

ENERGY DANCE COMPETITION

Troy High School, 4777 Northfield Pkwy, Troy, MI 48098

When: Saturday, May 11, 2024 - Sunday, May 12, 2024

FINAL SCHEDULE - This competition runs 1.5 - 2 hours ahead of schedule. Please do not arrive late. Dancers arriving late will possible not compete due to schedule.

Please have your dancer eat a nice meal before arrival. Families will be responsible for bringing sacked lunch and/or dinner or purchasing food from a nearby restaurant. Food and beverages are not allowed in auditorium nor are families allowed to take photo or video when dancers are onstage performing.

PARENTS - Please wear your MPDC Logowear (You can borrow your dancer's hoodie, T-shirt, etc. (preferred) or Yellow/Pink/Black Coordinates to Support Our Dance Company.

ABSOLUTELY, NO NAIL POLISH EXCEPT FRENCH MANICURE OR CLEAR POLISH ON NAILS OR BAREFEET (if dance is barefoot). NO FASHION JEWELRY BESIDES RHINESTONE EARRINGS.

Dancers that are not competing need to be wearing pink team shirt, team jacket and pants. Any shoes :)

Dancers need to arrive wearing their first costume with their MPDC dance company jacket, team t-shirt (worn or packed for awards) and Adidas pants worn over their costume. When not competing, dancers are REQUIRED TO WEAR PINK TEAM SHIRT, TEAM JACKET AND PANTS - NO EXCEPTIONS.

Please arrive with hair and makeup already done. There will be no time to do makeup and hair when you arrive. Please bring hair and makeup accessories for touch ups between dances. Dancers need to have accessories in MPDC backpack or drawstring bag.

Things to have on hand: scissors, needle and thread, ice pack, band aids, bobby pins (hair color), safety pins, double stick tape and/or roll on adhesive glue for skin for costumes, 2 extra pair of tights as costumes should be treated as swimsuits with tights (girls only). NO EXCEPTIONS to bringing these items or how to wear costumes properly.

COMPETITION SCHEDULE

Saturday, May 11 See Schedule Below of Performers - Mini and Junior Dancers are dismissed after Pre-Teen dancers compete.

Team Captain	Arrival Time	Dance	Reh Time	Category	Perf Time	Name of Dance	Dance #
EllaRose	7:30AM	EllaRose	7:45 AM	Star Petite Solo	8:09 AM	Acro Barbie	88
Sophia	7:30AM	Mini Co Jazz	7:50 AM	Star Mini Sm Group	8:39 AM	Lollipop	98
Emily H.	7:30AM	Mini Co Tap	8:15 AM	Star Mini Sm Group	9:12 AM	Cotton Eye Joe	107
Brynn	7:30AM	EllaRose/Brynn Duet	8:45 AM	Star Petite Duet	9:37 AM	Lemonade	114
Lydia	7:45AM	Bibi/Lydia/Sophia Trio	8:50 AM	Star Petite Trio	9:40 AM	Love Shack	115
Amelia	7:45AM	Amelia/Phoebe Duet	9:45 AM	Star Petite Duet	10:18 AM	Do It Like This	126

Awards 11:01am
 All Dancers Onstage with Team Jackets, Pink T-shirt or Hoodie, Yellow Sunglasses and Team Pants - Stand in 5th Position when placed in Top 10 Awards
 Dancers will take group photos with awards immediately following awards as a team.

Team Captain	Arrival Time	Dance	Reh Time	Category	Perf Time	Name of Dance	Dance #
Phoebe	7:45AM	Junior Co Jazz	10:30 AM	Star Petite Sm Group	12:23 PM	Miami Mamas	147
Bibi	7:45AM	Junior Co Tap	10:45 AM	Star Petite Sm Group	1:17 PM	Elvis	158
Gina	7:45AM	Junior Pre-Teen Co Hip Hop	1:00 PM	Star Junior Sm Group	3:48 PM	Lip Gloss	193

Awards 4:48pm
 All Dancers Onstage with Team Jackets, Pink T-shirt or Hoodie, Yellow Sunglasses and Team Pants - Stand in 5th Position when placed in Top 10 Awards
 Dancers will take group photos with awards immediately following awards as a team.

