

North Coast Dance Performer/Parent Frequently Asked Questions

We hope this will be useful to you. If you still have questions that aren't addressed here, please let us know at nccostumes@gmail.com, and we will include your question in the next version. This document is also available on the web site under ACADEMY -> REHEARSALS as a searchable PDF.

What door should my dancer use to enter the theatre?

Sometimes we will ask you to use the front doors of the theatre on G street. Usually, for performances, we will ask you to use the stage door in the alley right near the Redwood Bank parking lot. We will always send information about how to enter the theatre when we send you the rehearsal and performance schedule.

Where do I park at the theatre?

There is ample street parking. Just make sure you observe posted signs so you don't get a ticket.

Does my dancer have to sign in and out at the theatre?

YES! This is for your safety! We need to know where your child is at all times. Please check in when you arrive. When you pick up your dancer after the show, we will only release them to a parent. If you are planning to have another person pick up your dancer, please email Eliza at northcoastdance@sbcglobal.net.

What should my child bring with them to dress/tech rehearsal and performance?

Please make sure your child has:

Clean tights and ballet shoes jazz, tap or pointe shoes.

A bun kit

A jacket or sweater (sometimes the weather changes a lot while we're in the theatre!)

A book, homework or other quiet amusement. (See: What should my child bring to the theatre to work/play with while they're waiting?)

A wrapped snack and water bottle are often a good idea (See: Can my child bring a snack? and Does my child get a dinner break?)

Please make sure all of your child's belongings are marked with their name. (See: My child lost something at rehearsal/performance)

My child lost something at rehearsal/performance

Items lost in the studio are placed in Lost and Found in the lobby. Items lost in the theatre will be held at the costumer's station back stage, until the last show closes. Then they are moved to the studio lost and found. Items left more than 90 days will be donated.

What should I do with my child's street clothes while they are in costume?

Your child's costume will be provided in a garment bag. We strongly suggest that your child's street clothes be placed in their garment bag until it's time to change back into them.

Should my child wear makeup?

Students in the following classes should arrive in the theatre with CLEAN FACES:

Creative Movement

KinderBallet

Intro to Ballet

Ballet 1

Ballet 2

Ballet 3a/b

Beginning tap

Beginning jazz

Please make sure they do NOT have makeup on. If they need makeup, it will be applied by the costume department at the theatre.

Dancers may NOT wear lipstick. Lip color must be applied by pencil, not stick, and then powdered. This is for the protection of the costumes. Clear gloss and vaseline may be used.

Dancers level Ballet 4 and above are responsible for applying their own makeup, unless NCD provides a makeup artist. NCD will have limited makeup and hair supplies at the theatre. We strongly recommend that dancers Ballet 4 and above each have their own makeup kit, for both artistic and health reasons.

No dancers should be wearing jewelry, earrings, nail polish or temporary tattoos.

See also: How should I do my child's hair?

How should I do my dancer's hair?

Prior to dress rehearsal, you will get an email with details about how to prepare your child. This will include information about how to do their hair. Usually it will say "high bun" or "low bun" or "flat bun".

A high bun is placed at the back of the head, as high as possible, but not on top! A low bun is placed at the nape of the neck. A flat bun is either high or low, but squashed as flat as possible to accommodate a headpiece.

Please make sure all the hair is pulled tight into the bun, and then tamed with gel and/or hairspray to prevent wisps from escaping. (Those little wisps are caught by the stage lights, and tend to look very messy!)

It's a good idea to watch this short **video** on how to do a nice looking ballet bun. NCD has "bun kits" available at the front desk in the lobby, which have everything you need to make a terrific bun, for \$3.

HIGH BUN



LOW BUN



WRONG! TOO HIGH!



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Will my dancer be provided with a leotard to wear under their costume?

If your dancer is required to wear a leotard under their costume, the costume department will provide it for the show. Please leave it on the rack after the run of the show is over. If a leotard is not required, but your dancer would like to wear one, you may provide your own. Please make sure it is a good match for their skin tone, and will not be visible under the costume!

Should my dancer come in costume?

Nope. Costumes are carefully managed by the costume department so pieces don't go missing! Costumes will be ready for your dancer when they arrive at the theatre, and must be returned to the costume rack at the end of rehearsal/performance.

