



Wings of Time

a 20 year metamorphosis

Dragonfly Dance

Student Showcase 2024



Dress Rehearsal Guide

This guide is here to help ensure you are fully prepared and organised for a smooth and successful rehearsal. This dress rehearsal is your opportunity to feel confident and prepared for the performance day. It is also essential for the backstage team. Please take the time to read through these instructions so you can be ready for the day.

The guide is to be read in conjunction with the [General Performer Guide](#), available from the Showcase Performer page on our website (www.dragonflydance.com.au/showcase2024-performers)

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Schedule for the day

Dress Rehearsal Day call sheet	Please refer to the Call Sheet to give you an outline of the schedule for the day (available from the Showcase Performer page on our website (www.dragonflydance.com.au/showcase2024-performers) and at the end of this Guide.
Be on time	Please arrive 15 minutes before the dress rehearsal is scheduled to start. It starts at 1pm, so you need to arrive by 12.45pm.
Check-in	Upon arrival, check in with the person on reception to confirm your presence.

Backstage Team

Dress rehearsal is just as important for the backstage team as it is for performers. This is the time for everyone to practice their roles, so please be patient and flexible.

Stage Manager	Jo McDonald
Assistant Stage Manager	Krystal Venables
Audio Operator	John O'Neil
Backstage Manager	Owen Gray
Other backstage team members	Teachers and volunteers

Parking

Limited parking	Our studio's car park has limited spaces, so we encourage carpooling to help manage parking.
Carpooling suggestions	Meet at a nearby location like a supermarket carpark and drive in together if possible.
Plan ahead	Arrive early enough to find alternative parking if the studio carpark is full.
Drop-off option	If you can, arrange to be dropped off and picked up to avoid parking hassles.

Rehearsal Locations

Rehearsal venue	Dragonfly Dance Studio, 80 Anzac Highway, Everard Park
Performance space	Studio 1 will be setup and marked out with the stage dimensions and will be where you will 'perform' your dance
Changing areas	Studio 2 will serve as a changing room You can also get changed in private in one of the toilets and the office may be available for this as well One of the large toilets will be designated as a men's dressing room. It will be clearly labeled on the day.
Practice areas	You can practice in Studio 2 or the foyer

Warm-Up

Warm up before you dance	Please ensure you warm up your body appropriately before you dance in the rehearsal
Where to warmup	You can warm up in the usual warm up area, the foyer, or studio 2
What to do in a warm up	The objective is to get the blood flowing, the heart rate up, the muscles warm, and the joints lubricated. Perform dynamic movements and stretches (ones that move gently to the end of your range of motion, rather than ones that are held or extreme) Move all major joints (again, gently through your range of motion), such as neck, shoulders, spine, hips, feet) Dynamic stretches of major muscle groups in legs, arms, and torso

Entering the performance space

Performance space setup	<p>You will perform facing away from the mirrors (facing the carpark). This is to simulate what it is like to be in the theatre where you cannot see mirrors.</p> <p>The portable barres will be parallel to the mirrors with enough space between barres and mirrors for you to walk to the other side of the studio.</p> <p>The studio floor will be marked out with the same dimensions as the stage at the theatre.</p>
Entering	<p>You will enter through the door to Studio, then walk behind the barres to the Anzac Highway end of the studio.</p> <p>This puts you on 'stage left' (your left when facing the audience) which is where you will enter the stage.</p> <p>If your dance has been choreographed for you to enter Stage Right (to your right when facing audience) you will stay on that side.</p>
Exiting	<p>You will exit Stage Right, and then leave the studio through the door</p>
Timing	<p>Two dances before your group is due to perform, you will be called up to wait in a line (in order of your stage entrance) outside the studio door</p> <p>One dance before your group is due to perform, you will enter the studio and move into the place you need to enter the stage, so that you are ready to go onstage as soon as the previous group exits.</p> <p>You will exit the studio as soon as you have finished your dance.</p>

Rehearsal etiquette

Dress rehearsal is not just a practice for you as a performer, but also for the backstage crew, sound, and stage managers. To ensure everything runs smoothly, it's important to maintain professionalism and focus throughout the rehearsal. Here are some key points to follow:

Respect the schedule	<p>Be on time and ready for your rehearsal slot.</p> <p>Pay attention to when it is time for your group to get ready to dance.</p> <p>This helps the entire process stay on track and shows respect for everyone's time.</p>
Listen to the crew	<p>Listen to those who are running the rehearsal (this include the stage manager (Jo) and assistant stage manager (Krystal) in studio 1, and the backstage coordinator (Owen) and helpers in the other areas of the studio.</p> <p>There will be a lot going on, and we need people to be ready to listen. Please stop personal conversations when information is being given.</p>

