

Sebastopol Ballet Nutcracker



Performance Handbook for Dancers & Parents

*For more information email
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(Revised November 2015)

Welcome to the Sebastopol Ballet's production of "The Nutcracker."

These professional caliber performances are a highlight of the holiday season for the performers, their families, and our community. For the dancers, sharing in the production builds confidence, friendships, and a sense of pride as well as lasting memories.

Your participation in fund raising and all aspects of the production will make this performance an event to cherish. Choreographers, dancers and parents work side by side towards a common goal of providing a spectacularly entertaining show for our patrons. Together we share in the joy of a job well done!

In order to facilitate this production, we ask for your commitment in attending all rehearsals on time and by following the guidelines that are listed in this handbook. As you practice and prepare yourselves, remember to smile and think happy thoughts of Sugar Plums and Dancing Snowflakes!

Thank you parents and dancers for all your hard work and support.

GENERAL INFORMATION

Each person must have these items for their OWN use:

- ☞ hair brush and/or comb
- ☞ extra elastic hair nets
- ☞ hair bands, hair pins, bobby pins
- ☞ hair spray and/or gel
- ☞ kleenex
- ☞ Q-tips
- ☞ make up for touch ups
- ☞ safety pins
- ☞ makeup remover
- ☞ wet wipes for clean ups
- ☞ deodorant
- ☞ extra tights

Due to Health Dept. regulations, there is to be no sharing of any above products.

- ☞ All dancers provide clean tights for each performance and new ballet/pointe shoes.
- ☞ Underwear is unattractive when seen under a costume - if it shows, don't wear it.
- ☞ AN OLD, OVER-LARGE SHIRT W/BUTTONS FOR COSTUME COVER UP & PROTECTION IS A MUST!
- ☞ As there is some sitting around, younger children may want to bring books, cards or other quiet games that may be shared with friends.
- ☞ Remember to put names on everything including containers and to double check to be sure all goes home with you
- ☞ Things get lost or even stolen so it is important to provide a large enough ballet bag to hold your items in one place. Keep all your things in your assigned group space.
- ☞ Be sure costumes are hung up after use. Label inside of costume with masking tape & pen as needed. Labeled clothes pins on hangers can make identification easier.
- ☞ Fast costume changes are NO excuse for throwing costumes and hair pieces on the floor. Ask a friend to help and also offer to help someone with their costume.
- ☞ Each performer must come to the theater with hair and makeup ready for the first scene they are in –or– arrive early enough to allow time to apply makeup at the theater. Hair and makeup requirements are listed in this book for each group.
- ☞ General info for hair: all hair needs to be clean and pulled firmly back using spray or gel. No bangs! No clips or pins showing. No fly away hair, i.e. "wispsies".
- ☞ If you need help with hair or makeup, please let us know so arrangements can be made in advance.

GENERAL HYGIENE

- ☞ Shower, wash hair, brush teeth and use deodorant.
- ☞ Apply make up to a clean face.
- ☞ Make up must be applied at home before coming to the theater –or– arrive early enough to allow time to apply makeup at the theater.
- ☞ Make up need not be applied heavily for good stage presence.
- ☞ Apply make up as described below, either “full stage” or “light stage” as directed.
- ☞ Read “Putting on a good face.”

WARM-UP CLASS

There is a mandatory warm-up class for all, except Angels, Lambs and Little Fairies, which is held before each show. Dancers must arrive at the theater early enough to allow time to attend the warm-up class, apply makeup and do hair before the show begins.

FOOD AND DRINK

In accordance with our agreement with the Analy Theater management (and to preserve our expensive, handmade costumes), NO food or drink may be consumed in the theater, stairs or hallways. There will be a designated area in the dressing room (Analy cafeteria) where food may be consumed, but it is not allowed in the rest of the dressing room.

Bottled water is the ONLY exception to bring with you.

During the Tech and Dress Rehearsals, you may not have food out in the lobby/hallway area - outside only!

- ☞ Eat before coming to the theater.
- ☞ Remember it is impossible to get stains out of costumes, especially at the last minute. It has your name on it; we will know who to charge for cleaning or a new costume!
- ☞ The Sugar Plum Party food is for our patrons.

**PICK UP YOUR TRASH - band aid wrappers, bobby pins, empty water bottles – EVERYTHING!
EVERYTHING! EVERYTHING!**

PARTY GIRLS

Dancer will provide for performance:

- ☞ Black flat ballet shoes
- ☞ Black satin ribbons sewed on shoes (as on pointe shoes)
- 4 ribbons, each 36" long, 7/8" wide -
- ☞ Pink seamed tights (Body Wrappers in Ballet Pink; A45 for adult, C45 for child)
- ☞ Old fashioned coat, shawl or cape and muff if possible

Hair: 1/2 front up with no bangs. Back in ringlets and curls.

