



2024 INDUSTRY Concert Handbook

Clocktower Centre
26th & 27th October 2024

STUDENTS / PARENTS

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WELCOME TO CONCERT TIME AT MAPA!

The aim of our Industry Program is to create a space where you can develop teamwork skills, build genuine friendships, and establish meaningful connections with teachers and industry professionals who are here to guide and support you. We're all here, working together to help you grow and become the best version of yourself.

Every time you step into class, you're building more than just skills; you're embracing the hard work it takes to grow. It's not always easy, but that's what makes it so rewarding. The hours you've spent practicing your routines, pushing past your limits, and showing up even when it's tough – all of that effort is what brings you closer to becoming the dancer and person you want to be.

This concert isn't just a performance; it's your moment to shine and share what you love, knowing you've put in the work, faced the challenges, and come out stronger. Every rehearsal, every correction, every push is getting you closer to that incredible moment when you step on stage, and you know you've earned it. So, let's bring that positive energy into every class and every rehearsal. Show up for yourself, for our team, and for your teachers. Let your passion, commitment, and growth shine through. Be proud of what you've accomplished – because you've earned it! We can't wait to see you own the stage and express everything you've worked so hard for!

CONCERT DATES & PERFORMANCE TIMES:

Saturday 26th October: 6:30 PM

Sunday 27th October: 6:30 PM

WHERE: Clocktower Centre - 750 Mt Alexander Road, Moonee Ponds

TICKET SALES & BOOKINGS

Tickets go on sale at 10am on **Tuesday, 8th October**. [CLICK HERE](#) to book.

IN PERSON	PHONE	ONLINE
Clocktower Centre (Box Office) 750 Mt Alexander Road, Moonee Ponds	Phone: (03) 9243 9191	www.clocktowercentre.com.au

BOX OFFICE OPENING HOURS: Monday-Friday, 9am-5pm

TICKET PRICES:

ADULTS	\$55.00
CONCESSION & CHILDREN	\$40.00

PARKING

Parking at Clocktower Centre is available in the surrounding areas, but please be mindful of time limits, as parking conditions can change. ALDI/Kmart has an undercover car park across the road with plenty of free space, though time restrictions do apply. Here is a helpful guide to [parking in the area](#)

PUBLIC TRANSPORT

The 59 Airport West tram stops directly outside the Clocktower Centre, while Moonee Ponds train station on the Craigieburn line is only a 10-minute walk away. Numerous buses stop directly outside also. [Plan Your Trip](#).

CLASSES & CONCERT ALLOCATIONS

Please see below the breakdown of the class allocations for all classes in the school.

See pages 7-8 for Dress Rehearsal and Concert ARRIVAL and PICK-UP times.

TINY TOTS (3-5years)					
CLASS DAY	CLASS TIME	CLASS STYLE	TEACHER	SAT 26 th OCT 6:30 PM	SUN 27 th OCT 6:30 PM
WED	10:30 AM	BALLET & JAZZ	Sarah Ambrose	✓	
WED	4:15 PM	BALLET & JAZZ	Sarah Ambrose	✓	
SAT	9:15 AM	BALLET & JAZZ	Jade Peace		✓

PRE JUNIOR (5-7years)					
CLASS DAY	CLASS TIME	CLASS STYLE	TEACHER	SAT 26 th OCT 6:30 PM	SUN 27 th OCT 6:30 PM
MON	4:00 PM	BALLET	Donna De Paoli	✓	
MON	5:00 PM	JAZZ	Sarah Ambrose	✓	
MON	5:45 PM	TAP	Sarah Ambrose	✓	
TUE	4:00 PM	BALLET & JAZZ	Sarah Ambrose	✓	
THU	4:00 PM	HIP HOP	Samantha Bruzzese	✓	
SAT	10:15 AM	BALLET & JAZZ	Jade Peace		✓
SAT	11:45 PM	CONTEMPORARY	Angelica Low		✓
SAT	12:30 PM	HIP HOP	Sarah Ambrose		✓

