

## IT'S CONCERT WEEK AT MAPA!!!

### INFORMATION for all [Monday, Wednesday & Saturday Inter Classes](#)

I'm sure we are all excited to see our dancers shine on stage! To ensure a smooth and enjoyable experience for everyone, we have put together a detailed guide with all the information you need for this week. Please read the following carefully and don't hesitate to reach out if you have any questions or need assistance. Please note if you require any tights, Bun Kits or a MAPA T-shirts, they will be available for purchase at the Theatre when you sign-in for rehearsals.

Please note that due to the rehearsals at the theatre this week, **the studio will be closed from Wed 18<sup>th</sup> October** and will reopen on Monday 23<sup>rd</sup> October. If you need to contact us, please send an email to [admin@mapa.com.au](mailto:admin@mapa.com.au). All classes, including vocals, acrobatics and RAD Ballet will not run from Wed – Sat. Students in the Accelerate Program will still attend the studio on Friday from 4:30 – 6:30pm.

### REHEARSAL DETAILS

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

#### INTER REHEARSAL TIMES – Wed 18<sup>th</sup>, Sat 21<sup>st</sup> & Sun 22<sup>nd</sup> October

CLASSES REHEARSING	REHEARSAL DAY	SIGN-IN	SIGN-OUT
Wednesday Inters – 5:15pm Tap, 5:30pm Contemporary, 6:30pm Hip Hop	Wed 18 <sup>th</sup> October	<b>4:30 pm</b>	<b>8:00 pm</b>
Monday Inters – 5pm Jazz, 6:15pm Ballet	Sat 21 <sup>st</sup> October	<b>1:00 pm</b>	<b>3:45 pm</b>
Saturday Inters – 9:15am Jazz, 10:15am Contemporary, 11:45am Ballet, 1:15pm Hip Hop	Sun 22 <sup>nd</sup> October	<b>1:00 pm</b>	<b>4:15pm</b>

### REHEARSAL CHECKLIST

- All Classes:**
- |   |  |  |
|---|--|--|
| <input type="checkbox"/> MAPA T-shirt   | <input type="checkbox"/> Black Shorts              | <input type="checkbox"/> Skin-Tone Bodystocking and/or Underwear, crop/bra |
| <input type="checkbox"/> Hairbrush      | <input type="checkbox"/> Hair Gel                  | <input type="checkbox"/> Hair elastics to match hair colour                |
| <input type="checkbox"/> Healthy Snacks | <input type="checkbox"/> Drink Bottle (Water Only) |  |

*All students performing require the items listed above **PLUS** their class specific items listed below*

- Ballet:**
- |  |   |   |
|--|---|---|
| <input type="checkbox"/> Ballet Shoes (Canvas) | <input type="checkbox"/> Leotard (Girls)  | <input type="checkbox"/> Ballet Tights (Girls) / White Socks (Boys) |
| <input type="checkbox"/> Navy Leggings (Boys)  | <input type="checkbox"/> Bun Kit ( <i>Includes Hair tie to match hair colour, Bun Nets, U-Pins &amp; Bobby Pins</i> ) |   |
- Jazz:**
- |                                     |  |   |
|-------------------------------------|--|---|
| <input type="checkbox"/> Jazz Shoes | <input type="checkbox"/> Leotard (Girls) | <input type="checkbox"/> "Fiesta" Tan Tights (Girls) / Black Socks (Boys) |
|-------------------------------------|--|---|
- Tap:**
- |                                    |  |   |
|------------------------------------|--|---|
| <input type="checkbox"/> Tap Shoes | <input type="checkbox"/> Leotard (Girls) | <input type="checkbox"/> "Fiesta" Tan Tights (Girls) / Black Socks (Boys) |
|------------------------------------|--|---|
- Contemporary:**
- |   |  |   |
|---|--|---|
| <input type="checkbox"/> Foot thongs (optional)   | <input type="checkbox"/> Leotard (Girls) | <input type="checkbox"/> "Energetiks" Salmon Pink Footless Tights (Girls) |
| <input type="checkbox"/> Bun Kit ( <i>Includes Hair tie to match hair colour, Bun Nets, U-Pins &amp; Bobby Pins</i> ) |  |   |
- Hip Hop:**
- |  |                                      |
|--|--------------------------------------|
| <input type="checkbox"/> White Hi-Top Sneakers | <input type="checkbox"/> White Socks |
|--|--------------------------------------|

### Which order will classes be rehearsing in each day?

At each rehearsal, students must sign-in backstage, head to their dressing room and get changed into their first costume. Once ready, Clocktower require all students to do an OH&S Safety Induction as a group before they are allowed on stage to rehearse. So please don't be late or we cannot begin! Once complete, classes will rehearse in the following order each day:

