

Official Mini- Competition Packet



Contents:

- 1. Mini-Comp Schedule**
- 2. Level Eligibility**
- 3. Competition Behavior**
- 4. Do's and Don'ts**
- 5. Costume Information**

Schedule of Events

<i>Time</i>	<i>Event</i>
4:00 PM	Doors open for all Competitors
4:00-4:20 PM	Check-in for Competitors
4:20-4:30 PM	Introduction to the Mini Comp, Do's and Don'ts
4:30-4:45 PM	Advanced Level Competitor Rounds
4:45-5:10 PM	First Time Competitor Level Rounds
5:10-5:20 PM	Feedback and Questions
5:20-5:25 PM	Fun dance!
5:25-5:30 PM	Pack up and go home

Mini-Comp Level Eligibility

You are allowed to self-select your level.

First Time Competitors

If you have never competed before, you should be in the “First Time Competitors” section. If you have competed before, but want a few pointers, you can dance in the “First Time Competitors” section as well. There will be no places given so ability or level being danced at DCDI or other competitions is not a factor. Callbacks for First Time Competitors will not be based on merit, but to get used to listening for numbers and going out on the floor. Callbacks will be randomized. You will be watched by more advanced dancers for general competition style but you will not be judged on your dancing.

Advanced Competitors

If you have competed before and are confident in your familiarity with competitions you are an “Advanced Competitor.” You are here to help the First-Timers learn about competing!

You are strongly encouraged, but not required, to dance with your regular partner!

Competition Level Eligibility

Level eligibility for competition follows the USA Dance Inc. and YCN proficiency points system. They are usually:

Newcomer: Started dancing no earlier than August of this school year.

Bronze: Only Bronze steps may be danced.

Silver: Only Bronze and Silver steps are allowed.

Gold: Bronze, Silver, and Gold steps permitted. No open work.

Novice: Open work permitted.

Pre-Champ and Champ: Open work permitted and encouraged.

Open and fun events: No syllabus restriction.

Dances may include:

Standard/Smooth: Foxtrot, Tango, Quickstep, Waltz, and Viennese Waltz

Latin/Rhythm: Rumba, Cha Cha, Samba, Swing, Jive, Mambo, Bolero, and Paso Doble

Fun Dances: Same-sex Rumba, Polka, Two-couple Cha Cha, Hustle, Salsa, West-Coast Swing

Team Matches: Rookie and Veteran

You can find the ISTD syllabi at

http://www.utdallas.edu/~aria/dance/syllabus_ISTD.html

Competition Behavior

Competitions are a lot of fun and are an excellent way to show school spirit. We are always one of the loudest, most spirited schools in attendance. UVA has built up a solid reputation, partly because of our dancing, but mostly because of our attitude. We always cheer on the competitors, both from our school and from other schools. We frequently choose our favorite couples in events and cheer for them. We are positive, fun, cheerful competitors and other schools like that about us. We are often personally invited to attend competitions and events hosted by other schools. They love us and we love them. We have worked hard to establish these good relations, so we expect that all of our competitors will also try to keep that good will. We ask that you remember that you are representative of this school and the Ballroom Dance Club at UVA. People are watching us and taking note, let's show them why UVA is the best!

Competition Procedure at UVA

- ♦ Email the secretary to sign up for a competition

- ♦ Read the official carpool packet for competition specifics (carpools, room assignments, etc.) and more helpful hints (what to bring, etc.). You will generally receive the packet the week of the competition.

- ♦ Carpool to the competition site on Friday, drive back after the competition on Saturday or Sunday

- ♦ Print out and bring callback sheet, turn into secretary when competition is over

Competition Do's and Don'ts

Both

Do	Don't
Preparation	
Show up 30 min early for your event	Assume the comp is running late
Bring a small bag to take to the comp	Bring your whole suitcase
Bring munchies	Bring candy or things that will make you crash
Bring something to drink (like water or Gatorade)	
Pack your competitions bag the night before	Plan on remembering everything in the morning
Do your homework BEFORE the weekend	Assume you'll get any work done at the comp
Bring some post-comp comfy clothes	
Decide on shower order the night before	
Competition Day(s)	
If you're leaving the room, tell your partner	Make your partner look for you
Keep track of your heats	Assume a certain order of heats
Help your partner	Fight on competition day
CHEER EVERYONE ON! LOUDLY!	Don't ever boo
Be gracious winning and losing	
Make friends with people from other schools	
Wake up on time	Make others drag you out of bed
Thank people that helped set up the competition, got you there, helped you prep, etc.	
On the Floor	
Have fun!	
Know what you're doing, or pretend	Assume anyone can tell you haven't a clue
If off time, stop and restart, keep smiling	Kick your partner because you are out of sync