JUNIORS (7 - 10years)					
CLASS DAY	CLASS TIME	CLASS STYLE	TEACHER	SAT 26 th OCT 6:30 PM	SUN 27 th OCT 6:30 PM
MON	4:00 PM	HIP HOP	Sarah Ambrose	✓	
MON	5:00 PM	BALLET	Donna De Paoli	✓	
MON	6:15 PM	JAZZ	Dionne Nicolaou	✓	
WED	4:15 PM	TAP	Paige Pote	✓	
WED	5:30 PM	CONTEMPORARY	Olivia Talevski	✓	
WED	6:30 PM	HIP HOP	Taylor Diamond-Lord	✓	
THU	4:15 PM	BALLET	Donna De Paoli	✓	
THU	5:30 PM	JAZZ	Samantha Bruzzese	✓	
SAT	11:15 AM	HIP HOP	Taylor Diamond-Lord		✓
SAT	12:15 PM	TAP	Jade Peace		✓
SAT	1:15 PM	BALLET	Donna De Paoli		✓
SAT	2:30 PM	JAZZ	Angelica Low		✓
SAT	3:45 PM	CONTEMPORARY	Angelica Low		✓

CLASSES & CONCERT ALLOCATIONS

INTERMEDIATES (10 - 13years)

CLASS DAY	CLASS TIME	CLASS STYLE	TEACHER	SAT 26 th OCT 6:30 PM	SUN 27 th OCT 6:30 PM
MON	5:00 PM	JAZZ	Dionne Nicolaou	✓	
MON	6:15 PM	BALLET	Donna De Paoli	✓	
WED	4:15 PM	CONTEMPORARY	Olivia Talevksi	✓	
WED	5:30 PM	HIP HOP	Taylor Diamond-Lord	✓	
WED	6:30 PM	TAP	Paige Pote	✓	
SAT	9:15 AM	JAZZ	Angelica Low		✓
SAT	10:15 PM	CONTEMPORARY	Angelica Low		✓
SAT	11:45 PM	BALLET	Donna De Paoli		✓
SAT	12:15 PM	HIP HOP	Taylor Diamond-Lord		✓

SENIORS (13+ years)

CLASS DAY	CLASS TIME	CLASS STYLE	TEACHER	SAT 26 th OCT 6:30 PM	SUN 27 th OCT 6:30 PM
TUE	4:30 PM	JAZZ	Jesse Matthews		✓
TUE	6:00 PM	BALLET	Donna De Paoli		✓
TUE	7:30 PM	CONTEMPORARY	Jesse Matthews		✓
WED	5:30 PM	TAP	Paige Pote	✓	
WED	6:45 PM	POINTE	Donna De Paoli		✓
WED	7:30 PM	HIP HOP	Taylor Diamond-Lord		✓

INDUSTRY TRAINING PROGRAM

ROUTINE	CLASS STYLE	TEACHER	SAT 26 th OCT 6:30 PM	SUN 27 th OCT 6:30 PM
"Paquita"	BALLET	Sharlene Morgante	✓	
"Curiosity Released"	CONTEMPORARY	Zoe Marsh	✓	
"New Rules"	JAZZ	Rob Sturrock	✓	
"Solos"	CONTEMPORARY	Tim Barnes	✓	✓
"Antidote"	LYRICAL	Loredo Malcolm	✓	✓
"Turn The Beat Around"	LATIN FUSION	Neville Parry	✓	✓
"In The Heights"	MUSICAL THEATRE	Carmelina Tamaro	✓	✓
"Jump"	HIP HOP	Taylor Diamond-Lord	✓	✓
"Best Things In Life Are Free"	COMMERCIAL	Nadia Tornese	✓	✓
"Carmen"	BALLET	Dona De Paoli		✓
"Ballet Allegretto"	POINTE	Donna De Paoli		✓
"I Do"	COMMERCIAL	Martijn Sedgfield		✓
"Feline"	CONTEMPORARY	Jesse Matthews		✓
"Hollywood Wiz"	JAZZ/MUSICAL THEATRE	Jesse Matthews		✓

OWN COSTUME ITEMS, UNDERWEAR, TIGHTS & SHOE REQUIREMENTS

PLEASE LABEL EVERYTHING (with full name) & ensure you have all necessary requirements below for Rehearsals & Concerts!

COSTUME & UNDERWEAR ITEMS



Torquay Ultra Soft Full Length Flare

This is the only costume item students must provide for Latin.

Available @ [Cotton On](#)

(Sizes: 2XS - 5XL) \$34.99

*Currently 30% OFF!



