



# 4S Dance Academy's 2025 MARCH PRODUCTION Performance Packet



## Guidelines for the Performance Day

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# Parent Guidelines

*We want to make sure the performances go as smoothly as possible.  
Here are a few things you can do to prepare yourself and your dancer for the day!*

## **ARRIVE ON TIME & READY TO GO**

Please do all that you can to arrive 20 minutes before your students' call time to park & walk to the check-in. We understand this may not be possible coming from school for the Dress Rehearsal. Arriving early and prepared is the first step toward a wonderful recital experience. Make sure your dancer has used the restroom before leaving the house as bathrooms are limited!

## **CHECK-OFF THE CHECKLIST WITH YOUR DANCER**

We've included a checklist and guidelines to help you help your dancer pack their dance bag, care for their costumes, apply appropriate makeup and create that amazing ballet bun. Your dancer knows practice and repetition is key, so apply that philosophy to your bun making efforts and have fun practicing together!

## **TALK WITH YOUR DANCER**

Please prepare your dancer for what to expect. Topics to discuss: be respectful to other dancers, chaperones & staff, no eating in costumes, being quite backstage, no running/playing, etc. Let them know the adult chaperones, check-in staff, and Mr. Jason can contact their parents if an emergency arises. You are only a text away.

## **BE "IN THE KNOW"**

Here are a few important details that are often overlooked, causing parents frustration:

- **Tickets:** Tickets went on sale mid February. You may purchase tickets [online](#), over the phone or in person at the [Box Office @ California Center of the Arts, Escondido](#). Please know you must purchase a ticket for each show you plan on attending. Students who want to watch from the audience will need a ticket.
- **Seating:** Reserved seating.
- **Dress Rehearsal is closed:** Parents must check their dancer's in at the security table, located on the back side of the theatre. The theatre seats will be closed and no one is allowed backstage or in the dressing rooms during the dress rehearsal, except dancers, 4SDA staff & approved volunteers (i.e. chaperones).
- **Backstage is closed:** No one is allowed backstage or in the dressing rooms during the shows, except dancers, 4SDA staff & approved volunteers (i.e. chaperones).

**No Photography or Videography:** The theatre has a very strict policy and we agree. Please do not film or take pictures during the performance. We love our parents, but we know the excitement can cause parents with the best intentions to leave the flash on, stand in front of other people and simply distract their own child from performing. We have contracted a theatre approved Photographer & Videographer. They are pros and they will get the best shots of the dress rehearsal and footage of the performance, while you simply enjoy watching your dancer shine on the big stage!



# DRESS REHEARSAL @ CCAE

## Thursday, March 13th 2025

California Center of the Arts Escondido  
340 N Escondido Blvd, Escondido, CA 92025

(Plan ahead, download the Performance Packet for directions & parking info)

**PLEASE NOTE:** Dress rehearsals are CLOSED to eliminate distractions & delays. Parents will not be able to stay watch. Enjoy the surprise of watching the performances!

**Students must arrive on time, in FULL HAIR and MAKE-UP (without Lipstick).** Please label their lipstick with their name and bring it in a plastic bag. Always a good idea to put their name on everything! They will apply lipstick before they go on stage. Dancers should already be dressed in their nude leotards with clean, pink tights and should wear something comfortable and easy to take off over their leotard (e.g. a comfy zip up tracksuit).

**3:15 PM : CALL TIME FOR 1<sup>st</sup> SHIFT SECURITY & CHAPERONES**

**3:30 PM : CALL TIME FOR ALL POPPINS** (We know students may come directly from school and may arrive a little late)

**5:45 PM : CALL TIME FOR JOURNEY TO NEVERLAND**

**6:30 PM : PICK UP FOR POPPINS STUDENTS**

**8:30PM - 8:45 PM : PICK UP JOURNEY TO NEVERLAND**

# **7pm SHOW @ CCAE**

**Friday, March 14th 2025**

**4:45 PM : CALL TIME FOR 1<sup>st</sup> SHIFT SECURITY & CHAPERONES**

**5:00 PM : CALL TIME FOR D5 - 7 (WARM-UP)**

**5:45 PM : CALL TIME FOR ALL POPPINS**

**6:30 PM : CALL TIME FOR JOURNEY TO NEVERLAND**

**Intermission : PICK UP FOR POPPINS**

**(Please email us whether your student will stay backstage for the 2nd act. Students may stay backstage until the end of the show, but we need to know how many.)**

