



# Make-up, Hair Styles & Hairpieces Information:

this is also posted on our website

Many students will require curly ponytail or buns for their hairstyle for performances on stage (this will be indicated on our website News/Info Costume/Stage Info). Some parents would prefer to be stress free from curling hair so might consider purchasing a hairpiece for their child. Here is a couple of options for you and information on how to make a nice classical bun.

**Curly Hairpiece (optional):** (this is a U.S. company) order early!

This is only a suggestion to you, just like ordering from any website you may encounter problems.

1. **www.cheerleaderhairpieces.com** (studio office does have a color swatch if interested)

Several parents have ordered from this website and they seem to be reasonably priced and seem to ship quickly if in stock. We suggest the "Youth Spiral Curls" style for the Junior and older students and the "Spiral Pigtales" for the Pre-school & Combo students which would allow for a smaller hairpiece and also two options for hair. We also hear that a local store "All About Dance" or Dancer Den was selling hairpieces last season but not sure about this year or do we know their costs.



"Pigtails - spirals"



Youth/Teen "Spirals"



**NOTE:** Hairpieces may also be purchased locally in Regina. Dancers Den carries Hairpieces and can also check other dance stores such as Soles & Suits, All About Dance.

## **If your child is wearing a hairpiece you must:**

- first child must have their hair in a bun to secure hairpiece
- attach hairpiece on top of bun and then secure hairpiece with bobby pins into the bun, DO NOT just put hairpiece onto bun without securing it with bobby pins as it will not stay

**Curly Ponytail:** If your dancer is required to wear a Curly Ponytail it must be

- placed high up on the crown of their head
- NO bangs are to be worn on the forehead, they must be gelled back
- Hair is to be curled in tight ringlets, use small pieces of hair and put hair product into hair to hold the curl

## **Buns:**

Here is a couple of tutorials that are good at explaining how to do a nice "classical bun"

1. Long hair watch [www.youtube.com/watch?v=EUVmm9tzZs4](http://www.youtube.com/watch?v=EUVmm9tzZs4)
2. Short hair watch [www.youtube.com/watch?v=mxCUDqQDJNI](http://www.youtube.com/watch?v=mxCUDqQDJNI)

Please see next pages for samples of hair styles  
& make-up for dance

- over page -

### Short Hair:

- if dancer has short hair that can not be pulled up into ponytail they must still pull all hair & bangs off their forehead using a circular comb, purchases at Walmart or drug stores.
- if possible please curl the back of the hair once pulled back to look similar if asked to wear Curly ponytail.



### Streaks / Coloured Hair: (not allowed in hair for performamnces)

- Dancers are not allowed to have bright colored hair or streaks in their hair for exams or competitions such as blue, purple, pink etc.
- If your dancer has colored streaks you will need to purchase a temporary stray that comes in natural hair colors that can be sprayed over the color.
- This spray "**Streaks n Tips**" will come out once hair is washed. You may purchase this spray at "**Sally Beauty Supply**" or speak with your hair stylist.



### Save Your Tights at competitions:

- Just a tip for parents that have children doing several dances at the competition. Students are not allowed to wear tap shoes in the dressing rooms or backstage until they dance.
- To save your tights from getting dirty or getting holes in bottoms of them a suggestion would be for students to wear a snug slipper or fuzzy socks over their tights while they are in the dressing room and then remove the socks and put into their dance bags just before they go up to the stage area.

### Competitions:

- For those students new to competition it may seem overwhelming. Please allow yourself lots of time to get to the competition and have your child ready in the dressing room at the time assigned on competition schedules sent out. The competition can not wait for dancers that are not ready. The time assigned is an approximate time, as we can not determine exactly what time your dancer will perform.
- There will be lots of dancers, parents etc at the competition, finding a parking space may be sometimes a problem especially if groups are performing, there may be line-ups at the door to enter the auditorium as everyone wants to watch their child, allow yourself extra time. There will be an admission charge to watch the competition for everyone sitting in a seat (have cash for admission charge), this cost will vary each competition.
- Upon arrival proceed to the dressing room area to locate the Dance Plus area. Please have your child wait there for their teacher and more members of their group. You are then free to go watch or make arrangements to get your dancer after they have performed. Parents can not wait in the dressing room areas.
- Consider yourself to be at the competition for the remainder of the session in which your child competes. Each session runs approximately 3 hours and we can not determine the exact time that your child's group will perform. Each group will only dance once during the weekend, either a morning, afternoon or evening session.

If you have any questions about competition please contact us, we will be glad to answer your questions and clarify any confusion for you

Thank you

Dance Plus Staff



## Samples of Hair Styles



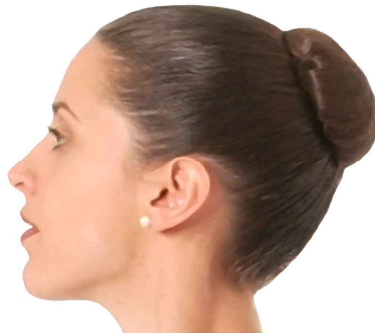
**High Curly Ponytail – tight ringlets**  
(hairpiece optional)



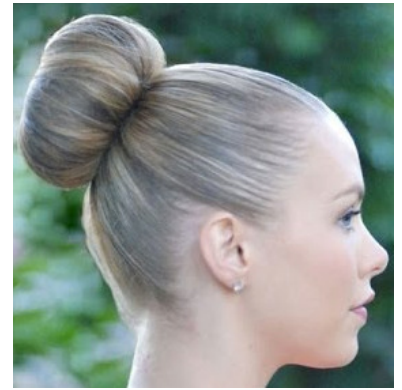
**Curly pigtails**  
(hairpiece optional)



**Straight Ponytail -**  
use a curly iron  
“Straightener”



**Classical Ballet Bun**



**Sock Bun**



**Messy bun - bun is OK**  
but sides must be  
slicked back



**French braid**  
sides must be  
slicked back



**single french braid**  
sides must be  
slicked back



# **Competition – Eye Make-up:**

- Eye Make-up for competition should be similar to pictures posted here.
- Brown on the eye lid, lighter color on eye brow and eye lines out from the side of the eyes.
- Blush should be applied to the cheeks
- Red lipstick should be used as shows up better on stage.

Stage Lights will drain the color out of your dancer that is why we ask for makeup to be applied.

If your dancer absolutely cannot wear make-up we ask that you at least try to wear Blush and Red Lipstick.

**Eye Shadow**



**Eye Liner**



**Blush**



**Lipstick**