Classical Seamfree Body Stocking

This is worn under Ballet & Pointe Tutus and also under the white dress for Lyrical.

Available @ Energetiks \$34.95



Seamless Skin tone G-String

This is worn for the entire show under all costumes, to prevent any underwear lines showing through costumes.



Stick on Bra/Tape OR Nipple Covers

For privacy and coverage backstage during quick costume changes. Dancers must rehearse with these, to ensure they have the appropriate level of support and placement. Rehearsal also helps dancers feel confident once they get to the concert, so they can focus on their performance.

TIGHTS



Ballet Tights

"Fiesta" Theatrical Pink Convertible Tights Available @ MAPA Reception \$20 - \$26



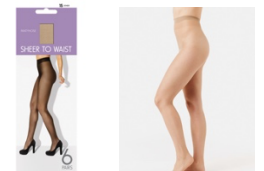
Classic Footless Tights

"Energetis" Classic Footless Tights 'CT29 / AT29' (Salmon Pink) Available @ Energetiks or through MAPA Reception \$18.95 - \$20.95



Tan Fishnets

Either "[Classic Fishnets](#)" or "[Professional Fishnets](#)" in colour: Light Tan Available @ Energetiks \$18.95 - \$45.95



6 Pack Sheer to Waist Pantyhose

Worn over fishnets to prevent sequins and costumes getting caught. Each student needs their own 6 pack, as they are likely to get holes throughout Rehearsals. Available @ [Kmart](#) \$5.00 in Colour: Natural

SHOES & SOCKS



Canvas Ballet shoes

Please make sure they are CLEAN! Canvas ballet shoes can be washed in the Washing Machine inside a garment bag.



Pointe Shoes

Only required for those in Wednesdays Pointe Class



Half Turning Shoes

These are worn for Contemporary and Lyrical. Any style or brand of shoe is fine as long as it matches the dancers skin-tone and they are comfortable dancing in them.



Tan Chorus Heels

Bloch Splitflex (2 1/2 inch heel)
[OR](#) Bloch Chord T-Bar (3 inch heel)
Available @ Bloch



Black Sneakers

Any brand is fine, as long as they are all black and not canvas fabric. Shoelaces should be replaced with Black elastic to help with quick changes.



White Sneakers

Any brand is fine, as long as they are all white and not canvas fabric. Shoelaces should be replaced with White elastic to help with quick changes.



White Canvas Shoe

Worn with "In The Heights" routine Available at [Big W](#) for \$3.50



Black AND White Crew Socks

Available at [Kmart](#)
5 Pack School Crew Socks \$5.00
Each dancer needs Black and White

COSTUME CHANGE DETAILS (SATURDAY)

Students will rehearse their quick changes at the studio in the lead up to our stage rehearsals, to get comfortable and familiar with their costume, tights, shoes and hair for each routine! The order of routines for each show, along with details of their tights, shoes and hair changes are as follows:

Saturday, 26 th October – ACT 1				
#	ROUTINE	COSTUME	SHOES & TIGHTS	HAIR
1.	"PAQUITA"	Burgundy, Cream & Green pancake tutus	Shoes: Ballet Shoes Tights: Ballet Tights	Low Bun, middle part
2.	"SOLAS"	Tan/Brown Crop & Undies with Halter Top & Skirt	Shoes: Half Turning Shoes Tights: Salmon Pink Footless	<i>As above</i>
3.	"NEW RULES"	Black pleated skirt, black shorts, various Neon Lime Green and Black Tops	Shoes: Black Sneakers Socks: Black Crew Socks	High Ponytail
4.	"ANTIDOTE"	White Drape Back Dress	Shoes: Half Turning Shoes Tights: Salmon Pink Footless	High Bun
5.	"TURN THE BEAT AROUND"	Black Flares, fringe tops	Shoes: Tan Chorus Heels Tights: Fishnets & Pantyhose	High Ponytail

Saturday, 26 th October – ACT 2				
#	ROUTINE	COSTUME	SHOES & TIGHTS	HAIR
6.	"IN THE HEIGHTS"	Various Dominican style costumes	Shoes: White Canvas Shoes Socks: White Socks	High Ponytail
7.	"CURIOSITY RELEASED"	Teal patterned Unitard	Shoes: None Tights: None	Hair completely out
8.	"JUMP"	Various White, Black, Denim & Maroon casual streetwear	Shoes: Black or White Sneakers Socks: Matching Shoes	Mid Ponytail
9.	"BEST THINGS IN LIFE ARE FREE"	One shoulder black crop with colourful print baggy pants	Shoes: White Sneakers Socks: White Crew Socks	Mid Ponytail

TRANSPORTING COSTUMES TO THEATRE

Please remember the importance of caring for our costumes. It is each student's responsibility to return costumes to hangers after each rehearsal and when not in use and to avoid eating and drinking (except water) while wearing them.

