



**PORT
MACQUARIE
EISTEDDFOD
GROUPS
HANDBOOK
2022**

We are very excited to be able to compete this year at Port Macquarie Eisteddfod. Our dancers and staff have been working very hard during the last 3 terms to create some amazing routines!

Please be at the Glasshouse 1hr prior to your session starting with your hair and makeup done, dressed ready to perform. This is very important as it gives students time to warm up and mentally prepare for their performance (eg. for nerves to settle) If you are late it will rattle the students and put everyone on edge, which will impact on the student's performance. Please do not be late. Follow the signs to our dressing room.

If you are sick, have car trouble or there is anything stopping you from being at the venue on time please text Miss Stacey as early as possible on 0402314474, or Miss Ange 0432618422.



COMPULSORY REHEARSAL SCHEDULE

11th September at PMPA Studio

Please arrive 15 minutes before you scheduled to start for warm up. Please be sure that your dancer has all of their dance shoes.

Hair and makeup are not required, however if you would like to practice please feel free to do so. Rehearsal attire for all age groups is PMPA uniform and either ballet or jazz tights.

REHEARSAL SCHEDULE

PORT MACQUARIE EISTEDDFOD REHEARSAL 11TH SEPTEMBER

TIME	Age Groups	Routines
9:30 - 10am	Petite Performers & 8yrs	Slow Down, Buzzy Bees, Bubblebath
10am - 10:45am	8yrs	Star of the Show, Movin Up, Pink Ballet
10:45 - 11am	8yrs & 10yrs	Naughty
11am - 11:45am	10yrs	Pinball Wizard, Tea Party, Hometown
11:45 - 12:15pm	10yrs	Fly Away with Me, Pink Classical, Clocks
12:15 - 12:30pm	12yrs	Fire in My Bones
12:30pm - 1pm	12yrs	Ex Wives, Symphony
1pm - 1:30pm	JPP	Footprints, Diamond Classical
1:30pm - 2pm	JPP & 14yrs	New York, Friendship
2pm - 2:30pm	14yrs	Let it Go, Knock on Wood
2:30 - 3pm	14yrs & Senior MT	Strings, America
3pm - 3:30pm	Senior Tap & MT	Firework, Chicago
3:30 - 4pm	Senior Jazz & IPP	K - Pop, Swing
4pm - 4:45pm	IPP & DCSOD	Bate Leque
4:45 - 5:30pm	Senior Rep & DCSOD	Paquita
5:30 - 6pm	IPP	Some Like It Hot, One Moment in Time
6pm - 6:30pm	IPP	Gelato, Matrix

8yrs and 10yrs performance program will have special rehearsals on the 13th, 15th, 20th of September during their regular class times 4pm - 6pm. The Thursday of group weekend we will have all 8yrs and 10yrs from 4pm - 5pm only. Please email angela@pmperformingarts.com with and questions or concerns.

PMPA STUDIO - 24TH SEPTEMBER
Warm up and Rehearsal on the group weekend
SENIOR DANCERS 9:30 - 11:30am

WHAT TO WEAR, WHAT NOT TO WEAR and YOUR HAIR! Your questions answered!

Every child competing at the Port Macquarie Eisteddfod must have a PMPA jacket to wear over costume. Wear this to and from and at venue. Please wear black jazz pants or ballet school colours (blue and black) to and from the theatre and between routines if you have a break between dances.

PMPA will provide pop up changing tents, no dancer is to change in the toilets.

Please bring a blanket to put on the floor, and have a dance tub to put your things in.

Each performer requires the things listed below!

- AT LEAST 50 Bobby Pins
- AT LEAST 20 Bun Pins
- AT LEAST 50 Safety Pins
- AT LEAST 3 hairnets the same colour as your hair
- Hair Spray
- Performance Earrings (& a spare pair) Diamante stick ons are also acceptable
- Scissors
- A Lighter
- A Needle and Thread
- Hair Brush
- Comb
- Eyelashes and Eyelash Glue (for 11years plus)
- Stage Makeup

NO EXCEPTIONS!!!!

Do not turn up expecting to borrow other peoples, be responsible for your own belongings, its too expensive for organized and generous parents to constantly have to replenish their supplies of these items because they are handing them out to students that have not come prepared. Lists of students that 'borrow' something will be made by our costume carers. Please come prepared.

