

EASTCOUNTY

Register!

Norcal Cheer

PERFORMING ARTS CENTER

Updates

Performances

Parties

Camps/Clinics

You Tube

June 2020 Recital Info

Classes

About



East County Performing Arts Center Red Carpet Recital Event Information

We are so excited you have chosen to be on this adventure with us! We hope you enjoy yourselves! These instructions will help walk you through your experience.

Please be on time, if you are late to your time slot we may not be able to fit you in until a later time. We are on a very tight time schedule to get every family through the stations safely.

Blvd next to La Costa (about 2 blocks away), or after 4 you can park in the neighboring parking lot towards the back. On Monday ONLY you may park in front of Brentwood Fine Meats since they are closed.

Parking in our parking lot may be limited. There is parking on the street, in the public lot on Brentwood

photos.

Dancers arrive in costume with up to 5 family members. We have staff members who will guide you along

the way. All family members over the age of 12 will need to wear masks. You may remove the masks for

Hair for ballet classes is a bun, Boogie Babies is ½ up ½ down and all other classes wear a low ponytail. It is not necessary for the dancers to wear makeup but you can if you want to!

Station 1- Red carpet and paparazzi photo

Station 2- Professional photo with our photographer

Station 3- Selfie Station- pose with our giant letters and take your own pics! Use #ecpacrecital2020 on your social posts and tag us!

Station 4- Performance time and award presentation for your dancer

Station 5- Final selfie station- take a picture with the ECPAC backdrop and celebrate your dancer's persistence and success! You made it!

As you move through the stations please follow the social distancing marks on the ground.

Photo packages

https://www.photosbymelissachristine.com/dance-photo-packages

Our photographer, Melissa Martinez has put together photo packages for the event.

Bring your cameras, or ipads to capture the performance. We will be zooming the event live, just give your extended family and friends your arrival time you signed up for and send them this zoom link.

https://us02web.zoom.us/j/87634864025

We are also going to try streaming live on Facebook and YouTube.

We can't wait to see you! Please let us know if you have any questions!

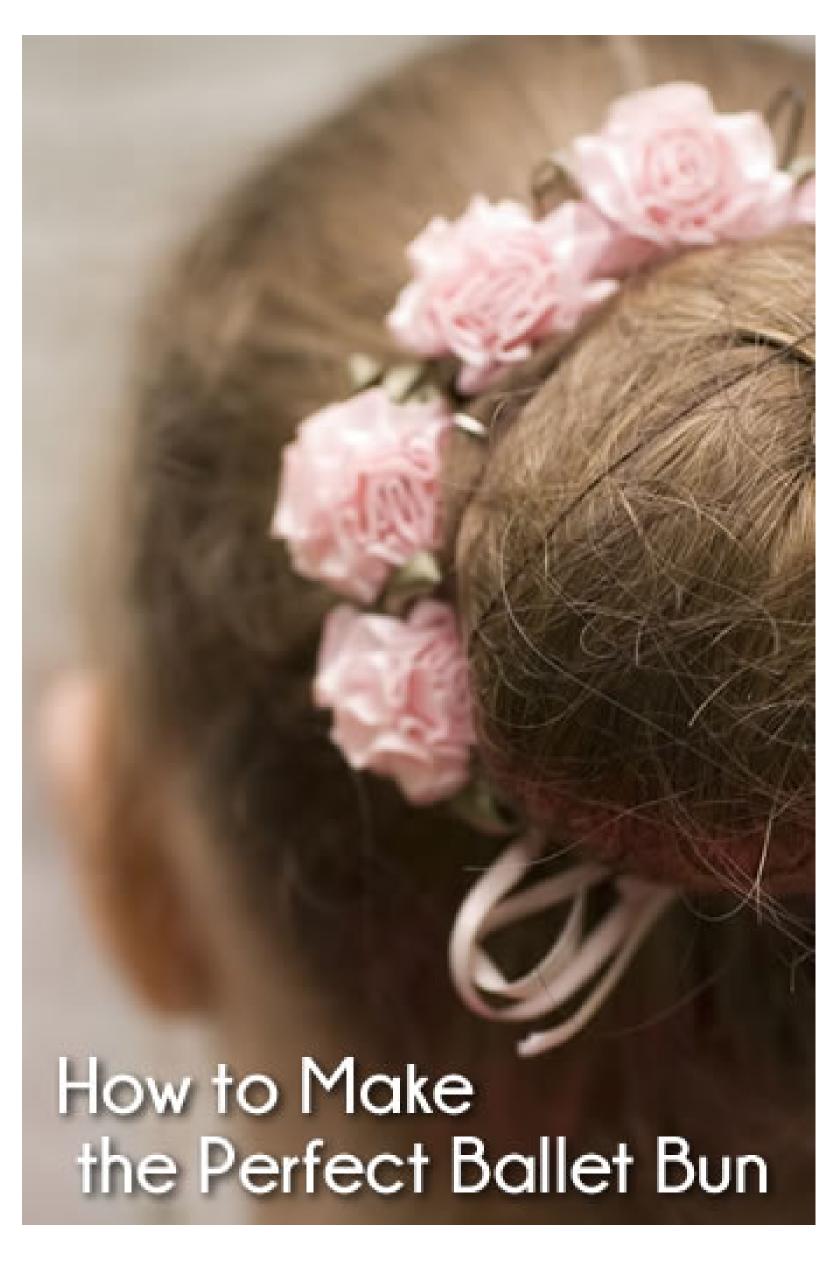
Need to review your performance time sign up? Click Here

Learn all about our Red Carpet Recital Here!

Does your dancer need help practicing their dances at home?

Recital Music- here you will find your dancers music they will be performing to in our june recital.

Recital Videos— here you will find videos of your dancers routine.



Performance Ballet Bun

What do I need to start?

- Hair brush or comb with close bristles
- 1 Large covered hair elastic (hair tie, not scrunchies)
- 2-4 small covered hair elastics
- Hair net that matches your dancer's hair (available at Longs or most drug stores)
- Thick u-shaped hair pins (for the bun)
- Bobby pins (for the hair net)
- Hair spray
- Hair gel

How do I make the bun?

1. Start with wet hair

2. Apply a liberal amount of gel to the hair, paying most attention to the hair on top to combat fly-aways

3. Pull wet hair back neatly into a ponytail at the crown of the head (not at the top of the head) using a brush or comb to avoid lumps and bumps in the hair. A tidy ponytail is the key to a good bun.

4. Secure ponytail with large hair elastic (no scrunchies)

5. Use hair spray to tame any fly-aways

6. Separate the bun into 2-4 pieces depending on the thickness of your dancer's ponytail. Braid each section and secure with small hair elastic.

7. Wrap each braid individually around the hair elastic holding the ponytail. Try to keep the bun flat against the head: don't wrap it so it gets taller, wrap it so it gets wider. Secure with hair pins as you wrap. Tuck the end under the coil and secure with hair pin.

8. Repeat with remaining braids. Use plenty of hair pins (12-16 on average)

9. Once you have created your bun, wrap your hair net around it as many times as it will allow for a snug fit.

10. Hold the hair net in place with a few bobby pins

11. Finish with hair spray

Short Hair:

- Pull short hair back with bobby pins, hair elastics, or barrettes.

No hair should be hanging in the face.

See your teacher if you need help or ideas for short hair.



Miss Nina's Blog