Can my dancer bring snacks to rehearsal and performance?

Yes, it's advisable to have a simple, wrapped snack in your child's dance bag. HOWEVER, there is NO FOOD OR DRINK (except water) ALLOWED BACK STAGE! NOT EVEN FOR ADULTS.

Your dancer may eat in the studio lobby, or the theatre lobby (when the public is not there), but not back stage.

Will my dancer get a dinner break?

NCD will usually have a dinner break scheduled. It will be on the rehearsal/performance schedule that will be emailed to you.

Are family members allowed back stage?

Only family members who have volunteered in advance are allowed back stage. This is for the safety and security of all the dancers. We do encourage family members to volunteer backstage. It's a great experience for everyone, and the studio depends on your participation.

Does my dancer have to stay in costume the whole time?

It depends on which pieces your dancer is performing in, the show order, and the bow order. You will get all this information in an email just prior to dress rehearsal, and the official volunteers and costume department staff will know what your dancer needs to do, and will assist them.

Does your dancer have to stay for the whole show?

It depends on which pieces your dancer is performing in, the show order, and the bow order. You will get all this information in an email just prior to dress rehearsal, and the official volunteers and costume department staff will know what your dancer needs to do, and will assist them.

When is our call time?

You will get an email with all the information about call times, dinner breaks, which theatre doors to use, etc, prior to dress rehearsals and performances.

I can't find the email with the info I need. What do I do?

All of the information and schedules that are emailed to dancers and parents are also uploaded to the NCD web site. Please visit www.northcoastdance.org and click "Rehearsal Schedules". This info is usually uploaded within 4 hours of the emails being sent out.

Do dancers have a warm up before dress rehearsal and performances?

Dancers Ballet 2 and under usually do not have warm-up class. Dancers Ballet 3 and up usually will have warm-up classes. You will get times and locations of warm-up classes in an email just prior to dress rehearsal,

Should my dancer bring water?

It's a good idea to have a bottle of water in your dancer's bag. NCD also tries to make bottled water available back stage.

Do I need to buy tickets to the show?

If you want to see the show, you will need to buy tickets. You will get an email with information about how to buy tickets as soon as they go on sale. Usually, you can also buy tickets at the desk in NCD's F street Lobby.

How long is the show?

This information will be included in your dress rehearsal and performance info email. Usually NCD's full length shows run about 90- 100 minutes with one intermission.

Will there be an intermission?

Usually NCD's shows have an intermission. This information will be included in your dress rehearsal and performance info email.

What time is the show?

All of the information and schedules that are emailed to dancers and parents are also uploaded to the NCD web site. Please visit www.northcoastdance.org and click "Rehearsal Schedules". This info is usually uploaded within 4 hours of the emails being sent out.

When are rehearsals?

If your dancer is in Ballet 3A/B or below, your dancer's rehearsals may be during class time for the Spring Show. Nutcracker rehearsals are usually scheduled outside of class. All of the information and schedules that are emailed to dancers and parents are also uploaded to the NCD web site. Please visit www.northcoastdance.org and click "Rehearsal Schedules". This info is usually uploaded within 4 hours of the emails being sent out.

Do I have to stay backstage with my dancer?

Only family members who have volunteered in advance are allowed back stage. This is for the safety and security of all the dancers. We do encourage family members to volunteer backstage. It's a great experience for everyone, and the studio depends on your participation.

If I volunteer, can I still watch the show?

Sorry, no. If you volunteer, you may not watch the show that day, you will need to be back stage for the entire show. Most parents volunteer one or two nights, and then get tickets to one of the shows their dancer is performing in. Volunteer sign-up sheets are located in the **F Street lobby**.

Can I take photos and video?

Sorry, no. Photography of any kind is not allowed in the theatre, or in the dressing rooms. This is for the protection and privacy of the dancers. On occasion, the dancers may visit the lobby in costume, and you may take photos of your dancer there. NCD provides a professional photographer and videographer, and those photos and videos are made available at a reasonable cost.

Is NCD supplying tights and shoes to go with the costumes?