The following items not to be seen on stage please - Extra piercings including belly bars, 2nd lobe and helix, watches, tattoos, necklaces and nail polish. Every dancer needs a pair of Performance Earrings and a spare pair for emergencies. (Available at the office)

Dressing Room Information

Miss Ange and her team will be dressing our dancers so that the parents can all watch their dancers. Due to limited space in the changing area we ask that you send your child with everything they need. Dancers can be collected from the stage door/ collection point after the session is finish.

Hair and Makeup Requirements

HAIR- you will need a brush, a fine tooth comb, hairbands matching your hair colour, a bun net or two matching your hair colour, bun pins (wide fork) bobby pins (close together).

PETITE PERFORMERS - ROYAL BUN

8YRS PERFORMANCE - ROYAL BUN

10YRS PERFORMANCE - CENTRE PART LOW BUN

12YRS/ JPP & IPP - CENTRE PART LOW BUN

MAKEUP

Do your makeup before you arrive at Meville High School

6 main rules of PMPA stage make up

- Foundation to match your skin tone
- Red lips (not pink, not brown)
- Pink cheeks
- Mascara or eyelashes (long not dark eyelashes please) for 11years plus
- Eyeshadow - Light pink on the eyes for 10 yrs and under and light browns for 11yrs plus.
- For all students - White eyeshadow on the upper eye, brown eyebrows.

No eyeliner wings just a line parallel with under the eye with liquid eyeliner if possible

6yrs - NO EARRINGS

8yrs & 10yrs - PERFORMANCE EARRINGS (Available for purchase from the office)

12yrs & IPP - NATURAL LOOK FALSE EYELASHES & PERFORMANCE EARRINGS

All eyelashes are to be approved by Miss Ange. Please do not use eyelashes that are too thick or dark. If your child is in 10yrs and under but wishes to wear eyelashes these must be approved by Miss Ange prior to the event.



