



2025 RECITAL

RECITAL GUIDE BOOK

WELCOME TO RECITAL SEASON!

Recital season is a magical time at our studio. The recital is a culmination of our students, faculty and staff's hard work this season. It is what we have been working towards all year. Please read on for all of the key details for this year's recital production. If you have any questions, please feel free to contact our office at any time. Thank you in advance for your cooperation. We are confident the recital will be a wonderful experience for you and your guests and will create life-long memories for your dancer and your family. It's almost show time!

RECITAL PERFORMANCES

May 30: 6:30pm

May 31: 2:00pm

RECITAL LOCATION

Smith-Cotton
Heckart Performing Arts
2010 Tiger Pride Blvd
Sedalia

COSTUME INFORMATION

DANCE/CLASS:

CLASS TEACHER:



Shoes-tights-accessories

HAIR STYLE

- ☐ Middle part middle bun
- ☐ other (company)
- ☐
- ☐
- ☐

HAIR PART

- ☐ Center Part
- ☐ Left Part
- ☐ Right Part
- ☐ No part

HAIR ACCESSORIES

- ☐ Comes w/costume
- ☐ none

HAIR ACCESSORY PLACEMENT

- ☐ Left side bun/ponytail
- ☐ Right side bun/ponytail
- ☐ Center, above bun/ponytail
- ☐ Other:_____

OTHER ACCESSORIES

- ☐ Gloves
- ☐ Necklace
- ☐ Earrings
- ☐ Scarf
- ☐ Other:_____

TIGHT STYLE

- ☐ Convertible (hole at bottom)
- ☐ Full footed
- ☐ Cut off
- ☐ Full Body convertible
- ☐ Full Body Stirrup
- ☐ Fishnet
- ☐ None

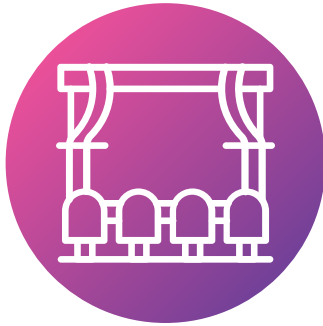
SHOE STYLE

- ☐ Ballet Slipper
- ☐ Tap Buckle
- ☐ Tap Velcro
- ☐ Tap Tie
- ☐ Jazz Slip-on
- ☐ Pirouette/Half sole
- ☐ Hip Hop Sneaker
- ☐ None

SHOE COLOR

- ☐ Pink
- ☐ Black
- ☐ Tan
- ☐ White
- ☐ Other:_____

QUICK FACTS



PERFORMANCE DATE & TIMES

May 30: 6:30pm

May 31: 2:00pm

Dress Rehearsal: May 29-5pm, May 30 10am

WHEN TICKETS WILL BE AVAILABLE: May 10

All Dancers are Free and siblings who sit on laps!



VIDEO TAPING IS NOT PERMITTED DURING THE RECITAL.

For the safety of the dancers, NO flash photography is permitted.

Anyone seen recording video or using flash photography will be asked to leave.

For your convenience, the recital dances will be available for purchase via digital download.



PICTURE WEEK! All classes will take their group and individual photos during their scheduled class time. See picture day info sheet!

Please come with hair & makeup done! Dancers will get dressed in costume at the studio to avoid any damage done to costumes in transport.

NO PARENTS allowed in the photo area. Unless needed! :-)

QUICK FACTS

Make up is necessary to avoid a washed-out look under the bright stage lights.



1. Use an All-Day Lipstick and liner (Mary Kay).
2. Use Foundation Base & Powder to match skin tone.
3. Eye Shadow (Neutral shades-Mary Kay 3 colors) - Use light base color over lid, the medium shade on lid, then darker in the crease.
4. Eyeliner (Black/brown) - Use on upper lid only.
5. Mascara (black) – parental discretion (not required if there are sensory concerns)
6. Lashes on company members-and dancers 12 and up!