Industry Students are responsible for transporting their costumes (excluding Paquita & Carmen Tutus) **to the theatre on Thursday, 24th October** (or Wednesday, 23rd October if attending the Pointe rehearsal). This means, they will need to take their costumes home after class on Tuesday, 22nd October, and bring them to the theatre on Wednesday or Thursday. If your child is taking public transport to the theatre, please inform us so we can arrange to transport their costumes for them.

COSTUME CHANGE DETAILS (SUNDAY)

Please note, to make some of the changes easier, hairstyles for each routine may change between shows. Please ensure you have the correct hairstyle for Sunday as follows:

Sunday, 27 th October - ACT 1				
#	ROUTINE			HAIR
1.	"CARMEN"	Burgundy, cream & green tutus	Shoes: Ballet Shoes Tights: Ballet Tights	Low Bun, middle part with swirls
2.	"SOLAS"	Tan/Brown Crop & Undies with Halter Top & Skirt	Shoes: Half Turning Shoes Tights: Salmon Pink Footless	Low Bun
3.	"BALLET ALLEGRETTO"	Cream, black and Burgundy romantic tutus	Shoes: Pointe Shoes Tights: Ballet Tights	High Bun
4.	"I DO"	Khaki Parachute Pants, White Crop, Pink Vest	Shoes: White Sneakers Socks: White Crew Socks	High Ponytail
5.	"JUMP"	Various White, Black, Denim & Maroon casual streetwear	Shoes: Black or White Sneakers Socks: Matching Shoes	High Ponytail
6.	"TURN THE BEAT AROUND"	Black Flares, fringe tops	Shoes: Tan Chorus Heels Tights: Fishnets & Pantyhose	High Ponytail

Sunday, 27 th October - ACT 2				
#	ROUTINE	COSTUME	SHOES & TIGHTS	HAIR
7.	"IN THE HEIGHTS"	Various Dominican style costumes	Shoes: White Canvas Shoes Socks: White Socks	Mid/Low Ponytail, middle part
8.	"FELINE"	Black suit pants, red leotard, red gloves & cat masks	Shoes: None Socks: Black Knee Highs	Low Bun
9.	"ANTIDOTE"	White Drape Back Dress	Shoes: Half Turning Shoes Tights: Salmon Pink Footless	Low Bun
10.	"HOLLYWOOD WIZ"	White & Silver Fringe Dress	Shoes: Tan Chorus Heels Tights: Fishnets & Pantyhose	Low Bun
11.	"BEST THINGS IN LIFE ARE FREE"	One shoulder black crop with colourful print baggy pants	Shoes: White Sneakers Socks: White Crew Socks	High Ponytail

RETURNING COSTUMES AFTER THE SHOW

Students are responsible for hanging their hired costumes back on their hangers and placing them on the racks for loading onto the truck after the show. When returning to the studio for class on the Tuesday after the concert, students or their parents must check off that all costume items are accounted for.

DRESS REHEARSAL DETAILS

Clocktower Centre – 750 Mt. Alexander Rd, Moonee Ponds | Enter through Stage Door at back of theatre on Pascoe Vale Rd

WHAT TO WEAR TO REHEARSALS

Arrive to all rehearsals wearing skin-tone seamless underwear and body stocking, boob tape/covers, tights/socks (for the routine you will rehearse first - see order below), and black fitted rehearsal dancewear. A zip-up Jacket or dressing gown can be worn over costumes to keep warm backstage and keep costumes clean. Avoid hoodies and pull on jumpers that may mess up hair when taking on and off. All shoes should be labelled clearly and be packed inside bags. Please don't wear them on the street. Don't forget to also bring a drink bottle and plenty of healthy food and snacks.

