

Aimee's Academy of Dance Competition Etiquette 2026

Dear Parents and Dancers-

This information is for all our dancers and their parents and competition guests. These are just some basic competition etiquette rules that everyone attending under Aimee's Academy of Dance's name should be following.

1. **Finding your seats:** Never, ever, move through the theater when a performance is on stage. If you come in the door and a performance is happening, stand in the back until the performance concludes. Once it is over, quickly move to your seats before the next performance takes the stage. The same goes for leaving your seats. If there is a performance onstage, wait until it ends and then quickly find the closest door and exit the theater. (Of course, somewhere like the Palace, which is bigger, you can move about the rear orchestra a little more freely). Other studios may not be following this rule of etiquette, we at Aimee's Academy do.
2. **Talking in the theater:** Please avoid any conversations while performances are happening. Obviously talking is fine in between dances and during judges' breaks, but not during performances. Please use the lobby if you want to talk to someone.
3. **Talking about other studios/performance:** Please make sure you do not discuss other studios in a negative way at any point, this includes costumes, performances, and behavior.
4. **Phones:** Please make sure phones are on silent and that you have your brightness turned as low as possible if you are going to be on them in the audience (Although try not to). Your phone lights can be seen onstage and it is VERY distracting to performers. Same with book lights (yes this is for me). Take these items to the lobby or far back of the theater when in use.
5. **Dressing Rooms:** Sometimes we get our own room, and sometimes we have to share. We ask that parents wait outside the dressing room when they are not helping get the dancers ready, set-up, or taken-down. It gets very crowded in some of the spaces so the fewer humans in the space, the better. Moms, if you cannot be there on a particular day and your child needs help with costume changes/makeup/hair, please make sure to send another woman or ask another mom ahead of time as dads/men are not allowed in the dressing area at any time.
6. **Arrival Times:** Please be mindful of arrival times. Dancers should be at the competition 1.5 hours prior to the time I specify for their dance routines. Competitions sometimes run ahead. I try to get to competitions when they open so that I can send group updates and will do so as necessary.

7. **Team Support:** Our team needs to be there to support the other members of their team. Dancers are expected to be at (Group) competitions to watch every performance that their team members are in, regardless of if they are performing that day. I have been lenient with this in the past few years due to covid and our girls being younger, but our girls are all old enough now to be at all the dances (Obviously they do not have to stay for awards that they are not a part of). It makes a HUGE DIFFERENCE to have a SUPPORTIVE and LOUD crowd cheering you on when you are on stage. The energy changes for a performer that has a support system. And this also goes for dancers that like to hang in the dressing room. If you have members of your team onstage, you are EXPECTED to be in the audience cheering them on. Parents, you can work this out by talking to other moms about carpooling or taking turns staying for routines your child is not in. (the only 2 exceptions this year will be Starquest for the older girls who have DT comp on Saturday-although if you are done early you should make your way over as soon as possible if we have routines and Reverb for the girls going to prom on Saturday). You were asked to block off these weekends over the summer and any conflicts should have been brought to me at this point.
8. **Eating/Snacks:** When you need to leave to eat breakfast/lunch/dinner (sometimes all three), it is important that you are mindful of teammates' dances and awards. Sometimes it is best to order pizza or takeout and get it delivered/ubered or have a parent go grab the food and bring it back. Remember to always pack snacks and plenty of water for the day in case you don't have a chance to leave.
9. **Use this time:** Being a dancer isn't just about being in the studio, it is also about observing people onstage. So watch the competition. You can use your free time to make a list of songs you may like for next year's solo, ideas for costumes. Find a dancer that stands out and study what makes that person so fun to watch.
10. **Be kind:** Make sure to thank the backstage workers, people that hand you awards, judges if you come face to face with them, ushers in the theaters, people at the concessions and merchandise stands (And your parents, girls). Make sure to wish good luck to the person or people before you or after you and make sure to tell those coming off stage what a good job they did. It's a long day/weekend for everyone and we can all use a little appreciation.
11. **Clean up: Always leave your space CLEANER than how you found it.** Food wrappers, bobby pins, safety pins, hangers, bags and garbage should be cleaned up. Wipe down your surfaces when you leave. Our dressing area should always look better than we found it when we leave. Make sure the same happens in the theater. Pick up after yourself!

Competition Dancer Checklist

When preparing for competition please make sure your dancer always has plenty of the following things. Our suggestion is to buy a makeup bin or tupperware container to hold everything.

1. Bobby pins
2. Safety pins (of all sizes)
3. All your makeup for touch up. Please note, girls should NOT be sharing makeup. Sharing makeup causes spread of illness.
4. Dance earrings
5. Hair elastics (all sizes)
6. Hairspray
7. Hair gel (for flyaways)
8. Comb/Brush
9. Static guard
10. Stain remover pen
11. Small package of wet wipes
12. Nail Polish remover- NAIL POLISH IS NOT ALLOWED FOR COMPETITION
13. Scissors/small sewing kit
14. Double stick tape
15. Butt glue
16. Water, water, water
17. Snacks
18. Headphones/ipads/phones to entertain in between dances
19. Chargers
20. Book to read or homework
21. COSTUMES
22. Tights
23. Dance shoes (Bring them all)
24. At least two pairs of every style of tights (we always get runs)
25. Correct bras for your costumes (I DO NOT WANT TO SEE BRAS)/Boob tape (amazon or walgreens)
26. Dance underwear (Dancers should never wear underwear during competition. But should there be a need for monthly purposes please make sure they are DANCER, TAN, NO LINE underwear)
27. Rhinestone clips