

Complete Costume List 2019
Cold Lake Adv. 1

dance name: Overdrive (jazz)

costume: black/silver one piece

hairpiece: none

accessories: none

hair: low slick straight ponytail with center part

makeup: standard competitive

jewelry: standard competitive rhinestone stud earrings

tights: tan footless

shoes: tan half soles (pirouettes)

underwear: nude bra with clear straps (this costume is extremely see through at the back so I honestly would suggest cups, taping, no bra if possible, or try to hide the back of your bra to the best of your ability....all the black straps at the back will camouflage things to an extent...sorry!)

props you bring: none

props Fame brings: none

dance name: Survival (contemp)

costume: black/nude one piece

black high waisted shorts (the ones I ordered NOT your own..don't forget these)

hairpiece: none

accessories: none

hair: messy bun mohawk (picture sent to group chat)

makeup: standard competitive

jewelry: standard competitive rhinestone stud earrings

tights: tan footless

shoes: tan half soles (pirouettes)

underwear: nude bra with clear straps

props you bring: none

props Fame brings: none

dance name: Hairspray (variety)

costume: yellow dress

hairpiece: none

accessories: white gloves

hair: two straight pigtails (not directly on sides of head but back further - pic sent to chat)

makeup: standard competitive

jewelry: standard competitive rhinestone stud earrings

tights: tan footless

shoes: white hip hop shoes

socks: white frilly ankle socks

underwear: nude bra with clear straps

props you bring: HAIRSPRAY CAN - if you forget this you will not dance that section.

props Fame brings: doorway, large hairspray cans, TV

dance name: Meet The Plastics (hip hop)

costume: denim jeggings

white tank

pink jacket

hairpiece: none

accessories: pink hat

hair: down and as straight as possible

makeup: standard competitive

jewelry: standard competitive rhinestone stud earrings

tights: none

shoes: white hip hop shoes

socks: white LOW ankle socks

underwear: nude bra with clear straps

props you bring: none

props Fame brings: none

dance name: Valse (ballet)

costume: royal blue/white tutu

royal blue arm bands (2)

hairpiece: gold tiara

accessories: none

hair: high flat classical ballet bun (yes use hair net every time)

makeup: standard competitive

jewelry: standard competitive rhinestone stud earrings

tights: ballet pink FOOTED tights

shoes: ballet pink slippers with criss cross elastics
underwear: nude bra with clear straps

props you bring: none
props Fame brings: none

EXTRAS (solos/duos etc)

You are responsible for your costumes, accessories, props etc.

You can choose your own hairstyle, makeup, whether or not you want to wear tights, whether or not you dance barefoot or with half soles.

If you're unsure of something please ask.

Helpful reminders/additional things I suggest to keep in costume suitcase:

- nude underwear bottoms is the best idea in all costumes - hot pink undies under a slick costume is not a good look ;)
- extra clear straps for bras
- always pack extras of everything if possible (tights, half soles). Even if your practice half soles are ripped pack them just incase. A ripped half sole is better than nothing if you lose a good one.
- always pack black practice shorts (can be worn under hip hop pants) and extra neutral sports bras **JUST INCASE**. This helped me as a dancer if I needed to wear something under something in a rush.
- absolutely **NO** nail polish, toes included if your toes show at all. French tips or nude only if you desperately need to have nails. Otherwise you will be picking off your nail polish in the practice room, or going to the nearest salon to have them filed off :)
- I bring **NO** extra accessories or props. You are responsible for replacing an accessory if lost. (white gloves, Hairspray can, any additional hairpieces)
- If you show up missing something important (ex. Hairspray can) you **WILL NOT** dance that section...if it's something big (ex. hip hop jacket) you will not dance the whole dance.
- **FIRST AID SUPPLIES:** KT tape, A535, muscle spray, Advil, glucose tablets/candy/ some form of sugar, bandaids, tennis balls to roll out a problem muscle etc. Be responsible for your health/injuries.
- peanut free snacks
- extra hair supplies of all kinds

***be selfish when unpacking/packing your things at venues. Make sure YOU have what YOU need BEFORE helping someone else. This is how things get into other peoples bags.**

***be selfish when quick changing. Make sure YOU are changed and ready BEFORE helping someone else.**

***INITIAL the inside of ALL your items if you are worried.**

***DO NOT PUT SOMETHING IN YOUR BAG IF YOU “THINK” IT’S YOURS. YOU HAVE TO BE SURE.**

***I will pick up anything left behind after shows/comps but I DO NOT check change rooms.**

***When packing - check your bag THOROUGHLY TWO NIGHTS BEFORE YOU LEAVE HOME. If you text me less than 24 hrs prior to your dance time I can’t do anything to help you, and chances are I’m already busy at the venue.**

All that being said I understand things happen and of course I will do my best to help in any situation, but having a lot of dances = a lot of physical and mental responsibility.

Make the girls pack for themselves so they understand what they have/need. They’re all old enough and have done this enough times now. After they pack, then check to make sure they actually do have everything. This is good for them!

Hopefully this essay/checklist helps in some way. The less you worry about having things the more you can focus on LIVING YOUR BEST LIFE ON THE STAGE! Yes?

Mucho Love

Brianna