Team Captain	Arrival Time	Dance	Reh Time	Category	Perf Time	Name of Dance	Dance #
Gina	7:45AM	Gina	5:00 PM	Star Teen Solo	6:09 PM	Don't Mean A Thing	206
Sammie	7:45AM	Sammie	5:15 AM	Star Teen Solo	6:21 PM	Caught Up In A Dream	210

Awards 9:45pm
 All Dancers Onstage with Team Jackets, Pink T-shirt or Hoodie, Yellow Sunglasses and Team Pants - Stand in 5th Position when placed in Top 10 Awards
 Dancers will take group photos with awards immediately following awards as a team.

Sunday, May 12 See Schedule Below of Performers - ALL COMPANY DANCERS WHO ARE COMPETITNG ARE REQUIRED TO ATTEND.

Team Captain	Arrival Time	Dance	Reh Time	Category	Perf Time	Name of Dance	Dance #
Reagan	5:00PM	Pre-Teen Co Jazz	6:15 PM	Star Teen Trio	8:22 PM	Just Dance	411
Sammie	5:00PM	Gina/Sammie Duet	6:20 PM	Star Teen Duet	8:40 PM	Youth	417

Awards 9:50pm
 All Dancers Onstage with Team Jackets, Pink T-shirt or Hoodie, Yellow Sunglasses and Team Pants - Stand in 5th Position when placed in Top 10 Awards
 Dancers will take group photos with awards immediately following awards as a team.

Dancers are expected to attend all rehearsals together and sit together during performances so that we can keep track of everyone when extra rehearsal times are needed before competing.

This list (of dancers) is the captains (solos) for collecting all awards related to the dance listed. All dancers will sit onstage for awards. If asked, please state the first and last name of each teacher and stand in right 5th Position on stage. Teachers: Candice Durham and Isabella Pacifico.

Makeup (CHECK THE BOX WHEN PACKED)	
Blush (Pink Shade)	
Eyeshadow (Impressed You)*	
Maybelline Lipstick (Pioneer 20)*	
Demi Wispies Eyelashes - Pre-Teens Only	
Eyelashes Adhesive - Pre-Teens Only	
Black Eyeliner	
Black Mascara	
Foundation (Color of Skin Tone of Dancer)	
Powder (Color of Skin Tone of Dancer)	
Makeup Removal Wipes	
Applicators (Sponges/Brushes)	
Q-Tips	
Portable Mirror	
Instructions for Makeup & Styling Hair	
Hair (CHECK THE BOX WHEN PACKED)	
Middle Part with Low Ponytail	N/A
Hair Ties the Color of Dancer's Hair	
Bobby Pins the Color of Dancer's Hair	
Gel (Gorilla Snot) *New	
Hair Spray (Got 2B) *New	
Fine Tooth Comb	
Bristle Brush	
Flat Iron	
Rubber Bands	
Costumes and Supplies (CHECK THE BOX WHEN PACKED)	
All Costumes (Steamed in Garment Bags)	
Portable Costume Wrack *New	
Band Aids *New	
Needle and Thread *New	
Ice Packs *New	
Safety Pins (All Sizes) *New	
Double Stick Tape *New	
Scissors *New	
Team Yellow Sunglasses	
All Accessories - Ms. Candice will have for 1st comp.	N/A
Food (CHECK THE BOX WHEN PACKED)	
Healthy Snacks	
Refillable Water Bottle	

*Required Brand

Competition Adjudication Scale:

- Technique - 40%
- Execution/Musicality - 30%
- Choreography/Showmanship - 20%
- Overall Appearance - 10%



BUDDY: Get your dance buddy (assigned) a good luck card and nice gift (\$10 value maximum). It's OUR Second Competition for minis, juniors and pre-teens so make it special.

Let's rock it out onstage and have a great first competition.

