



**IMPORTANT**

## General Costume Information

(this information is also posted on our website)

- Costume **MUST be tried on right away** to check size and be sure all accessory pieces are included. Check for Headpiece.
- Costume size is determined by measurements. They come in small, medium, large etc, so closest size is ordered. If your dancer is in between sizes, the larger size is ordered to allow growing room. Costumes can be made smaller not larger.
- Costume size alterations costs are your responsibility, but we can give suggestions on how to alter to fit your dancer and offer a name of a seamstress if needed.
- If you have concerns about your costume please contact us to make an appointment.  
**Regina studio:** contact us by email      **Lumsden studio:** please call 306-949-6104

### Legwear

- Proper Legwear is required for each costume, this can be found on the “Costume & Stage Information” charts.
- No runs, holes etc. can be worn on the stage. If you need to purchase a pair of tights you will need to purchase local dance stores. Full footed tights will be Mondor #310 at local stores. Please speak with a salesperson for replacing other legwear styles you may need.
- Absolutely NO underwear (panties) to be worn under costumes, tights only.

### Hair and Make-up

- **Hair Styles worn for each costume will be indicated** and found on the “Costume & Stage information” (not hair style shown in picture)
- Please refer to Team Color/Class to find your Costume/Hair information.
- Please refer to our website to find links to our youtube tutorials (see below) that will give you step by step instructions to create your proper hairstyle. (Bun, Ponytail, attaching a ponytail wig)
- Information is also available on how order ponytail/pigtail wig hairpieces but these are optional, order early if you choose this option.  
**Curly Hairpieces** - [www.cheerleaderhairpieces.com](http://www.cheerleaderhairpieces.com)      *Recommended products:* Youth Spiral ponytail, Original Teen spiral or Piggies pigtail set for younger dancers (under age 9)

### **STAGE MAKE-UP:**

- Stage Makeup is required **for all dancers** as stage lights wash out natural color. Youtube tutorials can be found on our website (see below).
- **Stage Make-up should include:** (see pictures below)
  - Eye shadow - Brown colour to crease of lid with white under brow area, this will make the eyes show up
  - Black - Eye Liner - making fish tails coming out from corner of eyes as shown
  - Blush/rouge - Red or Burgundy colour not a light pink
  - Red lipstick - do not use light colour or frosted, these do not show up on stage
- Hair and make-up are to be done whenever dancer is performing on the stage under bright lights. For our class picture day, slightly lighter make-up can be worn.



Eye Shadow



Eye Liner



Blush



Lipstick



## Hair & Makeup Tutorials -

Makeup - <http://youtu.be/r4XHdYSDu54>

Hair Supplies - [http://youtu.be/s\\_hf3QCT3g8](http://youtu.be/s_hf3QCT3g8)

Long Hair - [http://youtu.be/voaB-Fv9e\\_U](http://youtu.be/voaB-Fv9e_U)

Short Hair - <http://youtu.be/0sJwz5SMRo4>

## Jewellery/Nail Polish

- Absolutely NO jewellery, earrings etc of any kind to be worn unless it is part of your costume or requested by your teacher.
- NO nail polish should be worn on stage.

It is very important that all dancers look the same as their teammates. Please refer to your “costume information chart” (posted on our website “Costume & Stage Info”) and talk to your instructor if you need any guidance.

Ensure your dancer is ready by following the instructions for your costume for competition, pictures & performances.

Thank you      Dance Plus Staff