Your dancer is responsible for bringing clean tights and shoes in the colors that they wear for class, for every performance. That is, for girls, pink tights and ballet shoes (or pointe shoes) for girls, black tights and ballet shoes for boys. If your dancer is required to wear any other tights or shoes, the NCD costume department will provide them. Please make sure your purchase your tights and shoes either at the NCD Boutique in the F Street lobby, or at Threadbare Dancewear in Arcata. That way, everyone's tights and shoes will match. If your dancer would like to wear tights that might be more appropriate to their skin tone, please contact the costume department to discuss.

What if my dancer misses rehearsal, dress rehearsal, or performance?

Please contact [Artistic Director Linda Maxwell](#) NCD right away if your dancer is going to miss a rehearsal, dress rehearsal, or performance. Depending on your dancer's role in the show, we will work out the best way to handle the situation.

My dancer can't do the show after all. Can I get a refund on the costume?

We're sorry. Costumes are either special order or custom made, and cannot be returned, so we cannot process a refund.

Does my dancer get to keep their costume?

Nutcracker costumes always remain with North Coast Dance. In general, dancers enrolled in Ballet 3A/B and below may keep their costume after the run of the Spring show. If your dancer has more than one costume, the costume department staff will let you know which one you may take. Please speak to a costume department staff member before you take ANY costume out of the studio or theatre for any reason!

When do I get my dancer's costume?

You may take home your dancer's costume at the end of your dancer's run of shows. Please speak to a costume department staff member before you take ANY costume out of the studio or theatre for any reason!

How do I know when rehearsals, run-throughs, and performances are?

All of the schedules are emailed to dancers and parents, and are also uploaded to the NCD web site. Please visit www.northcoastdance.org and click "Rehearsal Schedules". This info is usually uploaded within 4 hours of the emails being sent out.

Which shows will my child be performing in?

All of the schedules are emailed to dancers and parents, and are also uploaded to the NCD web site. Please visit www.northcoastdance.org and click "Rehearsal Schedules". This info is usually uploaded within 4 hours of the emails being sent out.

What's the best way for me to stay informed so I know what's going on?

Please make it a point to check your email EVERY DAY during the months prior to a show. Producing a show is a very complex process, and we try to keep you as informed as possible. Pretty much everything you need to know will be included in these emails. We try to provide schedules a week in advance, but sometimes there are corrections and/or changes, so please keep checking every day for updates. This information is also uploaded to the NCD web site. Please visit www.northcoastdance.org and click "Rehearsal Schedules". This info is usually uploaded within 4 hours of the emails being sent out.

What if my child is sick for rehearsal or performance?

Please call NCD right away to let us know. We will work with you to deal with the situation.

When does my child try on their costume for fitting?

Most fittings for Ballet 3A/B and under are done during class time. HOWEVER, there may be situations where we will ask you to come in for a special fitting. The costume department will contact you by email to schedule a time for you to bring your dancer in for a fitting. Please respond as soon as possible to these requests! Otherwise, your dancer's costume may not be ready for the show.

Who do I ask if I have other questions?

All of NCD's department heads are easily reachable by email. You can find their emails on the Contact page of the web site. Just pull the ABOUT menu down to Contact.

For schedule questions: First check the Rehearsal Schedules page on the web site. If you can't find what you need, call the main number and speak to a receptionist

For financial questions: Call the main number and speak to a receptionist - they may refer you elsewhere, but start with them - they can probably help you.

For costume/hair/makeup questions: email the costume department ncdcostumes@gmail.com

To volunteer backstage: Sign up in the F Street lobby, or email Eliza Klinger northcoastdance@sbcglobal.net

What should my child bring to the theatre to work/play with while they're waiting?

Waiting is an important skill for any performer, so it's a great idea to help your dancer learn good backstage waiting skills now. We strongly recommend that your dancer bring a book, homework, a puzzle, or some other NEAT and QUIET activity. PENS, CRAYONS, and other writing/drawing items are NOT allowed backstage, to protect the costumes and the dancers' belongings. Electronic media are allowed IF they are switched to silent, and headphones are used. NCD and the Arkley Center are not responsible for lost electronics.

Which dressing room will my child be in?

When you enter the backstage area, there will be signs posted directing your dancer to the appropriate dressing room. Please note that dressing room assignments may change from show to show. Make sure you check the directory, because your dancer may not be in the same dressing room that they were in for the last show. Staff will also post the running order in each dressing room. There will be volunteers and costume staff available backstage throughout the show to help your dancer with any concerns.