For safety purposes, **ABSOLUTELY NO JEWELRY PERMITTED** (unless a part of the costume).



If your child needs a snack, please be sure to pack **CLEAN** healthy snacks and drinks for your little dancer.

NO messy, sticky, or crumbly snacks.



PLEASE LABEL EVERYTHING!

We are not responsible for any lost items.



Recital and rehearsal are MANDATORY FOR ALL DANCERS!

Only (1) one parent/guardian allowed in the auditorium during rehearsal. Unless permitted by director.

DRESS REHEARSAL

During rehearsal, dancers will space their dances onstage and review choreography while our stage managers, lightening designer, and directors set lighting cues and adjust sound levels.

STAGE REHEARSAL WILL BE SCHEDULED BETWEEN 5:00pm-9pm May 29 and 10am-1pm May 30th (no make up but hair must be up)

Each class will have an individual rehearsal time (between 10-20 minutes).

DETAILED DRESS REHEARSAL SCHEDULE WILL BE EMAILED OUT beginning of May!

PERFORMANCE DAY

PLEASE ARRIVE in full make up and hair done. Please get DRESSED IN YOUR FIRST DANCE COSTUME immediately upon arrival.

Remember – no jewelry/earrings are to be worn. Underwear should not be worn under tights, nail polish should be removed.

During the show, dancers will wait in their designated dressing rooms. There will be puzzles, games, coloring and supervised by volunteer staff and studio staff.

There is a live video happening during performance.

DANCERS on show 1 (6:30) SHOULD ARRIVE TO THE THEATRE NO LATER THAN 5pm.

DANCERS IN SHOW 2 (2:00) SHOULD ARRIVE TO THE THEATRE NO LATER THAN 12:30PM

Parents/guardians will drop off their dancer to their designated dressing room and will receive a wristband. FOR SECURITY PURPOSES ONLY, the parents/guardians with this wristband may pick up their dancer at the end of the show.



MAKEUP

EYES

Neutral palette mary kay

FACE FOUNDATION

Use to match skin tone or a shade darker. Use at parent's discretion

EYELINER/MASCARA

Black or brown. Use at parent's discretion. Mascara and eyeliner help best to open the eyes on stage. We suggest a TRAVEL SIZE mascara, the wand will be easier to use with small eyes.

BLUSH

mary kay color

LIPS

mary kay liner and stick

Two things we hear a lot from parents regarding recital makeup:

"Why does she need to wear so much makeup for the recital? She's too young."

"How do I do dance recital makeup? I don't even wear makeup myself."

a) Those super cute shiny costumes look stunning on stage! And they will completely overshadow your dancer's beautiful smile and facial expression if we don't apply enough makeup.

b) The stage lights are very intense and make a dancer's face look washed out. Properly applied makeup will enhance your dancer's features under bright, colorful stage lights.

c) The dancers are elevated on a stage and are very far away from the audience. This makes the facial features disappear and your dance will look less lively and joyful on stage.



HAIR

If you've never done recital hair before our **BIGGEST SECRET** to share is to make sure your dancer's hair is **DAMP** before you start to work with it. Either after a bath/shower, or you can dip a brush/comb into a cup of water to dampen the hair with or use a spray bottle. This makes the hair more pliable and easier to manage.

1. Gel, gel, gel, gel, gel. Did we mention gel? Gel is your best friend, use it or you'll lose it. Make sure you apply the gel to DAMP hair.
2. Please, ensure all hair tie elastics **MATCH** the dancer's hair.
3. Buns should be secured with hairpins & a hairnet that matches the dancer's hair.

SADC Dancers: we ask that the hair is securely fastened **AWAY** from face and pulled into a bun with a middle part (bun must be in the middle of the back of the head) to the best of your ability.