Keep smiling!	Get visibly upset on the floor/stop performing
Tango is angry, serious, not smiley	
Rumba is sexy-sultry-smiley	
Jive is super-ridiculous-happy-smiley	
Forgive your partner for messing up	Yell at them
Forgive yourself for messing up	Get mad at yourself, just try to focus more
Be ready to be called back	Assume you are/aren't called back
You are the best dancer out there until proven otherwise...act like it	
Keep your head up	
Listen to the deck captain	
Have an attitude	
Smile and try to make eye contact with judges	
Be kind to your partner and if you must complain, don't do it anywhere a judge or another competitor can see you	

Men

Do	Don't
Preparation	
Wear dark (black) pants/socks	Wear white socks or short socks
Wear a plain white undershirt	Let designs show through your top shirt
Wear a belt or suspenders	Wear a ratty, clashing belt/suspenders or have to tug your pants up
Make sure your pants aren't too long/short	Wear high-waters or drag your pants on the floor
Try to wear a nice vest	Worry if you can't find one
Wear a tie or bowtie	
Iron your clothing	
Polish your shoes	
Bring a hand towel to wipe off sweat	Offer to share it with your partner
Competition Day(s)	
Hike your pants up a bit (legs look longer)	Take it overboard

Empty your pockets before going on the floor	Forget to take off your watch
Note: you are the lead, not the boss	
On the Floor	
Have fun!	
Move your hips	Move your hips more than women
Flirt with your partner in latin	Forget about your partner in standard
Watch out for other couples	Move your head around looking for traffic
Ask your partner not to lay on your arm	Get mad at her, she's tired too
Try to make your leads very clear	Try out that "really cool move" without practicing

Ladies

Do	Don't
Pick out costumes and try them out in advance	Wear something that doesn't fit
Dance in clothes that will not fly off or anywhere else	
Wear hose	Go in with white, reflective legs
Wear appropriate underwear	Wear a thong
Iron, steam, or otherwise get wrinkles out	Look messy or sloppy
Pick out appropriate jewelry that is flashy	Wear jewelry that will fall off
Dance in your heels regularly	
Competition Day(s)	
Shave unless it is against your beliefs, if it is cover your hair	
Wear more makeup than usual	Go in without any makeup
If you are especially pale, wear some bronzer	
Wear hair off face and neck in a neat arrangement	Hide neckline or have hair not stay up
Help your partner with his number, and make sure he is in dance position when you put it on	
Clean your shoes	

Put on makeup before your get there	Wait until the last minute
On the Floor	
Have fun!	
Help your partner with floorcraft	Assume he can always see where he's going
Try to remember your routines	Do the routines before/without his lead
Smile	
Be sexy in latin	Look scared
Be elegant in standard	Look down
Hold yourself up	Sag on his arm, he gets tired too

DC Dance Inferno 2005



Competition Costume Information

For DCDI, Ohio, and the Mini-Comp, dancers in all levels are encouraged to borrow clothing from the club for Latin/Rhythm and Standard/Smooth events. If you are Newcomer, Beginner, or Bronze level, you can definitely dress to impress without crossing the line into “costume” (which is reserved for Silver and above categories). Here are some suggestions:

Men:

Standard/Smooth: Dress shirt, dark slacks, and a tie. Dance shoes or smooth soled dress shoes. Black socks. Vests are optional, but a nice touch, especially if it coordinates with your lady’s costume. Go for that debonair look.

Latin/Rhythm: Here’s where the men can get a little more creative. Dark slacks, shoes, and socks like Standard, but a tight, solid colored t-shirt or muscle top (no logos) looks great in black or a color that matches your lady’s costume. Other options include shiny or glittery or somehow snazzy long sleeved button-down shirts, a few buttons undone. You can even slick your hair back if you want.

Ladies:

Standard/Smooth: A longer cocktail dress or old prom dress works great, along with nude stockings and dance shoes or smooth soled dress shoes. The club has plenty of dresses for you to borrow if you don’t have your own. Hair is generally worn up in standard: French twist, bun, French braid, etc. Makeup is whatever colors you’d wear normally, magnified by one hundred. Do as much makeup as you are comfortable with.

Latin/Rhythm: A shorter cocktail dress, skirt and top combos, and your dance shoes. Nude stockings or black or nude fishnets. General guidelines for Latin/Rhythm: the shorter, the sexier, the better. Fringe, bright colors, halter tops, backless tops: all are welcome! Again, the club has some items for borrowing. Hair is generally worn up or half-up to avoid getting in your eyes and stuck in your lip gloss. Makeup is the same as Standard/Smooth: whatever you normally wear magnified by one hundred.

The most important thing to remember: Have fun!
Good luck competing!!