

EnerGy
May 3-5

Location:

Godwin Heights High School, 50 35th St SW, Grand Rapids, MI 49548

DanceBug App

Parents are encouraged to download the free DanceBug app to follow along with the run-of-show. This will help keep everyone informed if we are running ahead of schedule.

Livestream

The entire event will be available to watch via livestream. You can view the livestream by visiting <https://energyndc.com/live-streaming/>

Note from EnerGy

As a reminder, we recommend that your dancers arrive 1.5 hours before their scheduled performance time. We tend to run ahead of schedule by up to an hour+. If we get ahead, we will stay ahead.

Photogenic Contest

Contestants may submit a recent 5×7 or 8×10 photograph to be judged for the Photogenic Award in the 11 and under age division, and in the 12 and over age division. Please write name, age, and studio name on the back of the photo. Each dancer is allowed a maximum of three photos with a total entry fee of \$25. All photos should be submitted at the Registration Table at the beginning of the competition. The winner's photos will not be returned as we will be using them for our Nationals program. Aside from being featured in our National Program, all of our regional photogenic winners will be in the running to be our National Photogenic Winner. The winner will be announced at our 2024 National Finals and he/she will be featured in our 2025 Regional Programs. The winner must be present to win. EnerGy National Dance Competitions is not responsible for lost photographs, or damages to any photograph submitted. You may enter the Photogenic contest on the day of the competition.

COMPETITION SCHEDULE

Arrival Times: Remember that the "arrive-by" time on the competition schedule is the latest you should have your dancer in the competition area/dressing room. Please remember that the performance times are APPROXIMATE. Sometimes the competitions can run up to 1 hour ahead of schedule. You might want to come earlier knowing that most competitions do run earlier than their schedule indicates. Arriving early allows the dancers enough time to be physically and mentally ready to take the stage without being rushed. Competitions want all routines to be ready to perform 1 hour before the estimated scheduled time.

Given there is time, the instructors may choose to hold a group warm-up, review choreography notes or speak with the dancers prior to their performance. If an instructor is working with the dancers, please leave the area where the dancers are working to eliminate any unintended distractions for the dancers. Please check-in with your instructor to find out when and where the dancers should meet.

Once at the venue: Once at the venue, the dancers cannot leave for any reason unless given permission from a teacher (even if they are going with a parent). Please ask before you leave with your dancer. Dancers may be asked to report backstage before a break is over. Also, the scheduled break time often ends sooner than previously scheduled and sometimes is not taken at all. Dancers should stay together so they can be easily found. Many of our dances are scheduled one after another, so you can see that the instructors do not have time to locate everyone if they are spread throughout the venue. Once you arrive at the auditorium, the dancers cannot leave for any reason without first getting permission.

Dressing Rooms - Dressing rooms are often crowded, and nerves and tension can run high. Be forgiving for what can sometimes feel like rude behavior from others. In the dressing room, make sure your dancer has her hair and make-up set and is dressed entirely in her/his costume. If you have forgotten something, let us know right away so we can figure out a solution. Please stay in the dressing area or assigned meeting area with your dancers until an instructor or designated helper has given you the O.K. to leave them. The teachers will decide if their dances will be rehearsed before performing.

When dances are being rehearsed with a teacher, this is your cue to find a seat in the auditorium to watch the performance.

Please note:

Parents are not allowed to accompany dancers to the backstage area.

Parents should not be practicing with the dancers or running rehearsals.

Parents are not allowed to check in dancers with the backstage manager or to watch a dance from the backstage area.

Dancers should not eat in their costumes.

Please plan on providing healthy meals which will fuel your dancer for a long weekend.

When it is time for your dancer to perform, cheer for them like crazy! It feels much better to walk out onto the stage and hear the "crowd go wild" than to walk out in silence. At the beginning and end of a performance, clapping, hooting and hollering are welcomed, although, screaming is not. Show the dancers your support throughout the performance with thunderous applause. Please do not shout out a dancer's name or any other distracting comments. Watching a dance competition is kind of like watching a sports event---if you don't know much about what is happening, it can be a little confusing. Therefore, follow along in your program and try to learn a little about the differences between each form of dance. Watch for dancers with great performing qualities and see how the dancers feed on the crowd's enthusiasm. In general, try to become a part of this fantastic experience.

Proper Etiquette Review

When dancers are in costume and are seated in the auditorium, they must wear a cover-up. Also, they may not eat or drink while wearing their costumes. Show your respect for fellow dancers by entering and exiting the auditorium only between dances. Please be mindful that after patiently waiting to see your dancer on stage, it is irritating when someone stands up in front of you to talk to a friend, or walks to or from her/his seat when your dancer is performing. Please don't sit in or block aisles. Please take care of your own trash and don't litter. No open food or drink in the dressing area. Each studio and participant is responsible for completely cleaning the dressing areas used.

SHOW GREAT SPORTSMANSHIP!!! This is so VERY important to us!!! I expect everyone associated with BLDC to be positive, friendly and supportive of all participants, no matter what! Remember this when you are in the dressing room, backstage, sitting in the auditorium, in the bathroom---everywhere! Applaud for all the dancers from every studio. Every dancer deserves a round of applause for their hard work. Any negative comments and attitudes will spoil the experience for everyone. Bottom line: We want to maintain a respectable reputation in the small world of dance!

After your dancer's performance, if your dancer needs assistance, you should come back into the dressing room to help them get ready for their next dance. They will be so excited about what they have just accomplished! Be excited with them! This is not a good time for you to offer critiques of the performances; even if you are trying to be helpful. Parents, use your program to follow along as the awards are announced. Applaud for everyone regardless of award placement. I like to mark down who was awarded what in my program.

Award Ceremonies- The award ceremonies are noted on the competition schedule. BLDC dancers are required to be present for all awards ceremonies which include their dances. BLDC dancers should be in a costume or wearing a BLDC Adidas team warm-up. Dancers should not bring any extra items on stage with them for the ceremony.

A dancer from each dance will be selected by the instructor to be the representative. (The instructors pick a different dancer to be the representative for each competition). If a representative from a dance is asked to come on stage to receive an award, this representative will accept the award on behalf of the team. Please explain to your younger dancers that the competition will let only one dancer accept the award(s) for the whole group and that award has been earned by each member of that dance. Because we are going to four competitions, not everyone will get a chance to be a representative. Occasionally, the entire group is asked to step forward for a special award. The dancers who accepted the awards, whatever they may be, will give them to a designated parent volunteer who will be backstage during the awards presentation. If individual awards are given, they will be distributed at the studio.

Trophies are sometimes available for purchase at the merchandise table if you would like your dancer to have one. Souvenir T-shirts and other items are often sold as well. Of course, purchasing these items is entirely optional.

MOST IMPORTANT: HAVE FUN! Enjoy watching your dancers perform and share their excitement with them! Let them know how proud you are of them and praise them for their accomplishments.