Be prepared and organized	<p>Know your entrances, exits, and cues.</p> <p>Keep your costumes, props, and personal items neatly organised in your designated space so you can easily access them when needed.</p>
Stay focused and professional	<p>Treat this dress rehearsal as if it were the actual performance.</p> <p>Practice with the same level of energy, precision, and stage presence you will bring to the final show.</p>
Help others where needed	<p>If you see a fellow performer struggling with something like costume changes or makeup, and you can assist without disrupting your own preparation, offer a helping hand.</p>
Use waiting time wisely	<p>If you have a gap in your rehearsal time, use it to review your choreography, work on your technique, or rehearse in Studio 2 or the foyer.</p> <p>Avoid being idle or distracting others.</p>
Keep a positive attitude	<p>Be patient and flexible.</p> <p>Delays or changes may happen, and a calm, positive attitude will help everyone remain focused and productive.</p> <p>Treat your fellow performers, crew, and volunteers with respect and kindness.</p>

Costumes

Costume check	<p>Bring your complete costume to the dress rehearsal, including all accessories, tights, underwear, and shoes.</p>
Label your costumes	<p>Make sure every costume piece is labelled with your name to avoid misplacement.</p>
Use costume bags	<p>Consider using a costume bag to keep everything organised and protected. You can buy these from a dancewear supplier.</p>
Hanging space	<p>We do not have much space to hang costumes. If you have a transportable hanging rail, please bring it with you.</p>

Makeup

Refer to Page 4 of [Performer Guide](#)

Arrive with makeup done	Dress rehearsal is a full run-through of the performance, including makeup. Please arrive with your stage makeup already applied.
Practice beforehand	It's a good idea to practice your stage makeup a day or two before the rehearsal so you are confident in applying it.
Makeup kit essentials	Foundation or pancake (ideally, the foundation should be a shade or two darker than your skin colour)
	Eyeliner and mascara (false eyelashes are also encouraged)
	Eyeshadow (neutral tones with accent colours)
	Eye brow shadow or pencil (eye brows need to be darkened, lengthened and possibly thickened to be seen from stage)
	Lipstick (bold red)
	Blush or bronzer
	Disposable applicators (these are useful for hygiene reasons in the event that you share makeup) <ul style="list-style-type: none"> • Mascara wand • Blending sponge • Eye shadow applicators • Lipstick applicator These can be purchased from Priceline or Chemist Warehouse for about \$5–\$10.
Makeup remover and cotton pads or wipes for easy clean-up afterward.	
Assistance with makeup	If you have experience in stage makeup and are willing to assist others, please let us know in advance (email support@dragonflydance.com.au) or on the day.

Nails, Jewellery, and Tattoos

Refer to Page 10 of [Performer Guide](#)

Nails	If you have shellac nails, ensure they are in a neutral shade (eg, nude, soft pink). If you already have bright nails, you can temporarily paint over them with nude nail polish, which won't damage the shellac.
Jewellery	All jewellery, including wedding rings, must be removed. It's best to leave these at home. If something cannot be removed, cover it with neutral-coloured tape (K tape – kinesiology tape – is useful – you can buy it from a chemist)

Hair, Tights, Footwear, and Underwear

You need to have your hair, tights, footwear, and underwear as you will for the performance, which are detailed in the [Performer guide](#).

Remember, also check the Class specific Guideline section (from page 11) for anything that may be different for your class.

Hair	Page 3
Tights and footwear	Page 6
Underwear	Page 9
Footwear	Page 8

Props and accessories

Bring your props	Make sure all props and accessories (such as hats, canes, hair pieces, any extra costume items) are brought to the dress rehearsal, clearly labeled with your name.
Prop check	Ensure your props are accounted for and placed in the right location before your rehearsal time.
Take them home	Unless advised otherwise by your teacher, please ensure you take your props and accessories home after the rehearsal, and bring them with you to the theatre on performance day.

Student Showcase 2024 Dress Rehearsal Call Sheet 1-5pm, Sunday 22 September

Venue: Dragonfly Dance Studio, 80 Anzac Highway, Everard Park

Start time	Duration	Activity	Who is required
12.30pm		Studio opens	Crew -Stage Manager, Assistant Stage Manager, Sound Operator, Backstage Manager, Backstage Assistants Teachers
12.45pm			Dancers arrive
12.45pm	15 minutes	Setup and crew/teachers huddle	Crew and teachers
1.00pm	10 minutes	Pre-rehearsal huddle	Everyone (Crew, teachers, choreographers, dancers)
1.10pm	20 minutes	Change into costumes	All dancers
1.30pm	2.5 hours	Run through the show	Everyone
4.00pm	15 minutes	Break	
4.15pm	30 minutes	Practice final bow	Everyone
4.45pm	15 minutes	Wrap up	Everyone
5.00pm	30 minutes	Packup	Everyone
5.30pm		Studio closes	