



2020-2021 Attire Details - Company Program

Shoes: Petite & Junior Dancers

Ballet: Pink split sole ballet slippers (canvas or leather) - be sure elastics get sewn on

Tap: Tan buckle tap shoes (preferably Bloch Brand Tan Tap Shoes style #SO302)

Jazz & Musical Theatre: Tan Slip-on Jazz shoes (preferably Bloch Brand style #SO495 or #SO499)

Lyrical: For class you may wear Capezio Foot Undeez (#H07) to match skin tone, Capezio Turners, Dance Paws, OR bare feet. A specific style/brand of shoe will be provided once costumes have been determined for performances.

Hip Hop: For class you may wear any style sneaker (preferably black). We will decide which type of shoes looks best with our costumes for performances.

Shoes: Teen I, Teen II & Senior Dancers

Following is a list of standard shoes that you should have at the start the dance year. Students in these divisions may wear subject appropriate shoes, other than what is indicated below, for classes, but are required to have those listed for recital and/or competition routines. (For example, students may wear canvas ballet shoes, or leopard print foot undeez for classwork.)

Ballet: Pink split sole ballet slippers (canvas or leather) - be sure elastics get sewn on

Tap: **Full-Sole** Black Oxford Style Tap Shoes

Jazz: Tan Slip-on Jazz shoes (preferably Bloch Brand style #SO495 or #SO499)

Lyrical/Contemporary: a specific style/brand of shoe will be provided once costumes have been determined

Hip Hop: a specific style/brand of sneaker will be provided once costumes have been determined

Pointe: (not for all members): Any brand/style - based on each individual's foot needs

Dancers in these divisions may also be required to purchase additional shoes based upon the choreography or costuming we use for this year. You will be provided with details in late fall if any of the following shoes are necessary for a specific routine.

Attire:

◆ **Required Classroom Clothing:**

- * For all Ballet & Pointe classes - Any Color Leotard (any style/brand), Short Ballet Skirt (optional), and Pink or Salmon Tights for Ballet (convertible or footed any brand)
- * For all Jazz, Mus Th, & Tap classes - Any color leotard OR fitted tank, tight fitting dance shorts or leggings, and skin colored tights (optional - convertible or footed any brand)
- * For all Lyrical/Contemporary & Acro classes - Any color leotard OR fitted tank, tight fitting dance shorts or leggings, and skincolored tights (optional-convertible or stirrup any brand - must be able to go bare foot)
- * Teen & Senior members should have at least one pair of longer leg/banded leg pair of black dance shorts. (A "stay put" style; suitable for wearing without tights & without risking exposure)

◆ **Additional/Optional Clothing:**

- * Tank tops, t-shirts or other extra items may be layered for Hip Hop
- * Fitted, made-for-dance, warm-ups such as ballet sweaters, legwarmers, etc.

◆ **Undergarments:**

- * Supportive undergarments are important as dancers mature, however, it is not appropriate to see exposed bras. Students should have "made-for-dance" undergarments, a sports bra to blend in with their leotard, and/or a leotard that will completely cover a regular bra.
- * Wearing underwear with dance clothes is much like wearing underwear with a bathing suit. For a streamline look and for ease of movement, tights are considered underwear for dancers.

◆ **Performance/Competition Tights:** (These are the basics, and always good to have on-hand)

- * Ballet - Bloch Brand / Footed or Convertible / Salmon
- * Jazz & Tap - A specific style/brand and color will be provided once costumes have been determined
- * Lyrical/Contemporary/Modern - A specific style/brand and color will be provided once costumes have been determined

◆ **Hair:**

- * For Ballet & Pointe classes hair must be in a clean, secure bun.
- * For all other classes require a secure ponytail, bun, or braid.

◆ **Extra Notes:**

- * For safety reasons, dangling jewelry may not be worn during classes.
- * Gum is not permitted anywhere, at any time.



2020-2021 / Company Program

The "WELL - PACKED" Company Dance Bag

Being prepared for every class is easy when you plan ahead and stock a "well-packed" bag. Following are some ideas of what should be in your bag at all times (some items are age/level specific):

- ✓ Knee pads
- ✓ Resistabands/Therabands
- ✓ All dance shoes - with your name written in them
- ✓ Extra pair of tights
- ✓ Dance shorts
- ✓ Hair accessories
- ✓ Notebook & pen
- ✓ Band-aides/Blister Band-aides
- ✓ Arnica gel
- ✓ Massage or tennis ball
- ✓ Feminine products & deodorant
- ✓ Sewing necessities for pointe students/safety pins
- ✓ Bottled water
- ✓ Healthy, non-perishable (non-peanut) snack



Note: While KICKS is always prepared with first-aid items, hair pins, safety pins, etc., our reserves are intended for our recreational students and/or emergency use. Supplying Company dancers with these supplies on a daily basis is not an option. Company Dancers should know what they need and be prepared with those extra items throughout the year. If it ever becomes necessary to borrow from a fellow team-mate, please remember to return the favor and/or replace the borrowed items.

Reminder: Be sure to clean out your bag often; air out shoes completely after classes, wash dancewear, throw out trash & restock items. Getting in this habit early in the year will keep your bag from becoming a smelly, junk-trap by the end of the year.

Other Notes & Helpful Hints

Arrival:

Our motto is **"if you arrive early, you're on time - if you arrive on time, you're late"**

Whenever possible, students should be dressed and ready upon arrival at the studio. Please do not tie-up the lobby bathrooms merely to use them as a "dressing room". Company members should always aim to arrive at the studio 10 minutes prior to the start of their first class; This allows time to get ready and greet their friends.

Shoe Wear:

Dance shoes should only be worn indoors and street shoes should never be worn on the dance floor. This will ensure a long life for your dance shoes and allow us to maintain clean classrooms for our students. If students are caught wearing their dance shoes outside (or if their shoes show signs of such) they will not be permitted to wear them during class until they have been properly cleaned or replaced.

Label Everything:

To avoid mix-ups or lost shoes, please be sure to use a permanent marker to write your child's full first name and last initial **inside** every shoe and dance item. **Do not** write on the bottom/outside of your shoes.

Cold Weather Notes:

Fitted, made-for-dance warm-ups (i.e. Ballet sweaters, legwarmers, Company warmup suit) may be permitted during portions of class when weather is extreme. Please be prepared with some of these options, for when teachers give select permission. No street clothes, sweats & jackets will be permitted during class. Dance rooms are always warmer than the lobby and students also get warmer once they begin moving.

Lobby Courtesy:

While we are happy that KICKS can become our Company dancers' "home away from home" it is important to remember that there are many other dancers at KICKS. Be cautious not to overwhelm the lobbies, utilizing the hooks and benches to place your bags on, rather than spreading out too comfortably. Be sure to keep your voices down while waiting for your classes to begin, so as not to disturb another class in progress and always show your support and courtesy to all KICKS dancers, not just your fellow Company members.

For convenient, tax-free shopping, KICKS recommends:

Brandywine Dance Shoppe / (302) 478-4403
Talleville Shopping Center (Silverside Rd.-Wilmington)

Approximately 10 minutes south of KICKS, in the same shopping center as Chuck E. Cheese