



Star Bound Dance Company 2024 Competitive Teams Stage Rehearsals

Welcome to your 2024 Competitive Team Stage Rehearsal Information Package! Stage Rehearsals are for **ALL SBDC Dancers** who will be competing in any or all competitions this season. This is one of our favourite times of the year, and we cannot wait to get the ball rolling.

Stage Rehearsals are additional training time, although based on theatre availability, we do sometimes have to alter or cancel classes at the studio to accommodate the schedule. **Stage Rehearsals take place at Bert Church Theatre in Airdrie.** This is our dance team's chance to get on a stage with proper wings, preparation areas, lighting, and seating. For our smallest dancers, it is a chance for them to experience a stage with their teacher, set their routines, talk about spacing, experience lighting, and build confidence. For our older dancers, it is a chance to check choreography, spacing, set stunts, work with props, and make sure their routines are staged properly. It is a massive advantage to use this space and be on stage prior to our students' attending competitions.

Stage rehearsals are done in regular, but required, dance attire that our students normally wear to their weekly classes. Students must have clean proper tights, the appropriate shoes and must have their hair done in a professional manner. The competitive group aspect of dance is a **team sport** so being unprepared does not just affect the single dancer but their entire team and their coaching staff. Being on time, focused and prepared puts everyone at ease and shows respect towards one's teammates, one's coaching staff, and oneself.

We do not use our stage rehearsal time to worry about costumes. Costumes, hair, and makeup for competition are covered in house at SBDC where we are not paying for a facility and trying to utilize stage time. Every moment our students have for stage rehearsals is important, so we try to have our students as focused as possible.

Stage rehearsals are closed to parents. Parents must drop off and pick up their dancers, however, they are not permitted into the theatre during the rehearsals. Teachers, students, assistants and class helpers organize and run the rehearsals along with the Bert Church Theatre staff. This is to keep our dancers focused, put them at ease with their familiar teaching staff, **and to utilize time efficiently.**

Students should arrive to their stage rehearsal 15 minutes early. A parent volunteer will check them off at the side door entrance to Bert Church Theatre (we are not permitted to use the front main doors) and they will be escorted into the theatre to await instructions from their teachers. **Students should only have a small dance bag with a water bottle and their dance shoes.** Please have them dressed in their dance attire with their hair done before you arrive. Fuzzy onesies are a dancer's godsend! It keeps them warm, doesn't mess their hair when being taken on and off, and protects their tights.

2024 Stage Rehearsal Dates and Schedule (ALL rehearsals take place **at Bert Church Theatre**)

Thursday March 21st

5:15-6:00	Primary Tap	"Minions"
6:00-6:45	Primary Jazz	"Pop!"
6:45-7:30	Grade 3 Ballet	"Be Our Guest"
7:30-8:15	Competitive Acro	"Bell Hop Boogie"
8:15-9:00	Intermediate Accel Ballet	"Masquerade"
9:00-9:45	Intermediate Accel Jazz	"Let's Go"

Friday March 22nd

5:15-6:00	Junior 3 Jazz	"My Boyfriend's Back"
6:00-6:45	Junior 2 Jazz	"Polka Dot Bikini"
6:45-7:30	Competitive Hip Hop	"Car Wash"
7:30-8:15	Non-Exam Jazz	"On Broadway"
8:15-9:00	Non-Exam Hip Hop	"Boom Boom Pow"
9:00-9:45	Intermediate Accel Hip Hop	"Get Loud"

Sunday March 24th

9:15-10:00	Grade 2 Ballet	"Heavenly"
10:00-10:45	Grade 1 Ballet	"Lullaby"
10:45-11:30	Non-Exam Ballet	"Someone You Loved"
11:30-12:30	Senior Accel Ballet	"The Arena"
12:30-1:15	Competitive Lyrical	"Forever Young"
1:15-2:15	Int/Sr Accel Acro	"Fathoms Below"
2:15-3:00	Competitive Small Jazz	"Poppins"
3:00-4:00	Senior Accel Jazz	"Feeling Good"
4:00-4:45	Level 1 Tap	"Bippity Boppity Boo"
4:45-5:30	Level 3 Tap	"ABC"
5:30-6:15	Senior Accel Tap	"Tiny Violin"
6:15-7:00	Intermediate Accel Tap	"Bills"

Sunday April 7th

9:15-10:00	Grade 3 Ballet	"Be Our Guest"
10:00-10:45	Inter Accel Lyrical	"Not About Angels"
10:45-11:30	Senior Accel Small Ballet	"Opulence"
11:30-12:15	Inter Accel Ballet	"Masquerade"
12:15-1:00	Senior Accel Open	"Once Upon A Time"
1:00-1:45	Grade 2 Ballet	"Heavenly"
1:45-2:30	Senior Accel Hip Hop	"Nicki"
2:30-4:00	Musical Theatre Production	TBD
4:00-5:00	Not Designated Yet	