

All-State Audition Hints for Seniors

Preparing for All-State

Download the All-State music from the website and load it onto your mp3 player, phone, or copy it to a CD to take with you to rehearse during auditions. Listen to the technique music so you are familiar with it before auditions. Bring a player to rehearse the All-State Routine during the dinner break.

Make sure you have read all the published All-State information on the DDCA.org website, so you understand the audition process and are prepared for what to expect. Print out the schedule and any other important documents.

Practice all the skills that are in the published technical across the floor list, as well as the list of required technical elements. Ask your dance instructor, coach or fellow dancers to watch you perform each skill and give you tips. If you don't know what a skill is, ask someone!

Stretch! Make sure you've been stretching and you can fully extend your kicks, leaps, and splits. There will not be much time to stretch and warm-up before the technique learning session begins – so do as much as possible on your own. Remember, you need to WARM-UP your muscles before you start to stretch!

Make sure you pack enough healthy snacks, food, and water to get you through the day! You will have limited time to 'go get' food – so make it a brown bag day, or arrange for someone to pick something up for you (and your teammates).

Change of clothes – bring a back-up outfit in case you sweat through your first one! (See the Dance Attire, Hair & Make-Up hints below).

When You Arrive at All-State

Arrive EARLY and be ready to check-in with your entire team when the doors open at 8am. Once you are checked in, drop off any extra stuff with your coach and head to the gym to get the maximum warm-up and stretching time. Auditions are closed, so all parents and coaches will head to the designated coaches area after their team is checked in.

While Learning and Auditioning at All-State

Remember every 8-count and section as you learn it – be very alert and prepared to learn quickly. If you have a difficult time seeing the instructor, watch the nearest All-State Assistant for proper execution of the moves.

Questions are not allowed during auditions, so do not talk or ask questions. Dancers cannot ask instructors or All-State Assistants any questions about the dance (during the learning session or

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breaks). Instructors will address common problem areas and drill the group as they teach and review the combination or routine.

Pay CLOSE attention to your carriage! Good posture and dance carriage is very important during All-State Auditions. Even if you forget something or do not execute all of the elements correctly during the technique or routine portion of auditions – make sure you maintain your carriage while you are dancing.

Don't forget to smile and have fun. You only get to audition for All-State once... so have fun with the routines and dance your heart out!!

Dance Attire, Hair & Make-Up

When preparing for All State, do not forget that a dancer's appearance is a large part of their presentation. Dressing appropriately as well as paying special attention to hair and make-up is good advice. If you want to look like an All-State dancer, come dressed and ready for a performance (not a team practice).

Dancer Safety:

NO jewelry is allowed (earrings, watches, necklaces, piercings, etc). Make sure all piercings are removed prior to arriving at All-State.

Recommendations for Dance Attire:

NO clothing with holes

NO bare midriffs

NO shorts (boxers, basketball, or other baggy shorts). Long, tight fitting dance shorts are okay (bootie shorts are not high school appropriate).

NO baggy clothing. Form fitting dance wear is needed in order to properly judge a dancer's technique and performance ability. T-shirts are NOT a good idea.

> A tank, leotard or form fitting top is most appropriate. If choosing a 'flowy' top, make sure it does not hide your dance form in any way. The judges need to see your torso.

> Dance capris or tight dance pants that do not hide your ankle/feet are a good idea.

Lyrical sandals (or another dance shoe that properly shows your technique) are a good idea. Dance sneakers are NOT recommended during the technical across the floor. They are okay to

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wear during routine auditions, but not recommended (most dance sneakers are too bulky to demonstrate proper dance technique for the contemporary and jazz sections of the routine).

NO sneakers/tennis shoes. There will not be time to change shoes while performing the hip-hop section of the All-State Routine, so wear shoes that allow you to comfortably and safely perform all three styles of dance.

Recommendations for Hair & Make-Up:

Hair should be neatly pulled back (at least half-way & out of your face). Tight buns are not required, but an appropriate option. Use hairspray and bobby-pins as needed.

Arrive with proper performance make-up (foundation, lipstick, mascara, eye liner, light shadow, etc). Make-up does not need to be “dance team” heavy (the judges will be much closer than at competitions).

If you make it to the Finals, make sure you freshen up and retouch your hair and makeup before the final auditions begin.