

## **FLYING IRISH DANCERS**

### **Show & Feis Info**

#### **Strive for Success:**

- Strive to attend all classes; make up missed classes
- Keep a dance notebook with a practice log
- Take summer classes
- Take at least one private lesson/month

#### **Feis & Showtime!**

- Attend all classes the week before the event.
- Quietly stretch or dance on your hands while waiting your turn to perform.
- When one routine/competition/team is onstage, the next one is lining up.
- Do not touch ANYTHING backstage. Backstage areas are not child or costume-proof and may have hidden sharp objects. Playing with curtains, fringe, etc. may be seen by others and disrupt the event.
- Dancers who commit to an event will have team members relying on them to attend. Dancers who drop out of an event may be replaced in their group routines and/or not included in the next opportunity.
- No cellphone/ipad use before a show or while waiting to compete (except to play music).

#### **Manners:**

- Keep dance shoes on while in the performance area until you are cleared to return to the dressing area (i.e. all photos and meet & greets are done).
- Behave in a courteous manner at all times.
- No fooling around or other loud or disrespectful behavior.

#### **Safety:**

- Use the buddy system when leaving the group's waiting area at shows.
- Tell an adult chaperone/senior dancer when you leave the group area.

#### **Dress Code:**

- Flying Irish team tracksuits must be worn to all events.
- Family & friends who will be in a show's audience must dress neatly. Track jackets & FI tees are encouraged to show your support of the school.

#### **Call Times:**

- Dancers must arrive 1 hour before the scheduled performance start time.
- Dancers must be in full makeup, hair & costume 30 minutes prior to the start of the performance to have time to stretch and prepare your dances.
- Dancers who arrive later than 30 minutes prior to show start may be removed from the certain routines or the whole performance.
- Competitors must arrive *at least* 1 hour prior to their scheduled start time (arrive when the doors open for the first competitions of the day).

**Costumes:**

- Team costumes are required for all performances and team competitions.
- Solo dresses/vests may only be worn by Prizewinner and Champion competitors. The hairpiece worn with a solo must compliment the dress.
- All solo costumes MUST be approved prior to purchase to ensure that it fits and is suited to the dancer's look and level of dancing. Solos that have not been approved cannot be worn.
- Stud earrings ONLY—clear rhinestones for team costumes, matching ones for solos. Adults may wear engagement & wedding rings.
- NEVER touch another dancer's costume. Each one is hand made.
- Do not eat or drink anything (other than water) in your costume without a cover-up on.

**Shoes & Socks:**

- Shoes must be polished before each event.
- Gaffer's tape may be worn at events with slippery stages (applied neatly on the edges of the shoes).
- Poodle socks must be held up with adhesive.
- Often dancers have to carry their shoes away from where their gear is stored. To keep shoes from being lost or accidentally picked up by another dancer, shoes must be carried in a Flying Irish drawstring bag embroidered with the dancer's name (and last initial if a common first name).

**Hair:**

- Team bun covers must be worn with team dresses. All wisps must be slicked back with hair product and/or bobby pins so that no stray hairs escape.
- Dry shampoo helps hold soft hair in a wig.
- Bun covers need to be replaced every 1-2 years. Frizzies must be clipped to keep the hairpiece looking neat.
- Shower caps should be worn over bun covers in the rain.
- Adults with long hair (if not wearing a hairpiece) are to wear their hair in a single braid or French braid; those with short hair are to wear it pulled back with a hairband matching the wearer's hair color.

**Make up:**

- Make up must be worn at all performances & worn in competition for dancers over age 12. (U12 dancers may wear light make up in competition.)
- Stage make up is sweat-proof and is recommended in hot venues or those with professional stage lighting. Wear HD foundation.

## Dance Bag Checklist

### Girls' Attire

Costume Bag  
Team costume  
Trunks  
Crown  
Clear rhinestone earrings

Solo Costume (if needed)  
Matching trunks  
Hairband/tiara  
Matching earrings

Poodle Socks  
Sock adhesive  
Hairpiece in a stiff container (such as Tupperware)  
Bobby pins  
Hair spray or other holding product  
Make up & applicators  
Make up remover wipes

### Boys' Attire

Black slacks  
Dark socks  
Shirt/Tie/Vest (team & solo, if needed)

### All Dancers

Dance Shoes  
Spare shoelaces  
Elastics (if needed)  
Shoe shine and black marker (for tips of hard shoes)  
Black gaffer's tape  
Blister Band Aids  
First Aid Kit  
2 clean Ziploc bags (for ice if needed)  
Safety pins in different sizes  
Water Bottle  
Dance notebook with steps written out