- |  |                        |                               |                             |
|--|------------------------|-------------------------------|-----------------------------|
| <b>Wed 18<sup>th</sup> October (Wed Inters):</b> | 1. Tap (Ms Naomi)      | 2. Hip Hop (Mr Taylor)        | 3. Contemporary (Mr Bailey) |
| <b>Sat 21<sup>st</sup> October (Mon Inters):</b> | 1. Ballet (Ms Donna)   | 2. Jazz (Ms Sarah)            |                             |
| <b>Sun 22<sup>nd</sup> October (Sat Inters):</b> | 1. Ballet (Ms Donna)   | 2. Contemporary (Ms Angelica) | 3. Jazz (Ms Angelica)       |
|  | 4. Hip Hop (Mr Taylor) |                               |                             |

## What to wear to rehearsals on each day?

Arrive to all rehearsals wearing bodystocking, tights (if applicable – see below), leotard (if applicable), black shorts & White MAPA T-shirt. A Dressing Gown or jacket can be worn over the top to keep warm.

**Wednesday 18<sup>th</sup> October** - students in all three classes, arrive wearing tan tights and Footles Contemporary Tights in their bag.  
- students in Contemporary and Hip Hop but NOT Tap, arrive wearing Footless tights.

**Saturday 21<sup>st</sup> October** - students in Ballet & Jazz, arrive wearing Tan Tights underneath Ballet Tights  
- students in one class only, arrive wearing the tights specific to your class (see checklist).

**Sunday 22<sup>nd</sup> October** - students in all four classes, arrive wearing Ballet Tights only and have Footless & Tan Tights in their bag.

**Hair & Make-Up:** Make-Up is not required for rehearsals. Hair must be done neatly and securely with hair gel and no flyaway hairs. If you are in multiple classes requiring different hairstyles on a particular day, please arrive with the required hairstyle for the first class you will be rehearsing and ensure all hair/bun kit items are in your bag.

## CONCERT DETAILS: Saturday 21<sup>st</sup> & Sunday 22<sup>nd</sup> October 2023

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

**Sign-In:** 4:45pm | **Sign-Out:** After Concert in the foyer  
All performers must sign-in at 4:45pm for the concert and rehearse the finale on stage before the show begins. The doors will open for audience members to enter just after 6pm.

**What to wear:** Please arrive wearing skin tone bodystocking, leotard (if applicable), Black shorts & White MAPA T-shirt with all tights in bag. **All students wear their White MAPA T-shirt and black shorts on stage for the Finale (please don't forget these items!).** A dressing gown or jacket can be worn over to keep warm. Please don't wear your dance shoes on the street! NO jewellery or nail polish.

**Hair & Make-up:** Please arrive with hair and make-up done.

## CONCERT CHECKLIST

**All Classes:**

<input type="checkbox"/> MAPA T-shirt	<input type="checkbox"/> Black Shorts	<input type="checkbox"/> Skin-Tone Bodystocking or Underwear, crop/bra
<input type="checkbox"/> Hairbrush	<input type="checkbox"/> Hair Gel	<input type="checkbox"/> Hair elastics to match hair colour
<input type="checkbox"/> Healthy Snacks	<input type="checkbox"/> Drink Bottle	<input type="checkbox"/> Activities to do – eg. <i>Quiet Games, Books to read, etc.</i>
<input type="checkbox"/> Make-Up Kit ( <i>Includes Matte Foundation or Translucent Powder, Blush, Mascara, Brown &amp; White Eyeshadows and Lipstick</i> )		

**All students performing require the items listed above PLUS their class specific items listed below**

<b>Ballet:</b>	<input type="checkbox"/> Ballet Shoes (Canvas)	<input type="checkbox"/> Leotard (Girls)	<input type="checkbox"/> Ballet Tights (Girls) / White Socks (Boys)
	<input type="checkbox"/> Navy Leggings (Boys)	<input type="checkbox"/> Bun Kit ( <i>Includes Hair tie to match hair colour, Bun Nets, U-Pins &amp; Bobby Pins</i> )	
<b>Jazz:</b>	<input type="checkbox"/> Jazz Shoes	<input type="checkbox"/> Leotard (Girls)	<input type="checkbox"/> "Fiesta" Tan Tights (Girls) / White Socks (Boys)
<b>Tap:</b>	<input type="checkbox"/> Tap Shoes	<input type="checkbox"/> Leotard (Girls)	<input type="checkbox"/> "Fiesta" Tan Tights (Girls) / Black Socks (Boys)
<b>Contemporary:</b>	<input type="checkbox"/> Foot thongs (optional)	<input type="checkbox"/> Leotard (Girls)	<input type="checkbox"/> "Energetiks" Salmon Pink Footless Tights
	<input type="checkbox"/> Bun Kit ( <i>Includes Hair tie to match hair colour, Bun Nets, U-Pins &amp; Bobby Pins</i> )		
<b>Hip Hop:</b>	<input type="checkbox"/> White Hi-Top Sneakers	<input type="checkbox"/> White Socks	

