

CAROLYN DUTRA
DANCE STUDIO



April 26-27, 2025
Bellingham High School
60 Blackstone Street
Bellingham, MA 02019

DEAR DANCERS

- Please read through all competition information with your parents.
- You are responsible for knowing all information, being on time and having everything you need.
- Have open conversations with your parents, and remember to support and encourage your teammates. We're all in this together.
- Take care of your body and prioritize your health in the days leading up to the competition.
- Eat healthy, well-balanced meals. Bring nutritious snacks to keep your energy up throughout the day
- BE PROUD OF YOURSELF regardless of scoring and awards. You have given your heart, passion, dedication to yourself and your team. That's something to celebrate.!
- HAVE FUN!



DEAR PARENTS

Thank you for your continued support and trust in CDDS while we guide your dancer through their dance journey.

Competition weekend is exciting and can be a roller coaster of emotions. Dancers have worked incredibly hard to prepare for this experience, and we are so proud of the athletes and performers they are.

At CDDS, we believe dance is about the joy and passion it brings us, both in class and on stage, not for a score or a trophy. No matter the outcome, we hope you'll remember this and help us remind the dancers.

It is important families refrain from any negativity and uphold the CDDS values of kindness, integrity, and respect. Please help us set a positive and supportive example for all our dancers.



CDDS POLICIES

TO BE FOLLOWED BY ALL DANCERS, PARENTS & GUESTS



Do NOT Enter Theater During a Performance

Although you may see other dancers/parents doing this, CDDS families should uphold this important theater etiquette. Wait for a routine to be complete before entering/exiting the theater.



No Gum Chewing



Positive Talk

Lead with positivity. Speak positively and respectfully to your peers, yourself and others. No negative remarks. Remember: You are always representing CDDS.



Practice Good Sportsmanship

Support your teammates and other studios. Always treat others (dancers, parents, judges, and teachers) the same way you would want you/your dancer to be treated. Accept the outcome knowing you gave it your all. Be humble and proud. Enjoy the experience!

"Sparkle and shine!" - Miss Carolyn

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HARMONY CLAUSE

- All dancers and their families must exemplify the values of integrity, character, leadership, responsibility and professionalism – be attentive, cooperative, dignified, positive, accountable, respectful to ALL (parents, peers, Studio and event staff and volunteers, etc.) inside and outside the Studio, at all times.
- Students and families must display appropriate and respectful behavior at all times. "Disrupting the harmony" may result in dismissal.
- Bullying of any type is not tolerated and disruption to the harmony of the Studio will result in immediate dismissal.
- Inappropriate language, behavior, photos on the internet, hurtful comments or any other behavior that is deemed improper, will be acknowledged and discussed with Miss Carolyn/management and may be cause for dismissal.

TURN IT UP DANCE POLICIES

TO BE FOLLOWED BY ALL DANCERS, PARENTS & GUESTS

NO PERSONAL PHOTO/VIDEO - FREE Photo & Video Provided!

NO personal photo or video are allowed during performances at any of our events. If any Turn It Up crew member sees any audience member taking photos or videos during performances, they will be approached and asked to stop. Failure to comply could result in removal from the performance space.

NO SMOKING

All public schools strictly forbid smoking on school grounds, outside on stairs, or in the parking lot. Violators may be fined & dismissed by school officials.

RESPECT OTHERS

All participants and attendees are expected to demonstrate good sportsmanship and treat others with respect. Also, participants are expected to be respectful of dressing rooms making sure to leave it the way you found it upon arrival. When in the audience, please stay seated and keep talking to a minimum during all performances.

ALL DANCERS PACKING LIST

- Tan convertible tights (2 pairs)
- Tan stirrup tights (2 pairs)
- ALL DANCE SHOES
- Rhinestone earrings
- Makeup bag for touch ups
- Hair bag: Hair spray & gel, bobby pins, alligator clips, hairnet (match your hair color)
- Safety pins
- First aid kit & your own medication
- Deodorant
- Company warm-up jacket, high waist black leggings, long sleeve black leotard
- Camisole (Rhythmette: Full body camisole, Junior/Senior: 2 piece camisole set)
- Rhythmette I & Juniors: Double sided tape for socks
- Rhythmettes: Static guard spray
- Water: Reusable, sealable, non-spill bottle (keep inside dance bag). No colored beverages.
- Healthy food- nut free, no odor (eating allowed in lobby)

Space is limited in the dressing room. Pack as condensed as possible. No rack n rolls. Costumes on hanger in garment bag.

PACKING LIST BY ROUTINE

Carolina

- Stirrup tights
- Contemporary half soles

PERM

- White FULL LENGTH socks
- Transition tights
- Black tap shoes

Blah Blah Blah

- Black headband
- Transition tights
- Black jazz shoes

Listen

- Rhinestone hair piece
- Stirrup tights
- Contemporary half soles

My Way

- Stirrup tights
- Contemporary half soles

Le Freak

- Transition tights
- Black jazz shoes

For Good

- Hairclip
- Stirrup tights
- Contemporary half soles

Bon Jovi

- Transition tights
- Black jazz shoes

For Forever

- Applique headpiece
- Stirrup tights
- Contemporary half soles

Rolling In The Deep

- Applique headpiece
- Black fingerless mitts
- Transition tights
- Black jazz shoes

Simply The Best

- Stirrup tights
- Contemporary half soles

You Raise Me Up

- Stirrup tights
- Contemporary half soles
- Headpiece

Maybe This Time

- Stirrup tights
- Contemporary half soles



Listen

HOW TO ACCEPT AN AWARD ON STAGE



Dancers must wear CDDS warmup jacket zipped up, black leggings, dance shoes/sneakers for awards ceremonies.

Stand in a comfortable 5th/beveled position that you would not fidget in.

- Walk with poise as a dancer would
- Thank the MC

If in a lineup for overalls:

- Congratulate the dancer(s) next to you with a warm smile.
- "My name is ___, from the Carolyn Dutra Dance Studio" (slow and with enthusiasm)

Know choreographer names and pronunciation for each routine, it may be asked of you: Miss Joelle Minisce, Miss Kaitlyn Hutchins, Miss Jenna Mixer