

Congratulations! You're Officially a Dance Parent

Welcome to the club, dance parents! Now that you've formally signed your child up for lessons and you've gotten all the pertinent information about the season, you are officially a dance parent at Backstage Dance Studio!

Being a dance parent introduces you to new lingo and a whole culture that you are now a part of. Here's the inside scoop on what you need to know for your new status:

Study up on your dancewear vocab - A **leotard** is the form-fitting bodysuit that dancers wear to class, and **tights** are worn underneath (kind of like pantyhose). **Leggings** are thick spandex similar to tights, **crop tops** are form fitting shirts worn for jazz and tap classes. **Ballet shoes** are usually pink for the girls and black for the boys and should fit snugly on your child's feet; don't buy them with room to grow! **Tap shoes** are the noisy ones, and **jazz shoes** look a little like slip-on ballet shoes, except with a small heel. Our Hip Hop dancers will want a **dedicated pair of black high top converse sneakers**, or comparable, for class time and shows.



Practice how to do a bun - A bun is the hairstyle we recommend for all ballet classes and most jazz classes, as it allows students to move freely without getting hair in their face. A quick Google or YouTube search will give you oodles of tutorials to choose from—or just ask us!

Pack a dance bag - Dance shoes, a water bottle, extra dancewear, and hair supplies ... all of these things belong in your child's dance bag. Please don't allow your child to wear their dance shoes outside; it's damaging to the shoe. Be sure to label EVERYTHING with your child's name or initials!



Learn about our year end performance -

Here at Backstage, we offer the opportunity for our students to perform. The Spring Show is when each class performs a routine onstage, in costume, and family & friends watch the show from the audience. Stay tuned **all year** to our emails and handouts for all the need-to-know recital info! We are announcing our theme and show name in December and can't wait to share with you!

Being a dance parent is pretty awesome! We hope this serves you well and helps you feel welcomed and prepared at Backstage. We're glad you're here!