SESSION TIMES AND ARRIVALS

Port Macquarie Eisteddfod
The Glasshouse

FRIDAY SEPTEMBER 23RD 2PM SESSION BE THERE BY 1PM

ROYAL BUN

ITEM 7: 7YRS ANY STYLE **SLOW DOWN 1 of 7**

ITEM 8: 8YRS CLASSICAL **PINK BALLET 2 of 6**

ITEM 9: 8YRS ANY STYLE **BUZZY BEES 2 of 5**

ITEM 9: 8YRS ANY STYLE **BUBBLEBATH 4 of 5**

ITEM 11: 8YRS LYRICAL **STAR OF THE SHOW 4 of 9**

ITEM 13: 8YRS JAZZ **MOVIN UP 2 of 7**

FRIDAY SEPTEMBER 23RD 5:30PM SESSION BE THERE BY 4:30PM

SLICK CENTRE PART LOW BUN

ITEM 16: 14 YRS LYRICAL **LET IT GO 7 of 9**

ITEM 17: 14YRS ANY STYLE **NEW YORK 3 of 3**

ITEM 18: 14 YRS CONTEMPORARY **STRINGS 4 of 9**

ITEM 19: 14YRS BOLLYWOOD **FRIENDSHIP 2 of 2**

ITEM 21: 14 YRS JAZZ **KNOCK ON WOOD 7 of 8**



SATURDAY SEPTEMBER 24TH 9:30AM SESSION BE THERE BY 8:30AM

SLICK CENTRE PART LOW BUN

ITEM 22: 10YRS CLASSICAL **PINK CLASSICAL** 1 of 7

ITEM 24: 10YRS LYRICAL **HOMETOWN** 10 of 10

ITEM 25: 10YRS CONTEMPORARY **CLOCKS** 4 of 5

ITEM 26: 10YRS TAP **TEA PARTY** 2 of 2

ITEM 27: 10YRS ANY STYLE **FLY AWAY WITH ME** 4 of 4

ITEM 29: 10YRS JAZZ **PINBALL WIZARD** 2 of 6

PMPA STUDIO - 24TH SEPTEMBER

Warm up and Rehearsal on the group weekend

SENIOR DANCERS 9:30 - 11:30am

SATURDAY SEPTEMBER 24TH 1:30PM SESSION BE THERE BY 12:30PM

SLICK CENTRE PART LOW BUN

ITEM 31: OPEN AGE TAP **FIREWORK** 1 of 2

ITEM 33: OPEN AGE THEATRICAL **AMERICA** 1 of 7

ITEM 35: 13YRS AND OVER SONG AND DANCE **CHICAGO** 2 of 2

ITEM 39: OPEN AGE BOLLYWOOD **GELATO** 1 of 4

ITEM 40: OPEN AGE HIP HOP **BATE LEQUE (WITH DCSOD)** 6 of 6



SATURDAY SEPTEMBER 24TH 6:30PM SESSION BE THERE BY 5:30PM

SLICK CENTRE PART LOW BUN

ITEM 41: OPEN AGE LYRICAL **ONE MOMENT** 10 of 11

ITEM 42: OPEN AGE CONTEMPORARY **MATRIX** 8 of 12

ITEM 43: OPEN AGE SMALL GROUP JAZZ **K POP** 4 of 8

SUNDAY SEPTEMBER 25TH 8:30AM SESSION BE THERE BY 7:30AM

SLICK CENTRE PART LOW BUN (8YRS as well)

ITEM 44: 12YRS CLASSICAL **DIAMOND CLASSICAL** 5 of 7

ITEM 45: 12YRS LYRICAL **FOOTPRINTS** 3 of 10

ITEM 46: 12 YRS CONTEMPORARY **FIRE IN MY BONES** 2 of 9

ITEM 49: 12YRS SONG & DANCE **NAUGHTY (8YRS & 10YRS)** 2 of 2

ITEM 50: 12YRS THEATRICAL **EX WIVES** 5 of 6

ITEM 52: 12YRS JAZZ **SYMPHONY** 2 of 8

SUNDAY SEPTEMBER 25TH 1:30PM SESSION BE THERE BY 12:30PM

SLICK CENTRE PART LOW BUN

ITEM 53: OPEN AGE CLASSICAL **PAQUITA (WITH DCSOD)** 7 of 7

ITEM 56: OPEN AGE CABARET **SOME LIKE IT HOT** 4 of 6

ITEM 57: OPEN AGE GROUP JAZZ **SWING** 9 of 10



Shoe and Tight Requirements

<p>Petite Performers</p>	<p>Classical Tights & New like Leather Ballet shoes with elastics Salmon Ballet Pink (like new) ballet stockings with a back up pair for emergencies Stockings act as underwear for dancers but if your child requires underwear as well they need to have Skin tone underwear Only.</p>
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<p>8yrs Performance Team</p>	<p>Skin Tone Tan Stirrups with a back up pair for emergencies Classical Tights & New like Leather Ballet shoes with Ribbons Skin Tone Convertible Tights with a back up pair for emergencies Clean like new Tan Jazz Shoes, Black Tap Shoes Stockings act as underwear for dancers but if your child requires underwear as well they need to have Skin tone underwear Only.</p>
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<p>10yrs Performance Team</p>	<p>Skin Tone Tan Stirrups with a back up pair for emergencies Classical Tights & New like Leather Ballet shoes with Ribbons Skin Tone Convertible Tights with a back up pair for emergencies Clean like new Tan Jazz Shoes, Black Tap Shoes Stockings act as underwear for dancers but if your child requires underwear as well they need to have Skin tone underwear Only.</p>
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All 12yrs Dancers and above are required to wear a skin tone G-string or High Cut Nude Briefs, no other coloured underwear needed. Skin tone body stocking or crop top also acceptable if your dancer would like to wear one, no straps to be seen outside costume (even "invisible" ones!)

<p>JPP & 12yrs Performance Team</p>	<p>Skin Tone Tan Stirrups with a back up pair for emergencies Classical Tights & New like Leather Ballet shoes with Ribbons Skin Tone Convertible Tights with a back up pair for emergencies Clean like new Tan Jazz Shoes</p>
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<p>IPP & 14yrs Performance Team</p>	<p>Skin Tone Tan Stirrups with a back up pair for emergencies Classical Tights & New like pointe shoes with Ribbons Skin Tone Convertible Tights with a back up pair for emergencies Black Fishnets with 2 back up pairs for emergencies Clean like new Black Jazz Shoes Black Slick Tap Shoes, Black Bloch Heels, Black Hip Hop Shoes</p>
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We sell all tights and earrings at the office during office hours, please see Lazette.

