



## ENERGY NATIONAL DANCE COMPETITION GUIDELINES

*Please note that information in this document may be updated.*

**Ms. Laura's Cell Phone #: 630-337-5678** (Please enter it into your cell phone.)

**Ms. Irina's Cell Phone #: 847-691-3544** (Please enter it into your cell phone.)

### **Energy National Dance Competition Venue**

Northside College Prep  
5501 N Kedzie Avenue  
Chicago, IL 60625

### **When**

April 5-7, 2019

### **Hotel**

Holiday Inn Chicago North Shore/Skokie  
5300 West Touhy Avenue  
Skokie, IL 60077  
Website: <http://www.hiskokie.com/>  
Phone: 847-679-7447

### **VERY IMPORTANT: Why do we attend a dance competition?**

With the right focus, the experience gained from attending a dance competition can be an excellent source of self-confidence and growth for dancers. Although winning may be the "icing on the cake" or "cherry on top," winning is not the reason we attend dance competitions (despite what certain dance competition reality TV shows portray). Dance is not a sport, it is an art form and it is subjective. Adjudication is simply the opinion of a particular judge on a particular day in a particular mood. If the dancers feel good about a performance and that they gave their personal best and understand that they become better each time they go on stage, it is then that they are truly growing through the competition/performance experience. If the students do not win the top award we will still be proud of them. Parents we appreciate your understanding and support of this very important concept. It truly is in the best interest of the dancers.

### **Hotel Information**

We will be staying at the Holiday Inn Chicago North Shore/Skokie in Skokie, IL on April 5 & 6. As part of your Membership Fee, a standard suite has been reserved for each VPADC family. **Please note that all dancers are required to stay at the hotel.**

**Food at the hotel:** Breakfast is **not** included at the Holiday Inn. However, there is a restaurant in the hotel which is open from 6am-2am Sun-Thurs and 6am-3am Fri-Sat. For more information about dining at the hotel or nearby the hotel visit the hotel website at <http://www.hiskokie.com/>.

**Important:** Each family will be responsible for stopping by the hotel reception desk upon arrival and assigning a credit card to their hotel room for any "incidental purchases" (i.e. room service, movies, etc). A \$50 deposit is required to cover incidentals but will be refunded if no incidentals are incurred. Those that do not complete this request will be billed for any expenses incurred along with additional VPA service fees.

**Additional Rooms:** Please note that we have a discounted room rate for our room block until one month before the event. Should you wish to purchase an additional room for your family, you are welcome to do so provided there are rooms available. You will be responsible for the room and tax on any additional rooms you reserve beyond the original room reserved for your dancer. Make sure to indicate that you are requesting an additional room, and we will contact you with more information.

**"Force Majeur" Claus from the Hotel:** "The performance of this agreement is subject to any circumstances that would make it legally impossible or impractical to provide or use the Holiday Inn North Shore facilities which include: acts of nature, acts of terrorism, acts of war, governmental regulations, disaster, strikes, civil disorder or curtailment of transportation facilities. This agreement may be terminated for any of the above reasons by written notice from the Holiday Inn North Shore or Virtuoso Performing Arts Dance Company."



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**Damage/Smoking & Liability:** "In the event of damage to guest rooms due to negligence or smoking, the cost of repair and/or replacement will be the responsibility of your organization and/or individual guests. A \$250.00 fee will be applied to any guestrooms in which a guest has smoked.

The hotel reserves the right to inspect and control all private functions. You will be responsible and shall reimburse the Hotel for any damage, loss or liability incurred by any guests or any persons or organization contracted by you to provide any services or goods before, during and after the function. The Hotel cannot assume any liability or responsibility for any personal property or equipment brought in to any function room or guest room. DUE TO THE SENSITIVE NATURE OF THE FIRE SYSTEM NO SMOKE OR FOG MACHINES MAY BE USED BY CLIENT OR CLIENT'S AGENTS, INCLUDING DJs. NO HELIUM BALLOONS ARE ALLOWED IN THE HOTEL'S ATRIUM OR TERRACE AREAS."

### **Chaperones**

Each dancer must have a parent or guardian staying with them in the hotel room and chaperoned during this event. If a parent or guardian is not able to be present, a student may be able to room with and be chaperoned by another parent/guardian. Should a chaperone need to leave their dancer, it is fine to temporarily assign another parent to chaperone for the time being. Should a student need to leave the group and travel with a chaperone during any scheduled event, please get this approved with VPA Staff via text or in person before leaving (i.e. student feels ill and needs to return to hotel for extra rest). For teenagers, it is fine for chaperones to allow their dancer to have free-time without a chaperone present so long as it is approved by parent and so long as parent does not hold VPA liable for anything that should happen while the teenager is unattended. Chaperones are also responsible for dancer curfews/bedtimes. Sleep is so important to the dancers.