Please arrive with hair done for EVERY rehearsal. Make-Up is optional for Wednesday – Friday rehearsals. Make-Up MUST be done for Saturday & Sunday rehearsals. We will be filming dancers up close at every rehearsals to capture behind the scenes footage which may be shared on social media. It would be great to have everyone in full make-up each day, but we do understand this may not be possible coming straight from school.

REHEARSAL ARRIVAL & PICK-UP TIMES

Wednesday 23 rd October (if applicable):	ARRIVAL: 4:30 PM	PICK-UP: 7:00 PM (Pointe) 8:00 PM (Tap)
Thursday 24 th October:	ARRIVAL: 4:00 PM	PICK-UP: 8:30 PM
Friday 25 th October:	ARRIVAL: 4:00 PM	PICK-UP: 8:30 PM
Saturday 26 th October:	ARRIVAL: 12:30 PM	PICK-UP: After Concert
Sunday 27 th October:	ARRIVAL: 1:00 PM	PICK-UP: After Concert

REHEARSAL DETAILS

The following routines will be rehearsed on stage each day in the following order:

Wednesday 23rd October

Wednesday POINTE – "Ballet Allegretto"
Wednesday TAP – "Treat Myself"

Thursday 24th October

BALLET – "Paquita" (Ms Sharlene)
BALLET – "Carmen" (Ms Donna)
LATIN – "Turn The Beat Around" (Neville)
CONTEMPORARY – "Curiosity Released" (Zoe)
CONTEMPORARY – "Feline" (Jesse)
CONTEMPORARY – "Solas" (Tim)

Friday 25th October

HIP HOP – "Jump" (Taylor)
LYRICAL – "Antidote" (Loredo)
JAZZ – "New Rules" (Rob)
MT – "In The Heights" (Carmelina)
JAZZ – "Hollywood Wiz" (Jesse)
COMMERCIAL – "I Do" (Martijn)
COMMERCIAL – "Best Things" (Nadia)

Saturday 26th & Sunday 27th October

On both Saturday and Sunday, Industry Students will begin with a group warm-up on stage (don't be late!) We will confirm which routines will be rehearsed & filmed on these days, this depends on how the rehearsals go during the week. A timeslot has also been allocated to film solo content for each Industry student that can be used for promo and social media by MAPA and for the student's personal use. Each Industry Student will have approximately 2 mins in front of the camera. They should have an outfit or costume planned that they wish to wear, along with a plan of what they wish to capture, when it's their turn. For example: Freestyle, choreography, tricks, etc. Think about how to highlight all your amazing strengths and personalities!

CONCERT DETAILS

Clocktower Centre – 750 Mt. Alexander Rd, Moonee Ponds | Enter through Stage Door at back of theatre on Pascoe Vale Rd

NOTE: Parents are not permitted backstage unless volunteering. Parents must sign their children in and out when entering and leaving backstage. All volunteers are required to hold a current and valid Working With Children Check.

WHAT TO WEAR

Please arrive with hair and make-up done, wearing skin-tone underwear, boob tape/covers and black fitted rehearsal dancewear.

WHAT TO BRING

Refer to Pages 12-13 for checklist

CONCERT ARRIVAL TIMES

Arrival time is **12:30 PM on Saturday, 26th October and 1:00 PM on Sunday, 27th October.**

Industry Students will have plenty of breaks between rehearsals but must stay around until the end of the show both nights.

THEATRE EXIT POLICY DURING BREAKS

During breaks, some students may want to leave the theatre for food or fresh air. This will only be allowed with written permission from a parent, as we cannot take responsibility for students once they exit the theatre. Please email admin@mapa.com.au to specify your comfort level with your child signing themselves in or out of backstage. Include details such as whether you're okay with them leaving on their own, with a friend or group of friends, only with another parent or teacher, or if you prefer they stay in the theatre at all times.

CONCERT FINALÉ

All performers will gather on stage to rehearse the finalé at 5:15 PM on both Saturday and Sunday. Industry students will have a break before this, to eat and touch up hair and make-up. If you leave the theatre during this time, please ensure you return and are on stage, ready to go, by 5:15 PM. The Finalé rehearsal will finish at 5:45 PM and students will have further 45 mins to get into costumes, and warm-up before the show begins.