8YRS PERFORMANCE TEAM

FRIDAY SEPTEMBER 23RD 2PM SESSION BE THERE BY 1PM

ROYAL BUN

TAN STIRRUPS TO BE WORN UNDERNEATH BALLET TIGHTS - RIBBONS MUST
BE DONE AT HOME

ITEM 8: 8YRS CLASSICAL PINK BALLET 2 of 6

BALLET SHOES AND TIGHTS COME OFF STIRRUP TIGHTS TUCK UNDER FOOT
AND PUT TAP SHOES ON (NO SKIN TO BE SHOWING)

ITEM 9: 8YRS ANY STYLE BUBBLEBATH 4 of 5

TAP SHOES OFF UNTUCK STIRRUP TIGHTS

ITEM 11: 8YRS LYRICAL STAR OF THE SHOW 4 of 9

TUCK STIRRUP TIGHTS UNDER FOOT AND PUT JAZZ SHOES ON
(NO SKIN TO BE SHOWING)

ITEM 13: 8YRS JAZZ MOVIN UP 2 of 7

PICK UP AT STAGE DOOR AFTER THE SESSION ENDS

SUNDAY SEPTEMBER 25TH 8:30AM SESSION BE THERE BY 8:30

SLICK CENTRE PART LOW BUN

COME DRESSED IN 'SCHOOL UNIFORM' COSTUME - TAN JAZZ TIGHTS OR
STIRRUPS TUCKED UNDER FOOT AND TAN JAZZ SHOES

ITEM 49: 12YRS SONG & DANCE NAUGHTY (8YRS & 10YRS) 2 of 2

PICK UP AT STAGE DOOR AFTER THE SECTION

**We sell all tights and earrings at the office during office hours,
please see Lazette.**

10YRS PERFORMANCE TEAM

SATURDAY SEPTEMBER 24TH 9:30AM SESSION BE THERE BY 8:30AM

SLICK CENTRE PART LOW BUN

TAN STIRRUPS TO BE WORN UNDERNEATH BALLET TIGHTS - RIBBONS MUST
BE DONE AT HOME

ITEM 22: 10YRS CLASSICAL PINK CLASSICAL 1 of 7

BALLET SHOES AND TIGHTS COME OFF STIRRUP TIGHTS

ITEM 24: 10YRS LYRICAL HOMETOWN 10 of 10

ITEM 25: 10YRS CONTEMPORARY CLOCKS 4 of 5

STIRRUP TIGHTS TUCK UNDER FOOT AND PUT TAP SHOES ON

ITEM 26: 10YRS TAP TEA PARTY 2 of 2

CHANGE TAP SHOES WITH JAZZ SHOES (NO SKIN TO BE SHOWING)

ITEM 27: 10YRS ANY STYLE FLY AWAY WITH ME 4 of 4

ITEM 29: 10YRS JAZZ PINBALL WIZARD 2 of 6

PICK UP AT STAGE DOOR AFTER THE SESSION ENDS

SUNDAY SEPTEMBER 25TH 8:30AM SESSION BE THERE BY 8:30

SLICK CENTRE PART LOW BUN

COME DRESSED IN 'SCHOOL UNIFORM' COSTUME WITH PMPA JACKET OVER
THE TOP- TAN JAZZ TIGHTS OR STIRRUPS TUCKED UNDER FOOT AND TAN
JAZZ SHOES

ITEM 49: 12YRS SONG & DANCE NAUGHTY (8YRS & 10YRS) 2 of 2

PICK UP AT STAGE DOOR AFTER THE SECTION

**We sell all tights and earrings at the office during office hours,
please see Lazette.**

12YRS / JPP TEAM

SUNDAY SEPTEMBER 25TH 8:30AM SESSION BE THERE BY 7:30AM

SLICK CENTRE PART LOW BUN

TAN STIRRUPS TO BE WORN UNDERNEATH BALLET TIGHTS - PLEASE DO
RIBBONS AT HOME

ITEM 44: 12YRS CLASSICAL DIAMOND CLASSICAL 5 of 7

BALLET SHOES AND TIGHTS COME OFF STIRRUP TIGHTS

ITEM 45: 12YRS LYRICAL FOOTPRINTS 3 of 10

ITEM 46: 12 YRS CONTEMPORARY FIRE IN MY BONES 2 of 9

STIRRUP TIGHTS TUCK UNDER FOOT AND PUT JAZZ SHOES ON

ITEM 50: 12YRS THEATRICAL EX WIVES 5 of 6

ITEM 52: 12YRS JAZZ SYMPHONY 2 of 8

PICK UP AT STAGE DOOR AFTER THE SESSION ENDS

**We sell all tights and earrings at the office during office hours,
please see Lazette.**

WE NEED YOU!!!

