt, and CLEAN gym shoes.

Winter Recital

Winter recitals do not have traditional dance costumes, they will have a recital t-shirt. Please wear appropriate bottoms with the shirt along with the dance or gymnastics shoes. This shirt is your student's to keep. Please put their name on the tag.

Spring Recital

Students should have all of their costumes passed out to them before pictures are taken in March. If there is any problem with any costume, let Inclusion Staff know as soon as possible.

It is preferred that no washing of the dance/acro costumes are done at all.

If you need to wash because of allergies or other reasons, please contact Inclusion Dance for instructions. When washing your costumes, please ensure they are washed in cold water only, on a gentle cycle, preferably using a lingerie wash bag to ensure that they are not damaged. Costumes should not be tumble-dried and take care not to over-expose them to direct sunlight.

Any costumes with sequins or embellishments must be hand washed in cold water.

Section Seven

Shoes and Tights

Dance students will require skin-toned tights** and black jazz shoes (unless told otherwise). *

Acro students will require gymnastics shoes with no socks or no-show socks. Skin-toned tights** may or may not be required depending on the costume. *

Gymnastics students will be required to wear the showcase shirt (provided by I.D.), black shorts or leggings, and their black gymnastics shoes with no socks or no-show socks.

Ninja Warrior students will be required to wear the showcase shirt (provided by I.D.), any athletics-style shorts, socks, and clean athletic shoes that are NOT worn outside.

* Underwear and bras must be skin-colored and must not be visible beneath your child's costume. Skin-colored leotards are a good option and investment for students who have many fast changes.

** Tights are not provided by Inclusion Dance. However, we do keep a few in stock. If you need some, please tell us ahead of time so we can order them for your child and we will put the cost of the tights on your SEMotion account for \$10 per pair.

Section Eight

End of Recital

At the end of the recital, all students come together on stage as a team for one final bow. Students should wear the last costume they wore on stage. After the final bow, pictures can be taken of the students and flowers can be handed out (see end of handbook for easy flower purchases).

We understand that some young children can't sit for long periods of time, so dance students that are under 5 years old are able to leave once their routine has completed. We prefer if you wait until intermission to leave so as to not disturb other people.

Section Nine

Arrival and Dismissal Process

As always, the safety of our dance family is our number one priority. ALL students are to have their names marked off when they arrive at the studio. If your child has any medical conditions that may require attention whilst in our care or is carrying any medication with them, please notify our supervisors when you sign in. It is best to arrive with hair and makeup done and ready to get dressed in costume.

When being picked up, all students need to be signed out of the studio by their caregiver. Please avoid asking your student to meet you outside the venue or in the car park, as an adult has to be seen for you to pick them up. If someone else is picking your child up, they need to have a permission note to show who will be supervising them.

Students are not permitted to leave the studio while the rehearsal, recital, or showcase is running. No student is to leave the backstage area during rehearsal/recital, no exceptions. However, we do ask that if your child is ages 4 or less, please stay with them as needed. Older students are to stay in the changing area or backstage the entire time. Please make sure they have everything before they come backstage for rehearsal and the recital.

Only Inclusion Dance staff and registered volunteers are permitted backstage. Caregivers may bring their students to their changing room to help them get ready. Males are not permitted in the dressing room areas. If you foresee a problem, contact us so we can come up with a solution for you.

Section Ten

Showcase and Recital Procedures

You cannot reserve seats for performances. You may save ONE seat next to yours when you arrive if you are waiting for someone to join you.

We understand that performance day can be a long and tiring one, especially for our youngest dancers. For this reason, we will NOT be holding a formal presentation ceremony at the end of the recital but there will be informal presentations. If children under the age of 5 cannot stay until the end of the show, just let a staff member know that you are leaving.

Please try not to bring anything valuable, especially electronic devices. Mobile phones are not to be taken backstage or in the changing areas during the recital. Our studio and the venue will take no responsibility if an item is damaged, misplaced, lost, or stolen.

Private videography and photography is allowed because there will be no professional attending to record the show. DO NOT post any competition routine on social media as we need to use these at competitions later in the season.

Explicit language, inappropriate attire, offensive clothing, and criminal behavior will not be tolerated. Consuming alcohol and smoking are not permitted.

Section Eleven

What to Bring

Rehearsal/Recital:

All dancers must bring a clearly labeled bag with extra hair spray, gel, hair elastics, bobby pins, and safety pins. Please inform your student's instructor if any medication is required to be packed for the recital/rehearsal.

Your makeup must also be packed and clearly labeled as well as your dance shoes, stockings, socks, and dance underwear. Don't forget your costumes too! These are best hung on coat hangers and protected in a costume bag that is clearly labeled. If you have a portable costume rack, please bring it as hanging space is quite limited.

Bring an outfit for your student to wear after the spring recital. Costumes will be handed in at the end of the spring recital. If you wish to keep your student's costume, please contact Marla BEFORE the Spring recital for a price.

Water, snacks, and/or money for food.

Showcase:

The showcase shirt is your student's to keep. Please put their name on the tag. Please bring water or money.

Section Twelve

Food and Drink

Rehearsal

There will be food and drinks available for purchase at rehearsal. We encourage you to send your child with money to buy food or pack a lunch. Rehearsals can be very long and they will need food and drinks. We will have hot dogs and other snacks available for purchase.

Recital

There will not be meal-type food for sale at the recital, we encourage you to have your child eat right before coming to the recital. Drinks and a snack are recommended, although recitals will go much quicker than rehearsal, so not a whole meal will be necessary. Snacks and drinks will be available for purchase for students and ticket holders.

Showcases

There will be hot dogs for sale at the showcase, but we encourage you to have your child eat breakfast before coming to the showcase. Bringing water is recommended but snacks and drinks will be available for purchase for students and ticket holders.

See our list of food and drink available here - <https://inclusion.dance/PDF/snacks.pdf>.

Flowers for Showcase & Recital

We encourage you to order flowers online at <https://inclusion.shopsettings.com/Inclusion-Dance-c52162377>