VOLUNTEERS

Without the invaluable assistance of our volunteers, we could not put on a successful show. We need parents to assist backstage during both the Dress Rehearsal and the Concert. Volunteers help with costume changes and ensure all our dancers make it on stage on time! If you can help, please sign up at <https://mapa.com.au/volunteers/>.

Those who assist backstage will have the opportunity to watch from the side of the stage and witness all the excitement that occurs before and after performances. All volunteers must have a Working With Children Check, which you can apply for online [HERE](#) at no cost

BACKSTAGE CONDUCT & SAFETY

All performers and helpers backstage must remain quiet at all times to ensure stage calls and directions can be heard. It can get hectic backstage and as you know things move very quickly! So we appreciate everyone's cooperation to keep things running smoothly. Remember to stay positive, have fun, remain calm, help one another with your quick changes and always say thank you and show appreciation to the other parents, teachers and volunteers assisting you backstage.

If a student falls ill or sustains an injury while backstage, we have several registered first aiders among our staff, parents and teachers who can assist. If the situation is more serious, we will notify you immediately via SMS or phone call. If your child is at risk of anaphylaxis and may require an EpiPen, please inform us in advance so we can assign a first aider to monitor them backstage.

FOOD & DRINKS BACKSTAGE

Please pack LOTS of healthy food & snacks for your child. All snacks must be nut free. We do have anaphylactic sufferers amongst our students so please respect the importance of this. Please also make sure you choose food that won't easily stain costumes or cause too much of a mess. Also be mindful to not use drink bottles that can easily spill. **Students must bring all food & drink bottles in a separate bag from their dance attire.**

AFTER THE SHOW

We are expecting each show to go for approximately 2 to 2.5 hours (including a 20min interval). After the show, please wait in the foyer near stage door to collect your child. We will be releasing students' class-by-class, starting with the Tiny Tots. To ensure everyone's safety you MUST sign your child out from backstage upon collection.

PRE-ORDER YOUR ROSES

Giving flowers after a performance is a lovely way to celebrate our students' hard work and dedication throughout the year. We're offering the option to pre-order single stem roses from a local florist, which will be delivered to the theatre for easy pickup. It's a wonderful opportunity to add a special touch to their night!

If you'd like to order a rose, simply [CLICK HERE](#), and we'll have a beautifully wrapped single stem rose ready for you on performance night, complete with an attached "Congratulations" card tag for you to add your own personal message.

STEP BY STEP MAKE-UP INSTRUCTIONS

Stage makeup is essential for enhancing facial features and expressions under bright stage lights, ensuring visibility for the audience. Keep in mind that standard makeup may get washed out, so a more pronounced application is necessary. Here's a simple guide for parents to help apply dance stage makeup.

STEP 1: Prepare the Face

- Start with a clean and moisturized face. We also recommend the 'Milk' brand Matte Primer to help makeup last longer.
- Apply a matte finish foundation that is slightly darker than the dancer's skin-tone, to counteract stage lights. Blend evenly.
- Use concealer to cover any blemishes or under-eye circles, blending well.

STEP 2: Set the Makeup

- Lightly dust translucent setting powder over the foundation and concealer to reduce shine.

STEP 3: Apply Blush

- Choose a natural-looking blush and apply it to the apples of the cheeks, blending outward towards the temples.

STEP 4: Eyeshadow Application

- **Base Colour:** Apply a light neutral shadow (such as Ivory or beige) to the entire eyelid and up to the brow bone to create a base.
- **Transition Colour:** With a fluffy brush, apply a medium shade (such as tan or light brown) into the crease to create depth.
- **Defining Colour:** Use a darker brown eyeshadow to define the outer corner of the eye and the crease, blending well for a smooth look.
- **Highlight Colour:** Apply a light shadow (such as ivory or white) to the inner corner of the eye and just under the brow bone to brighten the eyes. A shimmery white or champagne shadow can be applied to the inner corner of the eye.
- **Shimmer/Metallics (optional):** For extra sparkle, apply a light shimmer/metallic eyeshadow (such as champagne or gold) to the centre of the eyelid for a touch of shimmer and blend. Avoid dark metallic shades.



Step 5: Eyeliner

- Apply black eyeliner along the upper lash line for definition. A slight wing can be added to extend the eye.

