

## Enger Dance Dress Code

**Follow the dress code of Black leotard and Pink tights.** The Importance of a Dress Code for Dance: Wearing the proper attire enhances freedom of movement. You are a "Dancer" before you even enter the studio! Everyone is in the same colors. You will dance better if you are in proper attire. This is necessary to ensure correct execution of technique in doing the exercises and use of correct muscles in order to prevent injuries.

**Tights:** Color accepted is- Ballet Pink by Capezio. Transition/convertible Capezio adult #1916 & Capezio child #1916C ( hole on the bottom of sole). Tights are MATT in finish. Tights should NEVER be shiny or have a shine/sparkle to them.

Before buying tights: 1- Measure the waistline of dancer on exhale. 2-Measure the outer leg line from natural waist to heel on floor and 3-The inseam from groin to top of ankle. Also, know the actual weight of your dancer. Don't guess or assume you know their measurements. When in doubt go up a size. If your tights are almost sheer once on-they are too small (they also snag easier). They should still be pink. Lastly, the crotch should fully be fitted to the body's crotch. If the crotch of the tight is pulling away from the body it is too small and will hinder movement. Capezio 1916C (child) or 1916 (adult) "Ultra Soft Transition tight"- this is the stage tight & picture tights.

**Care of Dance Wear**----Wash tights & leotard after EVERY WEARING (no matter the age of the dancer- everyone sweats under the arms, back, crotch area and feet). Just because they are little doesn't mean they don't sweat. Hand wash in sink. To dry- lay towel out flat and place tights or leotard out on top (smooth them out), then roll up the towel and twist both right and left. Your tights will now be mostly dry. The leotard will have some moisture left in it but it will dry much faster by doing this first. Hang over towel bar or shower rod /hanger to dry. The fastest way to destroy your garments is the heat of the dryer and washer. As it will cause your garments to break down faster as it dries the elastic woven into the "stretch" of the fabric. Hand washing prevents this. While they get ready for bed they could both be washed and rung out to dry.

**Leotards:** Please check the Studio Policy Sheet & Handbook.

Styles allowed: tank, highneck tank, boatneck, full sleeve,  $\frac{3}{4}$  sleeve or cap sleeve. No spaghetti straps. Color- Black. I prefer a short sleeve,  $\frac{3}{4}$  sleeve or long sleeve as helps square off the shoulders for alignment and cover's the underarms from other's seeing lint, the effects of when puberty starts happening and when people forget to shave. Shelf bras, lined fronts and non-see through material are signs of better quality. A cotton blend is typically warmer to the skin where Lycra can feel cold in our cold weather. Check reviews on fit and be sure to actually measure rather than guess on fit. L1-3 wear a black leotard.

**Bra's:** If your breasts bounce when you jump in your bra (they shouldn't)---then get a better bra to wear at Dance class. If you have to hold your hands over your breasts when you jump then get a better bra for dance. YES this happens!

**Wrap around waist Dance sweaters** can be worn when the weather gets chilly in any level. They should be BLACK in color and very fitted.

**Ballet pink Legwarmers** (so they blend in with the pink tights) can be worn when the weather gets chilly in levels L3-5. The last legwarmer's I bought my daughter were a silk, bamboo and spandex blend. They are amazing (I still have them and use them now over a decade old—I occasionally wear them out cross country skiing). They are not a fashion statement, but for warmth. The fit of a legwarmer starts at the top of the thigh by groin and goes to stirrup under the feet.

**Ballet Shoes** are Capezio 205 Daisy- Pink color for females and Black for males. Full sole leather shoe. There is a reason for the full leather shoe. Fake leather, gymnastic shoes or pleather shouldn't be in a proper dance class.

**Pointe shoes**- Gaynor Minden

**Tan Tap Shoes by Bloch for Females:** Adult tap on buckle tap shoes –Style # S0302L, Child tap on buckle tap shoe –Style #S0302G. Male tap shoes are black and should lace up like a proper leather male adult dress shoe in matt finish.

**Jazz shoes** are Tan/Caramel in color for females and Black for males. There are so many different styles of jazz shoes that I let the dancer's pick the fit they like the best. Certain brands are better for differen

**Be Neat:** Keep your hair off your face and neck in a secured bun that doesn't move or flop. Keep nails smooth to not snag tights. Avoid perfume! Sweat & scents just don't mix well.

**Don't Wear Jewelry:** It interferes with the motions and movement in dance & can: fly off, snag tights or injure a fellow dancer. Distraction, as kids will play with them and chew on them. Small studs may be allowed, but never dangling earrings, bracelets or large rings or necklaces. Rings should never be able to snag tights.

**Be respectful to those around you:** Dancers are polite & use manners. They don't lean against the wall or the barre in boredom, or sit down unless directed to do so. Yawning with an open mouth, talking to classmates or whispering, private giggles and crossed arms are also signs of rudeness.

**Pay Attention:** Watch, ask & listen in class, especially when a correction is given. Apply corrections immediately to your body even if the correction was not directed to you. Class is not about being perfect. Learn to Be honored that the teacher feels your worthy of attention. Corrections not only improve your technique, but they also prevent injuries- they also make you a better dancer😊. You can also improve your technique by watching your fellow dancers work through steps & or combinations.

**Absences & Tardiness:** Keep absences to a minimum as it upset the balance of your education. Never give up. Dance is hard work, but dance is Beautiful.