



## General Competition Checklist & Helpful Hints

### APPAREL

- Costumes
- Costume Accessories
- Dance Shoes
- Tights
- Extra Tights
- Clothes for in between numbers and awards -- black bottoms and IMDP colored top (solid white, royal blue, or black)
- Company Jacket
- Underwear (yes, we always forget!)
- Pop-up Laundry Basket

### FIRST AID

- Antacid
- Clear Band Aids
- Children's / Adults Pain Reliever
- Feminine Hygiene Products
- First Aid Kit
- Heating Pad/Ice Pack
- Allergy meds
- Knee/Ankle Brace
- Food and clear beverages - bring lunch if necessary, because sometimes there's not enough time to run out.
- Bottled Water (bring straws if there are concerns with lipstick)
- Crackers  Granola bars, Power Bars, grapes, Fruit, etc.

### MUSIC

- Backup CDs of solo music, Playlist of group numbers on phone/mP3 player
- MP3/phone speakers for warm up

### MISCELLANEOUS

- Something for young kids to occupy themselves with in between numbers
- Camera (no pictures or video of performances in auditorium)
- Cell Phone
- Highlighter, if you want to highlight IMDP #'s in the program

- Don't be late! Be aware of heavy traffic. GPS the venue before you hit the road.
- Arrive with hair and makeup done at your CALL TIME. Be aware that competitions sometimes run early or late, or they may even jump around. Prepare to be flexible!
- Avoid stressing out... you will only end up stressing your child out. Start getting ready early -- eyelashes may actually take longer than you think! In a stress-out moment, sometimes having another parent step in is a good solution. Your own kids may whine for you but not for another mom. Don't be afraid to ask for help, and please offer help if you are able.
- **Put your child's name on everything** -- shoes, tights, costumes, etc.
- What is the pop-up laundry basket for? In instances of quick changes, encourage your child to drop costumes, accessories, shoes, etc. in the laundry basket instead of the floor. **NO COSTUMES ON THE FLOOR!**
- No eating with the costumes on!
- Keep costumes organized with appropriate accessories.
- No underwear under tights! Your child will put them back on when she changes back to street clothes -- hence the reminder to pack them!
- As a strict rule, your dancer should be completely ready to perform 10 full numbers before their performance. They should definitely be backstage and ready to assemble with other dance mates 5 numbers before their performance! Always keep an eye out for other parents and kids involved in your number(s). If you have nothing to do while waiting, it's always a good idea to stretch.

- All IMDP company members should be present at awards for their respective age group. Company members will sit together onstage during awards. Parents will sit and cheer from the audience.
- During the performances, cheering is encouraged but keep the “hooting & hollering” to a minimum. Ms. Amanda's rule of thumb is: if you wouldn't do it at a Broadway play, don't do it at the competition.
- Wear IMDP colors to awards (as explained in the above checklist), unless you have a quick change right after awards. Don't forget to wear company jacket. Be proud of your team but clap for everyone. If your child happens to accept an award (for him/herself or for the group), please remind him/her to say “Thank you!” Please note that with as many kids that we have in our numbers not everyone can stand up to accept an award.
- Help/remind your dancers to warm up before their number. Keep in mind that group numbers often warm up together beforehand. If you don't see any of your fellow teammates that are in your number, look for/call/text others to make sure you are where you need to be.
- Common courtesy (to your teammates and to other studios) goes a long way.
- Moms, you are responsible to get your child(ren) ready backstage. Moms are allowed in the girls' dressing room(s). You may, however, have to talk through the door of the boys' dressing room. Only males are allowed in the boys' dressing room.
- If your child has a cell phone, make sure it's charged and ready to go.
- Exchange phone numbers with other company families, and other parents whose children may be in the same numbers as your child.
- Please make sure you are on the Company BANDs! All communication during competition weekend will be via the BAND app.
- **As a rule, videotaping and photo-taking is prohibited. If you are caught doing either during performances, the whole number may be disqualified.**
- Bring sweaters and jackets for child(ren) and yourselves because it is typically very cold in the auditoriums.
- Have a good time! It's not about the awards you take home, it's all about doing and being your best!