Step 6: Mascara & Lashes

- Apply a few coats of mascara though lashes starting at the base. This will help the false lashes to stick to your natural lashes. Finish by applying your false lashes carefully to your upper lash line.

Step 7: Lips

- Line the lips first for a more defined shape, then apply a deep red/burgundy long-lasting lipstick, ensuring even coverage.

Step 8: Final Touches

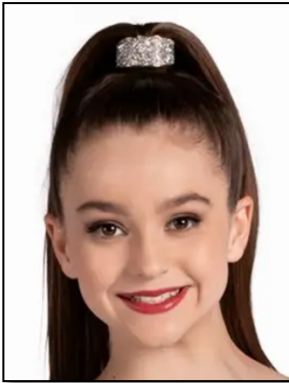
- Check the overall look in natural light if possible and make any necessary adjustments.
- Ensure all makeup is set and looks vibrant, as stage lights can wash out colours.

Note: If you're not confident applying stage makeup, there are MANY great tutorials on YouTube. Have a search online and practice at home. Like everything, it gets better and easier with practice!



STEP BY STEP HAIR INSTRUCTIONS

HIGH PONYTAIL



STEP 1: Start with Damp Hair (2-3 days after washing)

Lightly spray the scalp with a spray bottle filled with water to dampen the roots. Hair is generally easier to manage when it hasn't been recently washed.

STEP 2: Apply Gel

Take a generous amount of thick gel and apply it to the roots of the hair. This will help slick the hair down and keep it in place.

STEP 3: Brush Hair Back and Up

While the hair is still wet, use a brush to pull the hair back and up.

STEP 4: Secure the Ponytail

Gather the hair into a ponytail at the crown of the head using strong hair elastics. It is recommended to use two or three hair elastics to (depending on thickness of hair), this will help keep the hair secure while dancing.

STEP 5: Check Visibility

Ensure the top of the ponytail is visible when viewing the dancer at eye level. This helps any hairpieces or accessories stand out on stage (see picture above).

HIGH BALLET BUN

STEP 1: Create a High Ponytail

Follow the same steps as for the high ponytail.

STEP 2: Twist the Hair

Depending on hair length, twist the ponytail and spiral it around the elastic. For fine hair, you can back-comb the ponytail a few times to create more volume, then twist and spiral to create the bun.

STEP 3: Use a Bun Net

Cover the bun with a bun net one or two times, ensuring all hair is tucked inside. Then wrap the excess net in a circle underneath the bun to conceal it.

STEP 4: Shape the Bun

Use your fingers to squish and blend the hair into a large, flat circular shape.

STEP 5: Secure the Bun

Press the bun against the head and use U-pins to secure it first. Follow with bobby pins until all areas are secure. Use additional bobby pins for any loose strands, especially around the ears or nape of the neck.

STEP 6: Finish with Gel or Hairspray

Apply more gel or hairspray to keep everything in place.



STEP BY STEP HAIR INSTRUCTIONS

Just like in a professional show, Industry Students will need to change hairstyles throughout the performance to match their costumes and routines. The more you practice, the quicker and easier it will become. The four main hairstyles you'll need are: Low Ponytail, Low Bun, High Ponytail, and High Bun. Please make sure you have the following Hair Kit items and refer to the instructions below if you need assistance.

LOW BALLET BUN WITH CENTRE PART

STEP 1: Create a Centre Part

Using a fine-tooth comb, part the hair down the middle from the forehead to the crown. Ensure the part is clean and even on both sides.

STEP 2: Gather Hair into a Low Ponytail

Smooth the hair back, keeping the part intact. Gather all hair into a low ponytail at the nape of the neck. Make sure the sides are sleek, using a spray bottle of water and plenty of gel to smooth down flyaways.



STEP 3: Twist the Hair

Twist the ponytail tightly. For fine hair, you can back-comb the ponytail to add volume before twisting. Then, spiral the twisted ponytail around the base of the elastic to form a bun.

STEP 4: Use a Bun Net

Cover the bun with a bun net to secure it. Wrap the excess net around the bun and tuck it underneath to keep it tidy.

STEP 5: Shape the Bun

Gently shape the bun into a smooth, flat, circular form. Use your fingers to spread and flatten the bun against the head.

