



Oh yes, it's that time of year again! It's officially convention season! Dancers wait for this time of year as it brings about so many new experiences. From gaining new knowledge, to training scholarships, conventions are definitely worth all the hype.

**Dancewear** – This is a rather obvious first step. When packing for a dance convention, make sure you pack plenty of leos, tights, jazz pants, shorts, sweats, and warmups to last the entire weekend. Pack what you will need on a daily basis, or for the entire weekend if you are staying at the host hotel. Remember it's always a good idea to pack at least one extra pair of dance clothing since you never know what could happen within a day. It's so much better to play it safe rather than sorry! Make sure you are ready to make a great first impression. Clean, well fitting dancer wear and neater than neat hair in a bun, braid, or Company hair is a must. Remember you are representing our studio and most importantly representing yourself. It's your time to shine!

**Streetwear & Personal Belongings** – Make sure to always have a dance cover up on when entering the host venue and walking through the hotel. IMDP teamwear and Company jackets are always welcome in common areas. Make sure you DO NOT wear any IMDP teamwear or Company jackets while in dance classes. Proper dance convention attire only. Make sure that you leave any expensive personal belongings home and out of the convention room.

**Shoes, shoes and more shoes** – This may sound really dramatic, but we highly recommend bringing every pair of dance shoes that you own. A huge part of convention is being artistically pushed in more than one genre, even if the one particular genre is the main focus. By bringing different genres of shoes in addition to the shoes that you know you'll need for sure, you'll be ready and prepared for anything and everything that is thrown your way. Don't forget your sneakers for hip hop!

**Emergency dance kit and first aid kit** – When packing for a convention it is so, so, important to pack an emergency dance kit. Make sure to keep a small bag that holds items that will cover any dance related hiccups, such as extra safety pins to keep your convention number secure, bobby pins, hairspray, and other items you may need. It is also very important to pack a first aid, which you can put together yourself or you can purchase one that is already packed from Walmart, Target or a drugstore.

**Convention/Intensive schedule** – Always keep your schedule on hand. Packing and regularly referring to your convention/intensive schedule is the perfect way to keep yourself organized during your upcoming busy days. For even more security, feel free to make copies of the schedule and bring them along with you as well. This way you won't have to worry about losing your schedule.

**Water, Gatorade and healthy snacks** – Water, Gatorade and healthy snacks are always good to keep on hand to keep you hydrated and energized throughout the day. Snacks like granola bars and fruit snacks are great to munch on in between classes. And of course, water and sports drinks such as Gatorade are awesome in replacing your electrolytes and keeping you hydrated during class. By packing these goodies, not only are you supplying yourself with a quick little pick-me-up, you're also showing your body some love and giving it what it needs to stay strong during a long day of dancing. It's a win-win situation! Parents, please make sure you are providing your dancer with a healthy lunch. Lunch breaks are set by the convention. Always make sure food is on time and you are there to meet your hungry dancer for their designated breaks.

**Parents at Convention** - Parents are required to drop off and pick up dancers on time each day. IMDP staff members will be in and out of convention rooms all day long. There are absolutely NO parent observers in the Mini, Junior, Teen, and Senior rooms. Parents may walk their child into the convention room at the start of the day, but must leave prior to the start of class. Parents may enter the convention room after the final class of the day is complete to collect their dancer and their belongings. Make sure that your dancer has an IMDP buddy for going to the restroom. No dancer should ever be roaming the resort alone. Use the buddy system always!

**Dancers at Convention** – Dancers make sure you arrive with your best manners, class etiquette, and kindness each day. You are there to learn and grow during this time. Remember your 5 IMDP Etiquette Guidelines:

1. No talking or sitting down in dance class.
2. Keep your hands to yourself.
3. Spread out. Find your personal dance space where you can see and learn.
4. Be kind to your fellow dancers, from IMDP and other studios.
5. Try your best. Dance full out with feeling. Have Fun!