

2022 CAPTAIN RESPONSIBILITIES

Classroom rehearsals and Competitions can easily become hectic and stressful for dancers, parents and teachers alike. Being calm and positive sets the tone and makes rehearsals and comp weekends more enjoyable for everyone. You are the main representative for your group, therefore responsible and accountable for their actions and for setting a positive tone in and out of the classroom. **Take pride in your position and take it seriously.** This position was not just handed to you; you earned it!

In Class/before Competition:

- Take attendance every week (see instructor to confirm this task)
- Make sure the group comes into class on time and doesn't stay in the lobby too long before or after a break between classes.
- Get music going if asked by the teacher
- Lead a review and recap from the week prior upon entering the classroom. Be aware of what is being reviewed, don't just go through the motions.
- Positively yell out counts/changes/reminders etc.
- Respectfully take control of the class if the teacher is busy.
- Count when someone needs to.
- Make final decisions about arms/heads/count discrepancies or ask the teacher and be responsible for remembering them in reminding your group.
- **Be constructive and helpful, not critical!**
- Constructive group pow-wows are always helpful when needed and cheering each other on while performing, especially if the energy in the room is down.
- Be as helpful as possible to the teacher; address excess talking/laughing/goofing off before the teacher needs to.
- If props are involved in the routine, assign classmates jobs to create a quick set up and tear down for all classes and rehearsals.
- Be sure to practice wall ons and walk offs.
- Review how garment bags are to be set up, all pieces to the costume, correct shoes, tights, jewelry and how hair is to be worn for the dance.
- Label ALL costume pieces and shoes.
- Make sure everyone knows what time to be at comp (2 hours before performance time) and know the order your dances are performing in.

At Competition:

- Designate a spot to practice. Be sure everyone knows where it is and when to be there. Leave a reasonable amount of time for yourselves to gather and review/run the dance before it goes on stage. Be aware of any quick changes that might not leave enough time for you to practice right before you head backstage; be prepared and know if you need to practice early.
- Have a copy of the music or a device to use to practice with.

- Lead a productive group stretch
- Practice the dance and go through any changes FULL-OUT.
- Review walk on and walk off prior to going on stage.
- Check to make sure everyone has their costume pieces pinned if applicable.
- Check to make sure everyone's hairpiece is placed correctly and if anyone needs hairspray.
- If the competition schedule does not allow time for a hair change, talk to the teacher for advice on what to do.
- Make sure everyone's make-up is fresh; do lipstick/blush check and reapply if needed!
- Check to make sure everyone has the correct undergarments, especially for hip hop (correct socks, nike pros, ect)
- Know your group's entry number and stage time!
- Know the number of people in your group and how many start on each side prior to walking backstage.
- Be aware of quick changes before and after.
- Kindly talk to the prop dads backstage before your dance goes on stage to see if they have any questions. Remember that they are helping out of the kindness of their hearts so do not yell or become upset if something goes wrong. They are there to support you, so do the same for them.
- Say the chant and pinkies in a circle before your performance. Do not disrupt others to create an obnoxious scene. The chant is a serious focus and coming together moment, so speak it that way.
- Make sure the group is not blocking any major hallways, dressing room doors, etc.
- Stay away from the wings before your dance.
- Bring any extra costume pieces you were given.

General reminders for everyone:

- Always have a positive attitude.
- Be polite and respectful towards other studios.
- Be aware that you are representing the studio at all times.
- Participation during awards is a must. Everyone is to be on stage, not in the wings, unless instructed by the competition to do so. We pride ourselves on great sportsmanship so be sure to cheer for ALL routines and make sure everyone from TMSOD is doing the same. Remind everyone about quickly and quietly standing for all 1st place overall awards. There are to be **no cell phones** on stage unless part of the media team and told to take pictures.