STEP 6: Secure the Bun

Use U-pins to anchor the bun first, pushing them through the edges of the bun and into the hair at the scalp. Follow up with bobby pins, making sure the bun is secure from all sides. Pay attention to securing loose strands around the ears and nape of the neck.

STEP 7: Finish with Gel or Hairspray

Smooth down any remaining flyaways and keep the part and bun sleek by applying gel or hairspray. Ensure the look is polished and secure for a neat finish.

HAIR KIT ITEMS (CHECKLIST)

MAPA Bun Kits are available at Reception in *Blonde, Brown or Black*. Includes 3 hair ties + 10 bobby pins + 10 U-Pins + 2 Bun Nets inside a pink MAPA Tin. Refill packs of Hair ties, pins and bun nets are also available at Reception for \$3 each.

- Hairspray and/or Hair Gel
- Small spray bottle
- Hairbrush
- Hair Ties (to match hair colour)
- 15 or more Bobby Pins
- 15 or more U-Pins (BALLET & CONTEMPORARY)
- 3 x Bun Nets (BALLET & CONTEMPORARY)
- Red Rose (BALLET)



CHECKLIST - WHAT SHOULD I BRING?

USE THE 'Checkboxes' below to ensure you have everything you need before and after each rehearsal and show.

OWN COSTUME & UNDERWEAR ITEMS

- Black Flares
- Body Stocking
- Seamless Skin-Tone G-String
- Stick on Bra/Tape and/or nipple covers

TIGHTS

- Convertible Ballet Tights
- Salmon Pink Footless Tights
- Tan Fishnets
- Sheer to waist Pantyhose

SHOES & SOCKS

- Canvas Ballet Shoes
- Pointe Shoes (if applicable)
- Skin-Tone Half Turning Shoes
- Tan Chorus Heels
- Black Sneakers
- White Sneakers
- White Canvas casual shoes
- Black Crew Socks
- White Crew Socks

MAKE-UP KIT ITEMS

RECOMMENDED BRAND/ITEMS:

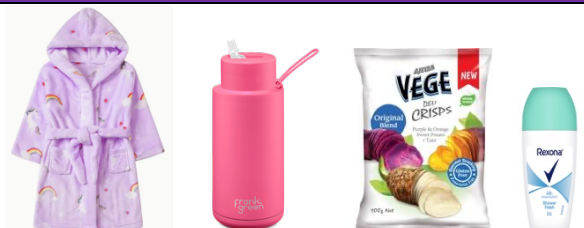
If you're looking for a cruelty free, vegan, 100% natural cosmetic brand, then we recommend "Eco Minerals" or "Inika" Organic make-up. They are however more expensive than your regular chemist or Priceline brands.

- Moisturizer & Matte Primer (optional)
- Matte Foundation and concealer
- Translucent setting powder
- Blush (pink or peach)
- Eye Shadows (Ivory/Biege, Tan, Brown, etc)
Optional: Shimmer (champagne or gold)
- Eyebrow pencil or powder
- Eyeliner
- Black Mascara
- False Eyelashes
- Lipstick 'Crimson' by Hemp Organics
Or 'Diva' by MAC (Deep Red)
- Makeup Brushes to apply
- Baby wipes or makeup remover



MISCELLANEOUS ITEMS

- Dressing Gown or warm jacket
- Water Bottle
- Healthy food & snacks
- Deodorant



FINAL NOTE

On behalf of all the staff and teachers, I want to express our gratitude to all our students for their hard work so far. As parents, we encourage you to support them in continuing their practice, so they can improve and feel proud and confident on stage.

All concert songs have been edited and are available for home practice. Please ask your teachers for a copy of the class music, or bring a USB to reception, and we can make a copy for you.

Our students have made incredible progress this year, and we're sure you'll be extremely proud of their accomplishments– we certainly are! We also want to extend a heartfelt thank you to all parents and family members for supporting your children in their passions and for choosing MAPA.

If you have any questions, please don't hesitate to email us at admin@mapa.com.au. We'll do our best to respond as soon as possible, and we welcome your feedback on how we can enhance your experience with us.

In case of an emergency or any issues on concert day, please call (03) 8560 4334. All calls on that day will be redirected to a mobile phone that a staff member will answer.

We look forward to sharing this exciting time with all of you!

Sarah Ambrose
Principal Director