Please email angela@pmperformingarts.com if you can help by being a costume carer!

Costume carers from each group will take all the costumes clearly labeled with your child's name. Please ensure the costume and all accessories are returned to the same coat hanger and returned to the mum concerned when your child has finished. Could costume carers please check lists and ensure all students dancing at the Eisteddfod groups has a costume. There have been changes in numbers in many groups, please check names on list given. Thank you to our costume carers for helping with our costumes. Instructions will be given by our fabulous costume team. If you would like to be a costume carer or a dresser please email angela@pmperformingarts.com

BEHAVIOUR AND EXPECTATIONS

Phones must be switched off or on silent when in watching your dancer. Absolutely no photos are to be taken of the dancers on stage. This is due to child protection laws, it is a standard rule at every concert, performance, eisteddfod.

A reminder that no parents or siblings are to be in the dressing rooms at any time.

Only those allowed in your area are your dancers, dressers (2 per group) and teachers. If you would like to be a dresser please email angela@pmperformingarts.com

No PMPA student is to ever be in the theatre in costume. Ever.

DO NOT GET CHANGED IN THE TOILETS, USE A CAPE OR TOWEL, DRESSING GOWN ETC. THE TOILETS ARE NEITHER CLEAN ENOUGH OR SAFE ENOUGH FOR COSTUMES TO BE NEAR.

NEVER EAT IN YOUR COSTUME, WATER ONLY PLEASE.

At the eisteddfod please remember.....CLAP FOR EVERYONE NOT JUST YOUR OWN SCHOOL. Represent our school with professionalism, this means no loud wooing or yelling, each of the teachers will be watching students to ensure this doesn't happen, you are at the theatre not a football game and will be asked to leave the theatre if you behave inappropriately. Do not move when dancers are on stage, do not play on your phone in the theatre. Do not talk in the theatre, it is distracting and disrespectful to the dancers on stage and the adjudicator and don't think she can't hear you, trust me, she can, every word!!

Show respect and common courtesy for each other, other schools, members of the committee, stage managers, ticket sellers, food sellers but especially teachers and parents who have put in much time to get you prepared for this big weekend.

Please pick up all of your rubbish before you leave the change room.

DO NOT EAT IN COSTUME OR NEAR COSTUMES.

DO NOT BRING HOT OR GREASY FOOD INTO THE CHANGE ROOMS NEAR ANY OF THE COSTUMES.

As dancers if you see that these requests are not being met please ask the child in question to get changed, but PLEASE do it nicely and the way you yourself would wish to be reminded. If you are a parent and another parent has asked your child to put the food away until they are out of costumes way, do not be offended, but instead be pleased someone has stopped your child possibly spoiling a costume and the hours you may save having to launder or remake a damaged costume.

Groups and solo children that are dancing in the same section, dance for our school, not against each other. Be interested in all students on stage not just our own. Please wish all competitors in your section good luck not just your team mates. No rivalry or sharp words between team mates, class mates or with other schools, you are part of the same big team, the same family, please unite and work together as children, teenagers and adults.

Whilst I hope we are all proud of our school and students, let's not be competitive with other schools. It is important that students learn to appreciate the worth in what everyone is doing and take both success and gaining no place as a journey.

Students should be proud to be selected to be part of a team that has the chance to perform in an eisteddfod, to learn the valuable lessons of companionship, good sportsmanship, working together, co-operating, and rehearsing towards the highest standard you can achieve. This is what I hope you take away from eisteddfods, these qualities are more important to me than trophies.

To get the best from any student they first must enjoy what they are doing and then develop physically. Hopefully during this process the dedication and determination to do the best will hopefully follow. As adults we need to encourage and support, not judge and compare.

When students arrive backstage please stay well back and very quiet and well mannered with nominated students politely telling the stage manager that your group is all here and ready to dance.

Help each other out, if someone needs something even if they are from other schools do your best to help them, you never know when they will be on hand to lend you some spares stockings in the future!

I'm proud of you all, so let's have fun and make this Eisteddfod a great experience for all. Please join me in thanking **your** teachers for all of their hard work in preparing you for this event and our great team of dance parents without whom we couldn't give the students this opportunity.

Stacey Morgan

Miss Stacey