



Dress Code

Fidèle Youth Dance Company's dress code ensures that instructors will be able to see each dancer's alignment and positioning. Accurate viewing is essential to improve dance quality, promote healthy development and avoid serious injury. Baggy clothing can mask bad habits, making proper instruction impossible and putting dancers at risk.

When students enter a rehearsal they should be fully prepared for class: shoes on, hair fixed and ready to begin on time. Please note dancers may be asked to leave rehearsal if they are not dressed appropriately or if hair is not pulled back. Dancers without proper attire will not be allowed to participate and have agreed to adhere to these guidelines as stated in the student contract.

Attire:

Girls must wear pink footed or convertible tights with a solid-color leotard of any style.

Please note tights are to be worn over the feet and inside the shoes at all times. Tights with large holes or runs are not acceptable. If undergarments are deemed necessary, all visible straps must match either the leotard or skin color. Please note underwear is not to be worn underneath the leotard and tights.

Boys must wear a tight-fitting, solid-color t-shirt or tank top with black leggings or dance pants and thin black socks.

Hair:

All hair must be secured away from the face in a classical bun. Please note an elastic band wrapped around the hair in the shape of a bun is not acceptable and any bangs or layers must be kept away from the face with hairspray, gel or pins. If the student's hair is too short to wear in a bun, please secure the hair off of the face and neck with an elastic headband or hair clips.

Shoes:

Leather or canvass ballet shoes should fit properly and be taken care of throughout the year. Dance shoes are to be worn only in the studio and waiting/dressing areas; never outside on the sidewalk and parking areas. Elastic should be sewn on correctly and drawstrings should be fitted to the foot, knotted and cut off. Pointe shoe ribbons and elastics must be properly sewn; no rubber bands or safety pins will be permitted. It is detrimental to work on pointe shoes that are too soft or broken. Please avoid this by ordering shoes in advance, at least two weeks before you will need them.

Cover-ups, jewelry and nail polish:

Cover-ups should be worn to and from classes and while in the lobby or waiting areas for the purpose of modesty. Dance shorts or skirts and sweaters will be allowed during warm-up time only and should be removed for the remainder of rehearsal as instructed by your teacher. Stud earrings will be permitted, but all other jewelry must be removed for the purpose of safety. No nail polish of any color will be permitted during dress rehearsals or performances on fingers or toes.

Alternative dance styles/acting:

If a class or allotted rehearsal time has been designated as modern, contemporary or acting, dancers may adjust their wardrobe accordingly. During these times, students may dance barefoot, wear leggings or similar attire, etc.

Assemblé Dancewear
4425 Date Street
Colorado Springs, CO 80917

Liberts
4920 Northpark Loop
Colorado Springs, CO 80918

Ballerina Boutique
4005 Lee Vance View
Colorado Springs, CO 80918



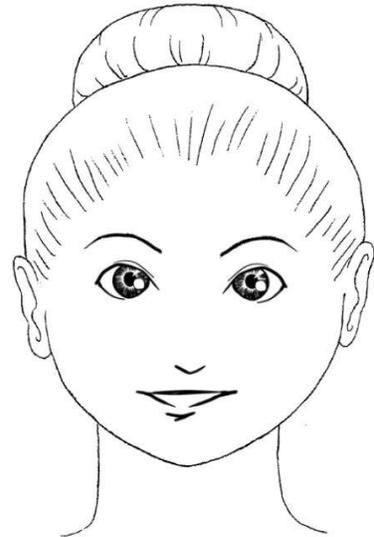
How to Make a Ballet Bun

All girls must wear their hair in a neat and tidy classical bun or pinned up so hair does not obscure the neckline or get in the student's eyes. The ballet bun keeps hair from flying in a dancer's face and creates a clean, elegant line.

Follow these steps to make the perfect ballet bun.

Materials List

- Hairspray or hair gel
- Hair pins or bobby pins (Lots.)
- Elastic ponytail holder/hair band
- Brush or comb
- Hair net (Fine net with elastic edges. Should match hair color.)



1. To start the process, wet your hands and the hair with water. This will give you better control over the hair. Gather the hair and pull it back. Apply hair gel if you need more control over the hair.

2. Use a hairbrush to smooth out rough or uneven areas. Form a ponytail by brushing the hair up from the jaw line to the top part of the back of the head. This will form a high bun at the crown of the head. The placement of the ponytail determines the placement of the bun. Mid and low buns are sometimes used with short hair.

3. Use an elastic ponytail holder to secure the ponytail. A tidy ponytail with hair drawn snugly back is the key to making a good ballet bun.

4. Apply more water or gel to keep the hair neat, and twist the ponytail.

5. Coil the ponytail into a tight circle around the hair band.

6. Use bobby pins all around the coil to secure it to the rest of the hair. Slide each pin through the outer part of the coil, then into the base of the bun.

7. Wrap hair net around the bun 2 to 3 times. Add a few more pins to secure the bun cover and hair net.

8. With long, thick hair, you may end up with a bun that will protrude too much. A flatter bun is preferable and easier while dancing. To flatten, remove all pins while leaving the hair net; the hair net will hold the bun. Flatten the bun and re-pin all around the bun.

9. For extra hold, when the bun and hair are secure, use hairspray.