Makeup: full stage (see drawing)

For rehearsals:

- ☞ Wear hair 1/2 up as above (ringlets not needed)
- ☞ A circle skirt over leotard that fits snugly at the waist and is at least 6 inches from the floor
- ☞ Bring a doll or stuffed animal

PARTY BOYS

Dancer will provide for performance:

- ☞ Black jazz shoes
- ☞ Black tights

Hair: in a bun, no bangs, all hair tucked into cap

Makeup: light (see drawing)

For rehearsals:

- ☞ Hair in bun
- ☞ Black jazz shoes
- ☞ Loose fitting shorts with a back pocket
- ☞ Rubber snake provided by us.

BIG MICE

Dancer will provide for performance:

- ☞ Pink tights
- ☞ Pink ballet/pointe shoes

Hair: in a bun, no bangs.

Makeup: N/A

BABY MICE

Dancer will provide for performance:

- ☞ Light pink tights (Body Wrappers in Ballet Pink; A45 for adult, C45 for child)
- ☞ Pink ballet slippers (Bloch Synchrony #SO625 –or- Zenith #SO282; L for adult, G for child)

Hair: in a bun, no bangs

Makeup: N/A

SOLDIERS

Dancer will provide for performance:

- ☞ Black jazz or ballet shoes.

Hair: In a bun, which will go under their hat.

Makeup: light (see drawing). Paste on red cheeks provided.

LEAD SNOW & SNOW FLAKES

Dancer will provide for performance:

- ☞ Pink seamed tights (Body Wrappers in Ballet Pink; A45 for adult, C45 for child)
- ☞ New or very clean ballet/pointe shoes.
- ☞ White or pink kick pants, or nude leotard.

Hair: in a bun, no bangs, no loose ends.

Makeup: full stage (see drawing). Body glitter applied lightly.

ANGELS

Dancer will provide for performance:

- ☞ Light color tights (quick change Lambs/Starfish may wear the black from costume)

We provide the shoes.

Hair: Braided the night before, so hair is wavy.

Makeup: light stage (no foundation). Add glitter to cheeks.

LEAD FAIRIES

Dancer will provide for performance:

- ☞ Pink seamed tights (Body Wrappers in Ballet Pink; A45 for adult, C45 for child)
- ☞ New or very clean pointe shoes.

Hair: in a bun, no bangs, no loose ends.

Makeup: full stage (see drawing)

SUNBEAM FAIRIES

Dancer will provide for performance:

- ☞ Clean pink tights (Body Wrappers in Ballet Pink; A45 for adult, C45 for child)
- ☞ New or very clean Pink ballet slippers (Bloch Synchrony #SO625 –or– Zenith #SO282; L for adult, G for child)

Hair: in a bun, no bangs, no loose ends.

Makeup: full stage (see drawing)

LAMBS

Dancer will provide for performance:

- ☞ Black ballet or jazz shoes.
- ☞ Black tights.

Hair: in a bun, no bangs, no loose ends.

Makeup: light stage (see drawing). Black nose triangle.

GINGER SNAPS

Costumes

- ☞ Provided – shoes, socks, etc.

Hair: two tightly braided french braids. Help available if notified in advance.

Makeup: light stage (see drawing).

LILACS

Dancer will provide for performance:

- ☞ Pink seamed tights (Body Wrappers in Ballet Pink; A45 for adult, C45 for child)
- ☞ New or very clean pointe shoes
- ☞ Pink or white kick pants, or nude leotard.

Hair: in a bun, no bangs, no loose ends.

Makeup: full stage (see drawing)

SWEET PEAS & BUDS

Dancer will provide for performance:

- ☞ Pink seamed tights (Body Wrappers in Ballet Pink; A45 for adult, C45 for child)
- ☞ New or very clean Pink ballet slippers (Bloch Synchrony #SO625 –or– Zenith #SO282; L for adult, G for child)
- ☞ Pink or white kick pants, or nude leotard.

Hair: in a bun, no bangs, no loose ends.

