COSTUMES

* Costumes
* Tights (All colors/foot style)
* Jewelry / Accessories
* Dance Shoes
* Adhesive / Strapless Bra
* Booty Shorts
* Pasties
* Black socks
* Glasses Strap

MAKEUP

* Eye Liner
* Eye Shadow
* Mascara
* Makeup Primer
* Foundation
* Concealer
* Blush
* Fake Eyelashes
* Eyelash Glue
* Glitter (Red & Silver)
* Lipstick (all colors needed)
* Makeup Remover / Wipes
* Brow Gel
* Makeup Brushes
* Setting Spray
* Sharpener

HAIR PRODUCTS

* Brush / Comb
* Hair Ties (must match your hair color)
* Clear Elastics
* Hair Spray / Gel
* Hair Glue
* Bun Maker
* Bobby Pins (Meta-Grip…must match hair color)
* Spray Bottle
* Teasing Comb

BEAUTY & HYGIENE

* Tampons NO PADS
* Glasses / Contacts
* Toothbrush, paste, floss etc.
* Baby Wipes
* Q Tips
* Tweezers
* Tissues
* Cotton Balls
* Deodorant
* Lotion
* Nail File, clippers, etc.
* Nail Polish Remover
* Mirror
* Chapstick

EMERGENCY

* Sewing Kit
* Body Tape / Glue
* Scissors
* Lint Roller
* Jewelry repair kit
* Safety Pins (All Sizes)
* Every kind of tape & glue
* Baby powder / Baby oil
* Extra Shoe Laces & Elastic
* Tide To Go Pen

FIRST AID

* Athletic Wraps / Tape
* Ice / Heat Packs
* Braces
* Neosporin
* Clear Band-Aids
* Alcohol pads / sanitizer
* Every kind of med. You might need (headache, belly, allergy, cough, nose, cold, flu, motion, etc)

ORGANIZATION

* Garment Rack
* Garment Bags
* Hangers
* Write Your Name on Your Stuff in Sharpie

MISCELLANEOUS

* Clear Nail Polish
* Comp Schedule
* Your Schedule
* Ziploc Bags
* Trash Bags
* Sharpie / Highlighter
* Pen / Pencil

BEFORE & AFTER

* Team Warmup
* Underwear / Bra
* Socks
* Street Shoes
* Hoodie / Coat

What to eat to be at your best

As a parent, it’s your job to make sure your dancer makes healthy food choices. This is especially important before competition and between performances. Sugar is essential to provide your dancer’s body with adequate energy to. However, there are good kinds and bad kinds. Here are some of our favorite healthy snacks to help your dancer kill it on stage and avoid burnout, fatigue and/or sickness before their next dance:

**Healthy Snacks**

* Water and Sports Drinks – aim for hydration and electrolytes
* Bananas
* Oranges
* Peanut Butter
* Trail Mix – real trail mix, not a bag of M&Ms with a handful of nuts and raisins
* Protein Bars
* Granola Bars – again, watch the sugar content and chocolate coating
* Fruit Smoothies
* Dairy, such as cheese, milk and yogurt – good **small amounts** (avoid completely if sensitive to dairy)

**Healthy Meals**

* Chicken
* Sandwiches (usually offered on site)
* Vegetables
* Sweet Potatoes

**Foods to Avoid**

* Carbonated Beverages
* Caffeine
* Candy
* Cookies
* Fried Foods
* Large Meals
* Heavy carbs, such as pasta and white rice

RULES & Expectations

**Be a Good Sport**

This applies to your teammates **and** other studios. We expect to see lots of high fives and hugs and hear “good job” or “I really liked your dance.” Mean, malicious, rude or discouraging behavior of any kind will not be tolerated. If you witness behavior by a Creations dancer that is not representative of our studio values and expectations, please report to Miss Shannon or Miss Sheryl immediately.

**Know Your Team - It’s Bigger Than You Think**

Of course, you know who’s going on stage with you. But remember, your team also includes your coaches, parents and family, family and parents of other Creations dancers, dancers on other Creations teams, friends, etc. We are all here to support each other and we are all feeling a lot of the same things. If you’re stressed, chances are other people on your team are too. That means you should probably thank your mom for giving up her front row parking spot to get you Avanti’s instead of making you eat nasty looking cafeteria slop instead of yelling at her for forgetting to ask for no lettuce.

**Be Conscious of Your Teammates**

As part of a competition team, everything you do affects the other members of your team. We are all here to hold each other up, help each other and of course, win that Platinum. If you are aware of something that is or will affect the performance of your team, offer to help yourself or tell someone else who can. If you are running late, having a costume malfunction, need help putting your makeup on, think you broke your ankle, so on and so forth… **BE HONEST** and **ASK FOR HELP**. We can’t help you or prepare your team if we don’t know there is a problem.

**Support Your Studio**

Imagine if your solo was the last one on Sunday night. You nailed it and won a Platinum, but no one was there to see it except you, your parents and your coach. We are all tired and want to go home when our dances are done. Of course, we understand if you have other sports or family obligations, but please try to imagine what it would be like if it was you. Stay if you can. Support your studio. Give other dancers the attention and support you would want.

**Practice Practice Practice**

It is your job to keep track of sporadic practices between performances at competition. Missing these practices could mean costing your team the award you’ve all worked so hard for. If you aren’t sure, ask your coach or another parent or student.