

RITMO

2022 WINTER SHOWCASE

PARENT INFORMATION

GENERAL INFO

- Each of our classes have been working on a choreography piece this session that will be presented during this show.
- We will be setting up at Bishop James Mahoney (231 Primrose Dr) on Dec 10th. Doors open at 1:30PM and show starts at 2PM. Each class also has a dress rehearsal in the morning.
- Admission will be \$10 per person, or \$15 per family.
- We cannot run this show without volunteers for the day! Please consider signing up here to help - no experience necessary!

FORMAT

Gymnasts arrive at **Bishop James Mahoney** on Dec 10th at their scheduled time for dress rehearsal.



Gymnasts then come back for doors open at 1:30PM and get ready to start the show at 2PM.



Show runs from 2-4PM with a short break in the middle.



Show finishes, gymnasts and their families have a few minutes to mingle and take photos before leaving for the day.

IMPORTANT TIMES

**ALL ATHLETES MUST BE ON TIME TO THEIR PRACTICE OR
MAY NOT BE PERMITTED TO PERFORM IN THE SHOW.**

REC CLASSES

10:00 AM Arrive at the school for carpet rehearsal (closed to spectators)

11 AM End of practice - can be picked up at this time.

1:30PM Must be back at the school and ready for the show.

NEXT GEN

10:30AM Arrive at school for carpet rehearsal (Closed to spectators)

11:40AM End of practice - can be picked up at this time.

1:30PM Must be back at the school and ready for the show.

PRE COMP

11:00AM Arrive at school for carpet rehearsal (Closed to spectators)

12:20PM End of practice - can be picked up at this time.

1:30PM Must be back at the school and ready for the show.

COMPETITIVE

11:20AM Arrive at school for carpet rehearsal (Closed to spectators)

No break - this program practices until doors open at **1:30PM**. Bring snacks and come to the school in the morning with make up and hair already done.

SPECIAL O

1:30PM Must arrive at the school, ready for the show. There will be no carpet rehearsal in the morning but we will have time to show participants around once doors open.

Rec, Next Gen, and Pre-Comp athletes all have breaks between their carpet rehearsal and doors opening. Parents may pick them up or leave them at the gym with us with food. There will not be official supervision at the gym but practices are running the entire morning with coaches and volunteers present.

WHAT TO WEAR

- Please ensure your gymnast arrives with:
 - Hair up in a tight, clean, high bun.
 - No jewellery or extra accessories on.
 - All our recreational gymnasts must be wearing an all black outfit. This can be a black dance/gymnastics leotard (short or long sleeve) or black tank top and shorts that fit well enough that midriff will not be showing after any movement. See next page for examples.
 - Next Gen, Pre-Competitive, and Competitive: Gymnasts may choose their performance outfit for this class - a rhythmic style leotard or athletic clothing outfit is fine. Please bring a photo to your coaches a week before for approval. If you are in a duet, you should match your partner. If you have a group routine, also bring an all black outfit.
 - Make-up is suggested but not mandatory. If you choose to do make up reference the last page for guidelines.

OUTFIT EXAMPLES



MAKE UP GUIDE

The purpose of stage makeup is to enhance your features and expression for the audience and judges who are farther away. Please use the below guidelines and ask for help if you need it!

- Skin matching Foundation (face and neck)
- Bronzer to highlight facial structure/cheekbones
- Blush
- Highlighter to catch the light
- Eyes
 - Fill in eyebrows
 - Dark eyeshadow in the crease and corners and winged eyeliner to exaggerate the eyes
 - Mascara
- Lips
 - Dark red or plum lip
 - Lip stain is better to use than lipstick as it will stay on longer
- Always have extra makeup tools on hand in case touch ups are needed.
- Setting powder or spray is a good idea.
- There are tons of make up tutorials you can find on YouTube such as this one:
<https://www.youtube.com/watch?v=5e-qzLiFY8&app=desktop>.

MAKEUP EXAMPLES