**End Of Show: PICK UP FOR ALL REMAINING STUDENTS**

# **2pm SHOW @ CCAE**

**Saturday, March 15th 2025**

**11:45 AM : CALL TIME FOR 1<sup>st</sup> SHIFT SECURITY & CHAPERONES**

**12:00 PM : CALL TIME FOR D5 - 7 (WARM-UP)**

**12:45 PM : CALL TIME FOR ALL POPPINS**

**1:30 PM : CALL TIME FOR JOURNEY TO NEVERLAND**

**Intermission : PICK UP FOR POPPINS**

**(Please email us whether your student will stay backstage for the 2nd act. Students may stay backstage until the end of the show, but we need to know how many.)**

**End Of Show: PICK UP FOR ALL REMAINING STUDENTS**

# PERFORMANCE DAY CHECKLIST ✓

Students must arrive promptly at their call time, ready for a fantastic Dress Rehearsal and Performance! Some students may not make their exact call time as they are coming straight from school. That is okay! Students should arrive at the theater with their hair and makeup ready (Chaperones will help assist with reapplication only.) Dancers should arrive in their tights and leotard with warm ups over, and may change into costumes backstage.

## PRO TIPS!

Pack the dance bag the night before the dress rehearsal!

Nude leotards allow dancers to quickly change in a car, backstage and on the go!

Dancers should wear crocs, warm up boots, or open toe sandals, as they can wear their ballet shoes or jazz shoes inside them! Chaperones will help younger students into their costumes and shoes. Zip up sweaters/jackets help avoid messing up hair and makeup and should be worn when eating. Avoid spills on the costumes!

## ✓ CHECKLIST

- ◻ Costume(s) with headpiece(s) and/or accessories given and un-seamed tights
- ◻ Footwear (ballet shoes, pointe shoes, jazz shoes, etc.)
- ◻ Hair Supplies (hair ties, bobby pins, hair net, hair spray)
- ◻ Make-up for reapplication (We recommend a lip stain rather than lipstick to avoid messes, blush, etc.)
- ◻ Plenty of Water and DRY Snacks to avoid mess. NO NUTS PLEASE!
- ◻ Books or other simple activities to do during waiting time
- ◻ Zip-up top (sweatshirt, sweater); it can get chilly backstage!
- ◻ Sandals, crocs, or socks that can be worn over ballet slippers/footwear

**Please talk with your dancer!** Be sure to prepare your child about what to expect and help them understand they must listen to their chaperones and teachers. Have them use the restroom before they leave home and/or before putting on their costumes.

**Please double check and label your dancers dance bag, and be sure to label *everything* that you can as things often get left behind, mixed up and borrowed while in the theater!**

**Contact us with any questions / concerns.**

We are happy to help you make this a wonderful experience!

# PERFORMANCE DAY MAKEUP AND HAIR GUIDELINES

*Please note, this guideline is designed to assist you in this process.  
Do not be concerned if your dancer's hair and makeup are not perfect, just do your best!*

**ALL students must arrive in full hair and makeup, *EXCEPT* lipstick.** Please have your student bring their *OWN* lipstick in a ziplock bag with their name on it (a **red** lip stain is preferred for long coverage and to avoid messes) so they can apply after they are in costume and are ready to go on stage.

## **HAIR**

**Ballet Buns:** Please do not use a bun maker / donut for hair. All buns should be a flat, ballet bun that peeks over the top of the head rather than placed on the top. This is for consistency of all dancers and so all headpieces fit properly. All students must wear hair in a clean, high bun with NO center or side part. Use a hair net that matches hair color to collect any stray hairs as needed. Be sure to use spray and/or hair gel as needed.

Note: Hairstyles and costume extras are listed in the Costume Extras Attached!

## **NAILS**

Please, no colorful nail polish or acrylics. Clear polish & natural looking nails are acceptable for performances.