### **Communication**

Ms. Laura can be reached via cell phone at 630-337-5678, and Ms. Irina can be reached via cell phone at 847-691-3544 throughout the weekend. Please provide accurate cell phone numbers of parents/students in order to reach you if they can't find you or in case of emergency. If you are not sure if Ms. Laura or Ms. Irina has your cell phone number, please text them with your name so that they can properly store your number in their phones before the event. Please do not forget to keep cell phones on vibrate at the competition.

### **Transportation**

Dancers and parents are responsible for transporting dancers to and from home, hotel, and competition venue. Please review the itinerary once it is released so that you are prepared.

### **Competition Entries**

VPA has entered all of our dances for Energy. We will be communicating which level and category each dance is entered in with the dancers as we get closer to the competition.

### **Movement Hair/Legwear/Undergarment/Footwear Assignments**

Hair, legwear & undergarment assignments will be released when our competition schedule is released one week prior to the event.

### **Meals At Theater**

For meals while we are at the theater, parents may bring purchased food to the theater or take the dancers out to eat somewhere close by if they are not scheduled to be anywhere. Each dancer is welcome to bring food/snacks for their room. Coolers may be helpful. It will be important for the dancers to stay hydrated and eat small healthy snacks throughout the day to keep blood sugar levels regulated and energy up. Fruit, dried fruit, veggies, nuts, health bars, cheese, crackers, boiled eggs, etc. are all good choices. Don't forget bottled water. There is a restaurant in the hotel, as well as a few others nearby. Please put VPADC jacket on to protect costume while eating.



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## **General Competition Guidelines**

Competitions are the dancers' opportunity to show the world the results of their dedication and hard work. Here's what you can do to make the most of this opportunity:

- Dancers must warm-up properly on their own. VPA Staff will help if they are available.
- Present yourself in a professional manner, with costumes steamed, shoes cleaned, and all accessories accounted for. Arrive to competition venue in full hair, costume and undergarments for your first entry of the day.
- Treat competitors/teachers from other schools and staff of the competition with respect.
- Refrain from talking in the auditorium. It is incredibly distracting to the performers.
- Keep area of the dressing rooms clean and never bring food/drink where prohibited.
- Wear VPADC warm-up jacket all weekend and especially during awards.
- Competitions may run ahead or behind schedule. Other than competitors scheduled within first hour of the competition day, competitors are required to be ready to perform 1.5 hours ahead of schedule.

**NOTE:** *All VPADC Members must be there to support each and every entry.*

## **Competition Critiques**

At many of the competition events, the schools receive performance critiques from the judges. These critiques are the property of the VPA and will be shared with the dancers during rehearsal or class time. Soloists and duets will receive critiques outside of class/rehearsal.

## **Award Presentations**

When presented with an award, dancers must always show professionalism by enthusiastically thanking the person who presents you with the award, regardless of how big the award is. Parents and fellow VPADC members must also cheer enthusiastically regardless the level of award. Unsportsmanlike behavior will not be tolerated.

## **Competition Audience Etiquette**

Enthusiastic applause is encouraged; however, it is never appropriate to scream or yell out names at a competition event or in any other performance venue. When in an auditorium, remain seated whenever dancers are performing onstage. By all means, feel free to stand up (standing ovation) if you were moved by their performance!

## **Independent Entries**

No dancer may compete in any competition as an independent entry without the permission of the VPADC director.

## **Cash Scholarships**

Soloists and duets will receive a VPA credit for the amount of any cash scholarship awarded. It will be applied to lessons, costumes, entry fees, or other expenses related to their dance training. Cash scholarships awarded to dancers who perform ensemble pieces will be deposited in the Virtuoso Performing Arts Dance Company treasury to be utilized for master classes, guest choreographers, and other activities.

## **Energy National Dance Competition Rules**

To learn more about Energy Dance Competition rules, please go to their website at:

<http://www.energyndc.com/rules/>



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## **Parent Code of Conduct**