Regards,
Candice Durham
MPDC

Shoes (CHECK THE BOX WHEN PACKED)	
All Hip Hop Dances	
All Tap Dances	
All Jazz Dances	
All Acro and Lyrical Dances	
Tights (CHECK THE BOX WHEN PACKED)	
Capezio Caramel Tights (Minimum 2 Pair Packed)	
Jewelry (CHECK THE BOX WHEN PACKED)	
Earrings (Pierced and Clip Ons) - Ms. Candice has minis earrings except mini trio.	
Team Jack, Team Pants, Pink Team T-shirt - Arrive wearing these items over costume.	

Note about Arrival Time: Please arrive on time. No Exceptions. The address is listed above for you to GPS directions. Plan for traffic and leave earlier than normal.

Note about Etiquette: Dancers need to have an enjoyable experience and should be practicing before the competition to ensure confidence on stage. Parents should be promoting positivity during the event. Please do not Starerrupt the teacher during rehearsals; however, parents are welcome to observe rehearsals.

Note about Costumes: Costumes must be steamed and placed in a dress/garment bag on a hanger. Some dancers in the past have arrived at competition with costumes being pulled out of their backpack/dream duffel (no hanger/not ironed). This is not acceptable for any performances. Please make arrangements now. Please also ensure costumes are fitted and all alterations are complete before competition. Costumes should be hung in garment bags.

Note about Hair: Please make sure that your dancer's hair is styled with a solid, middle part and no wispies. YouTube link (https://youtu.be/7liW1V3kC_M) on how to do it. If your dancer is not good at doing their hair, please help them ☐

Cheering: Dancers live for the support of their parents and team mates. Please be sure to cheer dancers and provide positive remarks to keep our dancers encouraged! MPDC does not promote the idea of "winning" but the idea of doing our Absolute Best! This is achieved by working hard and practicing. Winning happens when you do your best - First!

Awards:

ADJUDICATION AWARDS

Each entry in the Dynamic, Star, Power, and Energy competitive divisions will be judged from a 100 point system from 3 judges, totaling 300 points. Technique is 40 points, Performance is 35 points, Musicality/Timing is 10 points, Choreography is 10 points and Overall Appearance is 5 points. Each entry will receive a ranking of Kinetic Platinum, Platinum, High Gold, and Gold, based on their score. The Adjudication breakdown is as follows:

Energy Division	Power Division	Star Division	Dynamic Division (special needs)
Kinetic Platinum 300-291	Platinum 300-275	Platinum 300-270	Platinum 300-270
Platinum 280-290.9	High Gold 274.9-265	High Gold 269.9-258	High Gold 269.9-258
High Gold 279.9-270	Gold 264.9-0	Gold 257.9-0	Gold 257.9-0
Gold 269.9-0			

BUDDIES



Pre-Teens and Juniors

- Amelia & Brynn
- Gina & Cindy
- Phoebe & Bibi
- Reagan & EllaRose
- Sammie & Olivia

Minis

- Anna & Aurora
- Elena & Emily H.
- Emily S. & Lila
- Lydia & Sophia
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MAKEUP INSTRUCTIONS

Apply darkest color eyeshadow from eyelashes to crease (the fold in your eye) in eye lid.

Apply lightest brown eye shadow from crease to slightly above.

Apply white eye shadow in a small line from the very inside of eyelid to just under the inside of your eyebrow. Blend eyeshadow upwards.

Apply eyelashes (use scissors to cut if too long) with adhesive. Let dry.

Apply eyeliner over eyelashes to even out and apply eyeliner to lower lid (applying to top and bottom lid).

Apply black mascara to top and bottom of lashes. Allow the mascara to dry.

Apply foundation to entire face and neck including lips. Be sure to blend the foundation well with your skin.

Apply lipstick.

Apply blush.

Note: Please practice applying all of your makeup to ensure that you are confident :)

HAIR INSTRUCTIONS

Use Link below:

<https://youtu.be/ck0BCcVWyPo>

Hair is to be styled soaking wet out of the shower so that minimal touch-ups are needed. Those who arrive with incorrect hair will be charged a fee to fix hair styles.