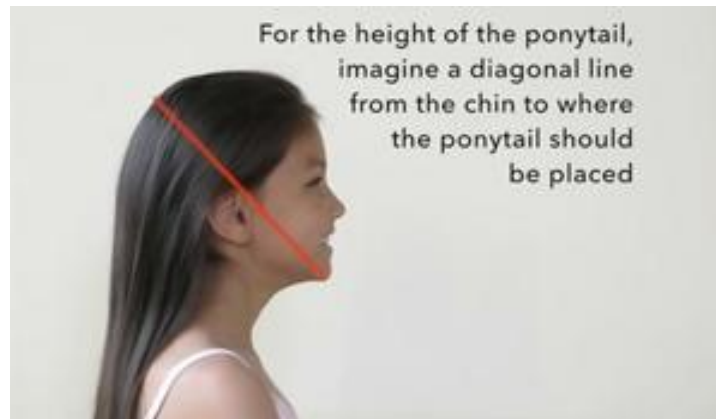
## **MAKEUP**

**All students need stage makeup to help the audience (and cameras) see their eyes!**

- Use a matte foundation and powder. Nothing shiny as that looks like sweat onstage!
- Use matte, neutral browns for eyeshadow and brow contouring. Again, nothing shimmery and no
- glitter!! Use a light shade as a base all over the lid and just under the eyebrow, a medium color just above lashes, and a dark color for eyebrows and lid crease. Check out this blog if you need a tutorial: <http://kathrynmorganonline.com/the-basic-stage-eye/>
- Use a black eyeliner for both the top lid and bottom. On the top lid, draw a thick line along the lashes that extends slightly upward at the end as a “wing”. Make sure the “wing” is not too long, it should not be a flat line or one that droops as that will make eyes appear sad onstage. Bottom eyeliner does not need to be as dramatic, just enough to shape the eye.
- Apply a generous amount of black mascara (*ALL FEMALE DIVISION 3, 4, 5 & 6 STUDENTS should wear FALSE EYELASHES. It makes a huge difference on stage! Be sure to apply mascara AFTER lashes are on and have dried*)
- Use a pinky blush to define cheekbones
- Use a red lipstick (use a darker red rather than an orange/red) or a lip stain if possible for long coverage. Students should bring their makeup in a labeled plastic baggie to the theater. They will apply lipstick and retouch as needed after they are in costume and ready to go on stage.