**PLEASE LABEL EVERYTHING CLEARLY!!!**

# HAIR & MAKE-UP INSTRUCTIONS

## WHAT TO WEAR & BRING ON THE DAY:

Please refer to the Photo Day Checklist. If you're child attends multiple classes on one day, they should arrive in the required Hairstyle and Uniform for their first class and have all other checklist items in their dance bags. **Dancers who attend both Ballet & Jazz...** please arrive wearing Tan Tights underneath Ballet Tights, to speed up the time it takes to change over to Jazz costumes. No skirts or shorts please. This will make it easier when changing & avoid items getting lost.

## HAIR

### High Ponytail (Jazz, Tap & Hip Hop)

On very damp hair thoroughly apply a thick gel to the roots to slick the hair and make it workable. After applying gel and with hair still damp, brush back and up and secure with a strong hair elastic (or two) into a ponytail at the back crown of the head so that you can see the top of the ponytail when looking directly at the dancer from front on.

### High Ballet Bun (Ballet & Contemporary)

First secure hair in a ponytail as described above. Then, depending upon the length of the hair, twist hair and begin wrapping in a circle around the elastic. Apply a bun net and ensure all hair is trapped inside the net. Wrap the excess bun net underneath the bun to conceal it. Use your fingers to then squish and blend the hair out to create a large flat circular bun. Press the bun against the head and begin to secure first with U-pins and then bobby pins until there are no loose or unsecured areas of the bun. You may need more bobby pins to secure any loose strands of hair such as above ears or at the nape of the neck. Then, apply more gel and/or hairspray to keep everything in place. Please do NOT USE hair donuts.

## MAKE-UP

It is important to recognise that stage lights are exceptionally bright and will wash out all facial features if no makeup is applied. Stage makeup serves to counteract the reflective glare on the skin and to accentuate the facial features and expressions of our dancers, ensuring their visibility to the audience.

**Step 1: Foundation** Apply a matte finish foundation or translucent powder to the entire face and blend down neck.

**Step 2: Eyebrows** Fill in the brows using eyeshadow or brow pencil. This step is very important for blonds and those without light coloured brows. Use a colour that is a shade darker than the natural brows.

**Step 3a: Eyeshadow (upper lid)** Apply a medium brown eyeshadow to the eyelid, darkest at the lash line and fade it out as you reach the crease. Apply a white shimmer shadow to the brow bone to highlight and blend. Optional: Use an angular liner brush to apply black shadow/eyeliner along the top lash line ONLY.

**Step 3b: Eyeshadow (lower lid)** Using a thin eyeliner brush, sweep a line of medium brown eyeshadow from the outside corner of the eye and in towards the middle of the lower lashes. This will make the eyes look bigger on stage. Blend so as not to have a harsh line. Stay away from dark colours under the eyes, to ensure you have a softer look.

**Step 4: Mascara** Have your dancer sit up very straight and look down with their eyes (head stays lifted). Gently lift their eyelid with one finger. Have them blink a few times to practice before mascara wand is used. Keep wand parallel to lash line and sweep colour through lashes starting at the base. Remind dancer to blink so that eyes don't water. Only apply mascara to top lashes. Make sure you use a water-resistant, sensitive eyes formula black mascara. Avoid waterproof mascaras as they are very harsh to remove from young, sensitive eyes.

**Step 5: Blush** Place blush brush at hairline just below cheekbone and sweep UNDER cheekbone. Make sure to use a small enough blush brush on her tiny cheeks so that blush line does not go lower than the lip line. Otherwise, your little dancer will look like they've got a sunburn! Blend. Blend. Blend. Oh yes, and please, no "apples of the cheeks" clown blush.

**Step 6: Lipstick** Finish off with lipstick shade "Crimson" by Hemp Organics or a similar colour that you already own. A lipliner pencil is optional but can be used to colour in the lips first which will help lipstick stay on for longer.

## HAIR & MAKE-UP INSTRUCTIONS - BOYS

Hair should be neatly styled off the face with gel. Makeup is also recommended for Boys. Minimal makeup should be worn to stop the bright lights washing them out. Base foundation or translucent powder to take away shine, light bronzer to highlight the cheekbones and black mascara on the eye lashes.