



LOOK LIKE A DANCER. FEEL LIKE A DANCER.

WHY GOOD GROOMING IS IMPORTANT



HAIR: *MUST be tied back in a neat BUN.*
Dance carries with it traditions that are centuries old. Good grooming is one of these. Hair is to be pulled back off the face. Good grooming is both practical and it also teaches important life lessons to our children. Holding your head high, shoulders back, hair off your face are excellent ways all students can improve posture and presentation.

UNIFORM: It is essential to the physical activity that the dancers wear attire that supports their bodies and allows the teacher to provide feedback and correction relating to the shape, form and technique of the movements they are performing. **TDE has a specific uniform that can be purchased from Bloch Charlestown. It is imperative that all dancers wear the same uniform.**

Good grooming forms a strong part of the etiquette and uniform for dancers. Messy hair can greatly affect your child's participation in class.





Uniform Rules

There are some key safety considerations for dancers, we ask for your full support in communicating these messages to your child:

- No watches, Fitbits or necklaces – these can cause injury to the dancer when performing work on the floor, can injure other dancers during partner work and are particularly dangerous in acrobatic sequences. Students will be asked to remove these items immediately if they wear them in the studio. The best option is to leave them at home.
- Small studs and sleepers are acceptable but any hanging earrings are not permitted under any circumstance, once again these can cause serious damage to a student.
- No loose or ill-fitting clothing to be worn over the top of dance uniform during class.
- The correct shoes must be worn for the style of class taken.

We strongly encourage our students to take responsibility for their hair and grooming as soon as is practical. Teachers will be very happy to see a young dancer attempting to do their own bun, if it falls out that is totally fine, we are cool with that. How else will they learn? Practice is the key!

IN SUMMARY HERE ARE TOP TIPS FOR GOOD GROOMING:

- Be organised! Always have a little kit packed in your child's dance bag that contains pins, bun net & hairbrush.
- On school days a good ponytail done with a plait can quickly and easily be turned into a bun in the car or as you arrive at the studio.
- Teach your child to take responsibility for these habits as well!
- Check out this easy to follow "how to make a ballet bun" clip on Youtube – <https://www.youtube.com/watch?v=KPtosnPuato>