# HOW TO MAKE A CLASSICAL BALLET BUN

Step 1



Step 2



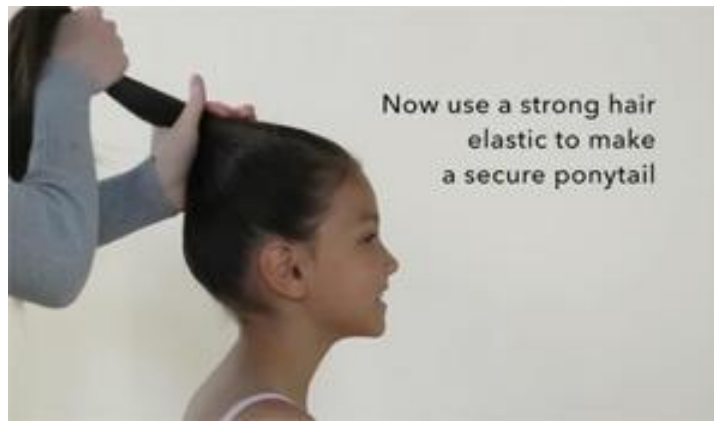
Step 3



Step 4



Step 5



Step 6



Step 7

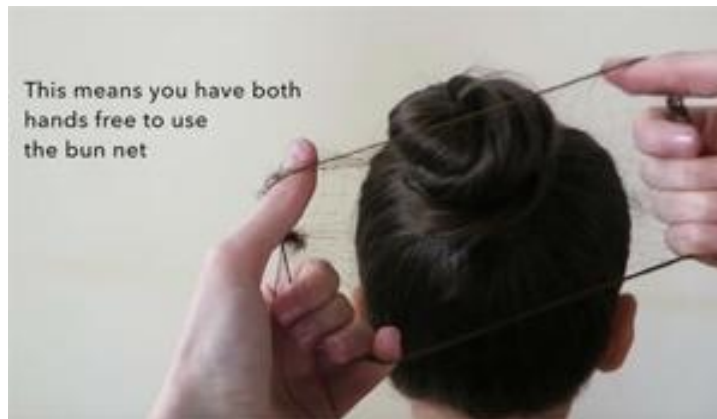


Step 8





## Step 9



## Step 10



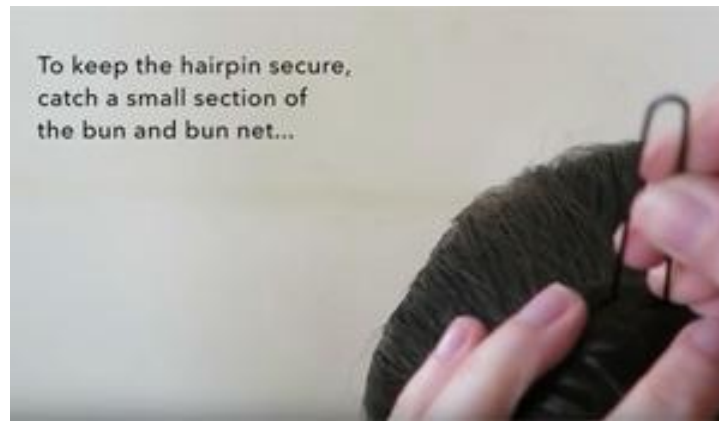
## Step 11



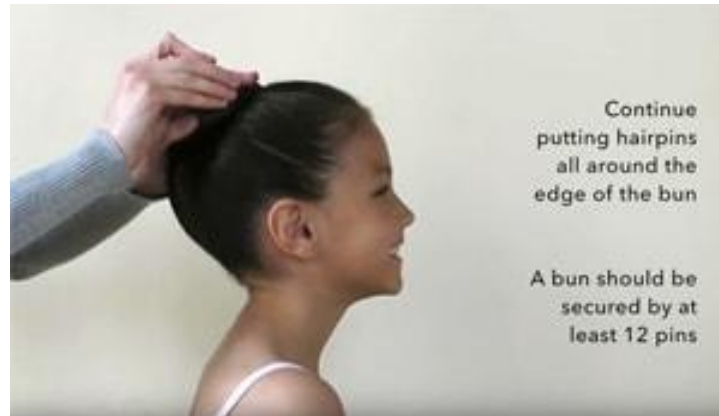
## Step 12



### Step 13



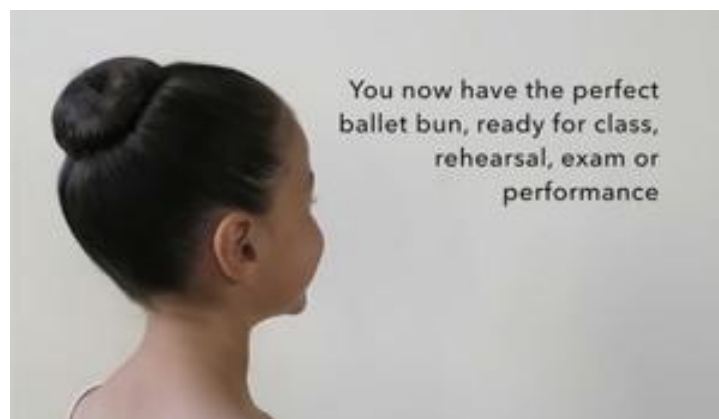
### Step 14



### Step 15



YAY!!!!!!



# **DIRECTIONS TO CCAE PARKING & DROP-OFF**

California Center for the Arts, Escondido  
340 North Escondido Boulevard, Escondido, CA, 92025

## **FROM SAN DIEGO**

1. Head North on I-15
2. Take exit 28 for Centre City Pkwy/S Centre City Pkwy
3. Continue onto Centre City Parkway/S Centre City Pkwy
4. Turn right onto W Grand Ave
5. Turn left onto N Escondido Blvd & drive past CCAE (which will be on your right)
6. Turn right into the large parking lot and follow the directions on the Campus Map to the Center Theatre Security Check-In/Out.

## **FROM COASTAL NORTH COUNTY, ORANGE COUNTY & LOS ANGELES**

1. Take CA-78 E towards Escondido
2. Take exit 17C for Centre City Parkway
3. Merge onto Centre City Parkway
4. Use the left 2 lanes to turn left onto W Washington Ave
5. Turn right onto N Escondido Blvd
6. Turn right into the large parking lot and follow the directions on the Campus Map to the Center Theatre Security Check-In/Out.

## **FROM RIVERSIDE AND INLAND ORANGE COUNTY**

1. Head South on I-15
2. Take exit 32 to merge onto CA-78 E toward Ramona
3. Take exit 17C for Centre City Parkway
4. Merge onto Centre City Parkway
5. Use the left 2 lanes to turn left onto W Washington Ave
6. Turn right onto N Escondido Blvd
7. Turn right into the large parking lot and follow the directions on the Campus Map to the Center Theatre Security Check-In/Out

# CHECK IN/OUT - CAMPUS MAP

## SECURITY TABLE

The Security Check-in/Out is accessible by car for those with handicap placards or who need extra help to unload / load their dancer. Please note the parking and loading zone is VERY small and will easily be impassable if there are too many cars trying to drop-off their dancers. PLEASE only use this option if you have a handicap placard or truly need the extra help! Contact the Studio Office for directions and instructions on how to access the drop-off area.



## Campus Map