SLICKING BACK THE HAIR

It's important for the hair, whether it be a bun or ponytail, to be pulled back securely, and free of fly-a-ways. To get this slicked-back look, a little bit of water and hair gel will typically do the trick. Before pulling the hair back in to the ponytail, spray the roots with some water to dampen it, then work in some gel. As you brush through and secure the ponytail, this will help set it in a sleek and smooth look.

If you have some fly-a-way hairs, spray them with hairspray and use a toothbrush to brush them down (this is a great tip one of our dancers shared with us and it works very well). For the stubborn fly-a-way hairs at the back of the neck, use bobby pins and hairspray to secure them in place.

Finally, top off your look with a finishing coat of hairspray. Don't worry if the hair feels hard or sticky. No one has to touch a dancer's hair on stage, but it does need to be held securely in place with good elastics, bobby pins and hair products. The tighter, slicker, and more solid the hair-style feels, the better!



Step 1

Using the hairbrush or comb, brush the hair back into a ponytail (please refer to class list for placement). Apply hairspray or gel to tame wisps and strands of hair that are not long enough to reach the ponytail. Then secure the ponytail with an elastic hair tie. Depending on the dance you could make the bun down on the neck, middle of the head or higher. So make sure you know which one is required for your character in the show. For weekly class, you can do the height of the bun wherever you are comfortable.

Step 2

Twist (or braid) the ponytail and put in pins. Start twisting the hair and put it around the center making a tight circle. Then secure the twist with the bobby pins or hairpins by putting them as many as you need. To do this, open the pin and then make sure the pin grabs part of the hair from the twist and goes straight in the head. If the dancer feels a constant pain when the pin is applied remove it and put it again until there is no pain. If you have a lot of hair you can divide the ponytail in two parts and twist them apart. Put one twist around first with pins and then the other twist. Depending on your hair if it is thin or thicker you will like to use the bobby pins to grab bumps and thin hairs and the hairpins for thicker parts.





Step 3

Put the hair net on. Wrap the hair net around the bun to catch loose hairs. With a few twists the net should be tight on the bun and you can put some pins to secure it. You can also insert more pins around the bun to re-shape or secure loose parts of



Step 4

Use hair spray or gel to secure hair around the face or any loose strands. This step is fundamental for shows, but for class, do so as needed.

The Shake Test

To ensure a hair style is secure for a dance performance, ask your dancer to shake her head around for about 15 seconds – moving up, down, forwards, backwards, and side to side. If it feels loose to them, tighten it with additional elastics and hairpins. No one wants a dancer's bun to fall apart on stage in the middle of a dance!

Final Thoughts

Use elastics, bobby pins, and hairnets that match your dancer's hair color. Fluorescent hair elastics and bobby pins can distract the audience from the dance. In a group dance, dancers should look uniform. This includes their hair.

Remember to use a hairnet to secure your bun. Hairnets really can save a bun by helping to hold the bun in place and flatten it out.

If your dancer has a hair-piece for a dance, don't forget to put that in her hair too. The general rule for hair-pieces is if one person doesn't have theirs for a picture or performance, no one in the group wears one!

Practice your hairstyles. Nothing can be more frustrating than hair trouble on picture day or performance day. Practicing buns and ponytails a few days before will help make performance day hair-prep run smoothly and stress-free.



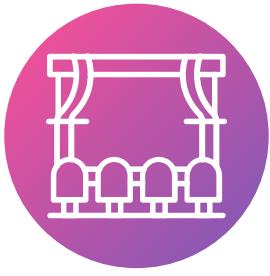
PICTURE WEEK

Our photos are professionally taken in-studio & will be retouched prior to their availability. High-resolution digital downloads will be made available to purchase after recital. Keep an eye out for a separate email with additional information on how to order photos.

Please allow up to 2-4 weeks for post-production.

