

# KATHARINE ROBINSON SCHOOL OF HIGHLAND DANCING

SEPTEMBER 30TH, 2006

## COMPETITION LETTER

Congratulations to all those who have decided to start or to continue to compete in the new competition season 2006 -2007.

Senior Teachers will accompany Dancers to competitions in Ottawa, Montreal and Kingston and elsewhere. If you hear of a competition which you think you might like to enter, let us know about it; we might do a "school trip".

### Some reminders about Competing and Competitions.

- \* You must have an up to date ScotDance Card. Be sure you have it with you at every competition. Many dancers find it convenient to keep the card in a plastic ID card holder, worn around the neck or clipped to your waistband.
- \* Entry Forms for up-coming competitions will be found on the Information Table. You **MUST** get signed approval from Katharine and from your class teacher before entering any competition.
- \* Check all your costumes and outfits well ahead of the competition, with your teachers or with Katharine, to make sure they are legal for competitions.
- \* If you need something for your outfit - speak to your teacher or contact  
**Janice McBride. Phone: 613-728-5940. E-mail: mjm@cscb.ca**
- \* Ensure that you are getting extra lessons for competitions, which will prepare you both physically and mentally for each competition you enter.
- \* Practice, practice, practice at home!
- \* The night before any competition - eat lightly but well - pasta is a good choice - and go to bed early.

### Things to bring with you on competition days:

- \* Energy snacks, fruit, bottled water.
- \* Warm-up clothes, all your outfits and accessories, safety pins, needle and thread, extra nylons or white socks, scissors.
- \* A book or a sketch pad or other item to occupy your time while waiting. ***Not a noise-maker, walkman, i-pod, etc.!!!***
- \* An autograph book, if you wish.
- \* A discman with cd's and earphones - so you can warm up and run through your dances to your music.
- \* A facecloth, towel, ice packs, muscle rub cream, tensor bandage, rosin for shoes, make-up.
- \* Hair accessories - gel, spray, bobby pins, elastics, nets, brush, comb.

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## **Your Appearance**

- \* Your hair must be up in a bun or a French braid, off your face, and with your bangs trimmed neatly.
- \* Your make-up must be neatly and lightly applied.
- \* Your outfits must be clean and ironed.
- \* Underclothes - black panties under your kilt, white panties under your Aboyne dress.
- \* Other details of dress requirements will be given by your teacher.
- \* Shoes must be polished, with laces or elastics to be checked by your teacher.
- \* No jewellery.

## **Other Important Things to Note**

- \* At the Competition location - you or your parent should go to get your number, and a list of the competitors. Remember your ScotDance card for registration.
- \* Take a note of who is judging. After the event - record your placement.
- \* Position the number on the right side of your kilt, with the edges folded in, and pinned from the inside.
- \* All teachers will do a run through of each dance before you compete.
- \* Before you go on stage, breathe deeply and walk through the dance to the music of the piper which you can hear from the stage.
- \* Ensure your teacher knows where you are at all times.
- \* Do not leave the hall or area of the competition without permission.
- \* Eat and drink lightly but frequently throughout the time of the competition to maintain your energy level.
- \* Stay dressed in your outfit for the awards ceremonies, and for any photo-sessions which may be held.
- \* Congratulate your friends on their accomplishments.
- \* Be sure to notify Katharine and/or your teacher of your wins.
- \* Remember to have fun, and enjoy yourself.

*HAPPY DANCING*

***“Is Ionann Rinces Beatha”***

***“To Dance Is To Live”***