1. VPA staff has full support and trust of parents who will honor and uphold VPA standards, policies and endeavors at all times.
2. Parents are to refrain from discussing class placement or casting issues with other parents or questioning class placement or casting decisions by the Directors.
3. VPA staff has permission to enforce consequences upon students if applicable.
4. VPA Parents will encourage positive sportsmanship by showing respect kindness for all human beings, VPA affiliated or not, at all times.
5. Parents will respect the authority of any judges, competition directors or VPA staff at all times by not questioning, discussing or confronting them in public. If it is absolutely necessary, parents should speak with VPA staff about any disagreements they may have at an agreed upon time and place.
6. Parents respect the authority of VPA instructors and choreographers by refraining from coaching students (including their own) during or after classes, rehearsals, performances and competitions or at any other time. This can be contradictory to a student's training.
7. Parents will encourage their children to focus on improvement and not trophies or casting.
8. Parents will encourage your children to strive for their personal best and not what the student next to them is doing.
9. Parents will focus on the positive and not the negative, especially after performances.
10. Parents understand that competitions are subjective and adjudicated by human judges who have a certain opinion on a certain day. A trophy will never measure a person.
11. Parents will encourage the process rather than the result.
12. Parents will separate who their children are from how they perform on stage.
13. Parents are not to engage in any kind of negative conduct at any time. This includes yelling, taunting, gossip or profane language toward any judge, teacher, student, parent or staff member.
14. VPA Parents will expect that parents from other schools may not always behave according to the VPA Parent Code of Conduct.
15. VPA Parents will remove themselves as gracefully as possible if they witnesses negative behavior in any way by another Parent, VPA related or otherwise. Parent may opt to report it to the VPA staff if it is one of our own dancers or parents. VPA agrees to respect anonymity if desired.
16. Parents will expect that VPA Dance Company students may be subject to probation or suspension from the VPA Company if the aforementioned Code of Conduct is not abided by parents.



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## Packing List

(dancers may not need all of these things)

### **Clothing:**

- ✓ VPADC Warm-Up Jacket (to wear throughout weekend)
- ✓ Black Sweats (one or two pair; to wear to competition with warm-up jacket & over costumes)
- ✓ Foot Covering/Shoes
- ✓ Competition Costumes (on hangers in garment bag labeled with dancer name)
- ✓ Costume Accessories, Shoes and Tights

**NOTE:** Separate accessories, shoes, and tights by costume and place in baggies. Write name of dance on baggie and attach it to hanger with the costume. Shoes and tights must be Revolution brand in the correct color)

- ✓ Spare Pair of Tights
- ✓ Undergarments for each costume in appropriate costume baggie with appropriate costume
- ✓ Swim Suit & Cover-up
- ✓ Socks
- ✓ Undergarments
- ✓ PJs
- ✓ Outfits for Traveling

### **Make-Up:**

- ✓ Foundation (to match skin tone)
- ✓ Foundation Application Tools (i.e. sponge, etc)
- ✓ Concealer (to match skin tone)
- ✓ Powder (to match skin tone)
- ✓ Eye Shadows (Dark Brown or Black, Medium Brown or Gray & White)
- ✓ Eye Shadow Brushes and Applicators
- ✓ Eye Brow Pencil (slightly darker than natural eye brow color)
- ✓ Pink Blush
- ✓ Blush Brush
- ✓ Eye Lash Curler (for those with straight lashes)
- ✓ Black Water Resistant Mascara
- ✓ Black Eye Liner
- ✓ Fire Engine Red Lipstick
- ✓ Fire Engine Red Lip Liner
- ✓ Tweezers
- ✓ Q-tips
- ✓ Make-Up Remover
- ✓ Face Cleanser
- ✓ Face Moisturizer
- ✓ Eye Cream (if necessary)

### **Hair:**

- ✓ Spray Bottle
- ✓ Hair gel
- ✓ Hairspray
- ✓ Hairnets (same color as hair)

- ✓ Bobby pins (same color as hair)
- ✓ Gymnastic clips (same color as hair)
- ✓ Comb (fine tooth)
- ✓ Brush
- ✓ Hair dryer/curling iron (if necessary)
- ✓ Shampoo and Conditioner

### **Other Toiletries:**

- ✓ Nail Clippers
- ✓ Clear deodorant
- ✓ Feminine hygiene products
- ✓ Medications (i.e. pain reliever, Neosporin, band-aids, muscle relieving rub or patches, instant ice packs, ace bandage if necessary)

### **Miscellaneous:**

- ✓ Healthy Snacks and Water
- ✓ Cooler (optional; there will be mini fridges in hotel)
- ✓ Camera
- ✓ Cell Phone & Charger
- ✓ Money (souvenirs or emergencies)
- ✓ Scissors
- ✓ Supplies to make signs/cards for your VPADC siblings
- ✓ Tape
- ✓ Reading Material
- ✓ Mirrors
- ✓ Mini sewing kit
- ✓ Thread
- ✓ Safety pins
- ✓ Static guard
- ✓ Lint brush
- ✓ Glue
- ✓ Tape
- ✓ Tide "to go"
- ✓ Shoe polish for shoe polish