What you need to know:

1. Picture week will be considered our “dress rehearsal.” We will take in the studio rooms with lights to provide the feeling of a stage-like atmosphere.
2. Dancers should come to class with the HAIR AND MAKEUP DONE. If you have any concerns regarding doing your dancers hair or makeup, please contact the office for assistance. Jr/Teen Company dancers may be allowed to put makeup on during class time, please discuss with your teacher ahead of time if this is needed or allowed.
3. Dancers will take a class photo for the digital program and then take individual photos after this! We will pose them in 3 poses that coordinate with their dance for the year!
4. Costumes will be sent home AFTER class is done. Dancers should not go home in their costume, this will run the risk of the costume ripping, getting dirty, or losing pieces.
5. Parents will not be allowed in the photo area to avoid distraction. If you'd like a photo of your dancer, we suggest using the step & repeat banner in the lobby.



RECITAL DAY

- **DOUBLE, TRIPLE, CHECK YOU HAVE YOUR COSTUMES AND SHOES!!**
- Please arrive NO LESS than 90 minutes prior to the start of show.
- you must check-in with a staff member in the lobby or stage.
- Please put your dancers makeup at home prior to the show. This will provide you a stress-free atmosphere and avoid the chaos of doing makeup in the dressing rooms. **LIPSTICK IS LAST!** Put lipstick on AFTER your dancer has put on their costume at the venue.

WHAT SHOULD I BRING FOR THE DAY?

- All costumes, tights, and shoes
- Check that you have all hair accessories and props (if applicable)
- Makeup for touch ups
- Extra bobby pins/hairspray/hairnets/hair ties (that match hair color)
- Water bottle
- Hairbrush/comb
- CLEAN, no-mess snacks
- Cover up for costume when eating/drinking
- Mini sewing kit/safety pins (you never know!)
- Stain stick
- First aid kit
- Deodorant (if applicable)
- Flipflops/flats for walking around before or after
- Double check that all nail polish has been removed!
- Coloring books/small games for in between dances (if needed)
- **PROPER UNDERGARMENTS!** We love Paw Patrol but we'd rather not see them through your tights onstage!



COSTUME CARE

Here is some information about your costumes.

Between now and the show, you will want to keep your costume in the garment bag that it is sent home in.

- Most of the costumes are made with a delicate fabric or have sequins that can catch on other materials and snag. By keeping your costume in the garment bag, it will help protect the costume.
- Hanging your costumes will also lessen the chance of wrinkles and damage.
- Dance costumes should not be worn before recital. This prevents them from getting dirty or ruined. Once recital is over, you can wear the costumes as much as you like.

PREPARE YOUR COSTUMES, DANCE BAG & MAKE UP/HAIR ACCESSORIES BAG 2 DAYS PRIOR TO THE RECITAL DATES.

- Preparing 2 days in advance will allow you to see if you are missing anything for the show, which in turn allows you time to go and pick up those items.

BEST RECOMMENDATION FOR PREPARING COSTUMES:

- Use a steamer, if you have one or hang your costume near the shower (not where it will get wet) and the steam will naturally flatten out any wrinkles it may have. This is important with very delicate fabrics, costumes with sequins or rhinestones and especially ballet costumes.
- You can check the label to see if ironing your dance costume is safe. Please be advised that most costumes CAN NOT be ironed. If the label does say it is safe to iron, turn your costume inside out, set your iron on its cool setting and consider placing a thin towel between the iron and your costume fabric for extra protection. **Don't forget to pack an emergency kit for the day of the show that has safety pins and some needle and thread. It is always better to be prepared.

CARE AFTER THE RECITAL:

- After recital there is a number of ways to clean your costumes. Most importantly check the label. Spot Cleaning or hand washing is usually the best method. Some fabrics can stand up to the heat of dry cleaning, others can be thrown into the washing machine and others need some TLC. You can dry clean sturdy fabrics like wool, leather, pleather, chiffon and velvet—but choose a dry cleaner that has experience in dealing with dance costumes or intricate, detailed pieces of clothing. Machine washing is suitable for polyester, cotton/polyester blends, nylon and acrylic. Hand-washing is a must for pieces made of delicate material like lace, linen, Lycra or tulle—or any piece with sequins or rhinestones, which can be easily damaged at a dry cleaner or in the washing machine.
- What not to wash! There are some costumes that can never be washed- for example, ones made of fabrics with extremely delicate embroidery, painted costumes, heavy jackets or jackets with shoulder pads constructed out of anything other than standard polyester.