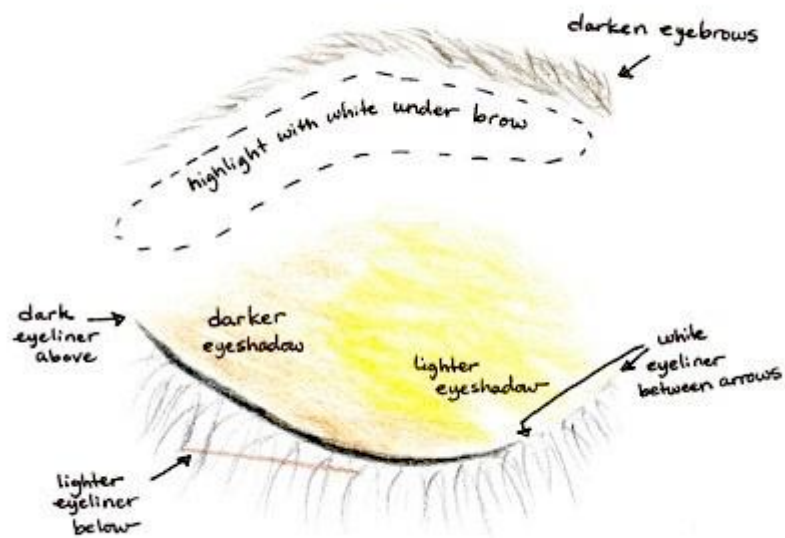
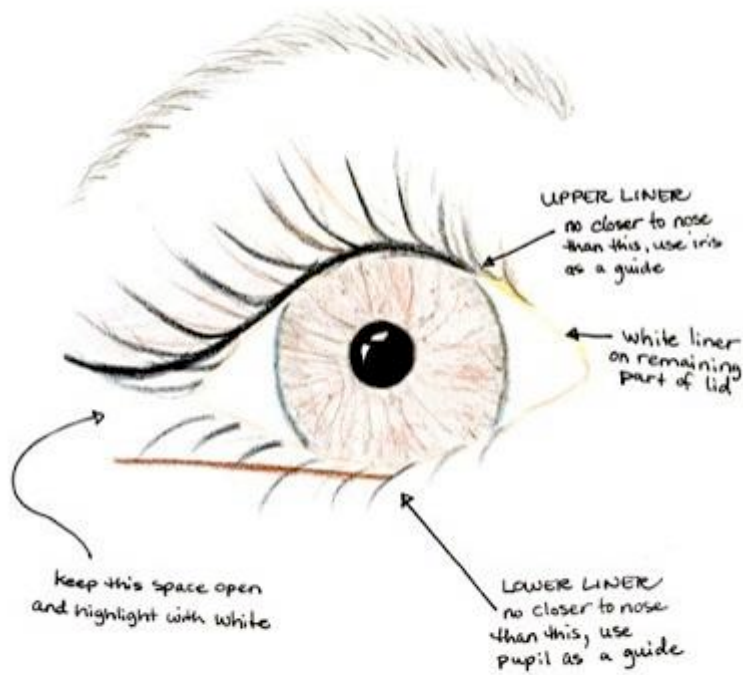
Makeup: full stage (see drawing)

FULL STAGE MAKE UP

- ☞ Foundation.
- ☞ Rosy colored blush.
- ☞ White eyeshadow.
- ☞ Brown/mauve/golden eyeshadows.
- ☞ White eyeliner.
- ☞ Chocolate or black eyeliner.
- ☞ Chocolate or black mascara.
- ☞ Lip liner, mauve.
- ☞ Red lipstick (attend makeup tutorial or contact Larkin to see the exact color needed).
- ☞ False half-lashes for oldest dancers (and lash glue, Duo is a good brand).
- ☞ Translucent/setting powder.

LIGHT STAGE MAKE UP

- ☞ Foundation (Angels and Lambs do not need foundation).
- ☞ Rosy blush.
- ☞ White eyeshadow.
- ☞ Brown/mauve/golden eyeshadows.
- ☞ White eyeliner.
- ☞ Chocolate or black eyeliner.
- ☞ Chocolate or black mascara (Angels and Lambs do not need mascara).
- ☞ Lip liner, mauve.
- ☞ Dark pink lipstick (two shades darker than your natural lip color).
- ☞ Translucent/setting powder.



Tips: To make the eyes appear further apart, start the black eye liner from the inside of the iris to the outside of the lid, on both upper and lower lids. Add a white line on the opposite side of the lid.

DOs AND DON'Ts

DO OBEY THE ADULTS IN CHARGE!
DO Have all your supplies together and labeled.
DO Eat BEFORE arriving at theater.
DO Bring bottled water only.
DO Come wearing deodorant.
DO Come with clean hair.
DO Come with full makeup on or allow time to apply makeup at the theater.
DO Come with hair in correct style for 1st piece.
DO Hang up your costume after each performance.
DO Check that your shoes, ribbon, bows and ties are securely fastened.
DO Leave all money, jewelry at home - yes everything!
DO Remove nail polish.
DO Be polite and respectful to everyone around you.
DO PICK UP YOUR GARBAGE!
DO Entertain your audience!
DO Have a great time and dance your little toes off!

DON'T... Chew gum or even bring it with you.
DON'T... Wear jewelry.
DON'T... Eat in your costume without a proper cover-up.
DON'T... Share brushes or make up.
DON'T... Have food in the dressing room, auditorium, or the back stairs.
DON'T... Eat the Sugar Plum Party food.
DON'T... Ignore adult's comments; they are there to help you.
DON'T... Throw or scatter costumes/hair pieces on the floor
DON'T... Be late for mandatory warm up class.

If you have a problem of any kind, please talk to the adult in charge of your group in the dressing room. She will determine the correct action to take.

Cooperating together will ensure the best Nutcracker yet!