HOW DO YOU CARE FOR THESE TYPES OF COSTUMES?

- Use a commercial spray designed to eliminate odor in fabrics, making sure to test it on a swatch or small corner of the costume before using (this checks for discoloration.) Make sure you allow for enough time for the costume to dry before storing it.

OTHER USES...

- Once recital is over, many students like to take their costumes to camp or even wear them as Halloween costumes or for special dress up days at school. We look forward



FAQ

“Do I need to change my dancer in between dances?”

It's best for dancers under the age of 8, who may not be able to change themselves, to have a parent help them change. We will do our best to have a female staff member present for costume questions or assistance. We suggest heading backstage a 4-5 dances prior to their dance to help them change into their next costume.

“After changing my dancer can I go back to the audience to watch their performance?”

Absolutely! If your dancer is typically fine on their own, you may leave your dancer in their dressing room and enjoy the show in the audience. We will have a staff member present to oversee the dressing rooms. BUT if this is your dancer's 1st recital it may help their anxieties if you stay with them.

“When my dancer is done with all of their dances, can they watch the rest of the recital in the audience?”

YES! New this year!!! ALL DANCERS are required to be present for the finale bow-they will learn at dress rehearsal!

“What are some things I should bring for the day?”

In this packet, we've provided you a check-list for reference of items that may help ease the stresses of the day. Not all items will apply to all dancers so we ask you to use discretion with the items listed.

**ABSOLUTELY NO PHOTOS OR VIDEOS
IN THE DRESSING ROOMS!**

BEST RECITAL CHECK LIST EVER!

COSTUMES & RELATED ITEMS

- ☐ Costumes (check for accessories)
- ☐ Tights (will be provided w/costume)
- ☐ Dance shoes (make sure labeled with dancer's initials!!)
- ☐ Lint brush
- ☐ Static guard
- ☐ Safety pins
- ☐ Tide to-go stick

FACE

- ☐ Loose powder
- ☐ blush
- ☐ Foundation
- ☐ Eye shadow
- ☐ Eyeliner
- ☐ Lip pencil
- ☐ Makeup brushes
- ☐ Tweezers
- ☐ Q-tips/cotton balls
- ☐ Eyelashes/eyelash glue
- ☐ Lip stick (for touch ups)
- ☐ Makeup remover wipes

HAIR

- ☐ Extra hair nets
- ☐ Bobby pins
- ☐ Gel
- ☐ Hair Spray
- ☐ Extra hair ties (same as hair color)
- ☐ Comb/brush

FIRST AID

- ☐ Children's/Adult pain reliever
- ☐ Antacid
- ☐ Wet wipes
- ☐ Band-aids
- ☐ Neosporin
- ☐ Instant ice packs
- ☐ Ace bandage

MISC

- ☐ Phone & phone charger
- ☐ Nailpolish remover
- ☐ Nail clippers
- ☐ Nail file
- ☐ Scissors
- ☐ Clear deodorant
- ☐ Pens/sharpies
- ☐ Notepad
- ☐ Pillow
- ☐ Blanket
- ☐ Towel
- ☐ Cover up (sweater or oversize tshirt)
- ☐ Books/magazine/coloring
- ☐ Crayons/pencils
- ☐ Screwdriver (for taps)
- ☐ Extra tissues
- ☐ Extra sanitary supplies

FOOD & DRINK

- ☐ Cooler
- ☐ Bottled water
- ☐ Granola bars
- ☐ Fruit
- ☐ Veggies
- ☐ Trail mix
- ☐ Nuts/raisins
- ☐ Goldfish/crackers