

**VOSTRIKOV'S
ACADEMY OF BALLET
INFORMATIONAL
GUIDE**



This pamphlet is to provide **you**,
the parent or guardian
of a student performing in
Vostrikov's Academy of Ballet's
annual production of
The Nutcracker,
Spring Performance
or
The Virginia Youth Ballet's
Fall or Spring Productions,
with answers to the most often asked questions.
For additional information,
**please make weekly trips inside the studio
to view notices,
practice schedules
and
sign-up sheets.**

Who participates in the Nutcracker, Spring Performance and Virginia Youth Ballet?

- All school aged students enrolled in a ballet class will perform in the Nutcracker and Spring Performance.
- ALL NUTCRACKER AND SPRING PERFORMANCE STAGE REHEARSALS ARE MANDATORY.
- All students 10 and up are encouraged to audition for the Virginia Youth Ballet Productions.

When will Nutcracker, Spring Performance and VYB Productions be held and where?

- Nutcracker performances are held during a weekend in early December at a local high school.
- VYB Productions are generally held the 2nd weekend in October and March and are performed at the Academy. Watch for notes sent home and signs at the Academy announcing dates.
- The Auction is usually held in late April or early May.
- The Spring Performance is held in May at a local high school.

Tickets

- Nutcracker and Spring Performance tickets usually go on sale about one month prior. Everyone attending a performance MUST have their own ticket. Tickets are reserved seating at a local high school. Means of payment for tickets are cash, check and credit card. To reserve seats by phone, you will be asked to provide your credit card information. No tickets will be held without payment in full.
- VYB Production tickets usually go on sale 2-3 weeks prior to the performance. Everyone attending must have his or her own ticket. Means of payment for tickets are cash and check. Tickets for these VYB Productions are open seating at the academy. No tickets will be held without payment in full.

Costumes

Costumes are provided for all performances. Students will wear their regular class outfits (black leotard, pink tights, etc.) under performance costumes, unless directed otherwise. Each class will be provided information if their hair is to be worn some way other than the standard bun. No jewelry is to be worn, other than those items provided as part of the costumes. *Exceptions are Sugar Plum, Snow Queen, Dew Drop & Clara; who may wear glittery, diamond-like earrings. Clara will be required to have a large, gold hair bow. Kimberly's, Michael's, and other retail stores can make bows. **Make up should be applied at home.***

Performance Check List

- _____ clean pink footed tights
- _____ pink ballet shoes
- _____ boys black ballet shoes
- _____ boys black footed tights NO HOLES
- _____ tap shoes (NOT FOR NUTCRACKER)
- _____ pointe shoes
- _____ character shoes
- _____ jazz shoes (NOT FOR NUTCRACKER)
- _____ black leotard while waiting to dress
- _____ **MICE** and **SOLDIERS** wear their black leotard under costumes
- _____ hair and make up done at HOME
- _____ bobby pins
- _____ hair net over bun
- _____ **NO BANGS**
- _____ hair spray non aerosol
- _____ leave jewelry at home
- _____ a book, coloring book, crayons
- _____ **Party Girls** and **Angels** are to wear their hair pulled back in the front and curls in the back.

Please if you are not a HELPER - DO NOT go backstage. The dressing area is limited, the dancers get anxious and we cannot attend to their need if the dressing area is congested.

NO FATHERS since we have a lot of young girls dressing.

Please if you are not a helper backstage all you need to do is sign in. The dressing area is limited. **PLEASE wait until intermission to pick up your dancer at the end of the hallway ONLY. We have dancers changing. NO exceptions, there will be someone monitoring the hall – THIS IS FOR THE SAFETY OF THE DANCERS.**

DVD's

Performances are videotaped. DVD's are available for sale at the performances. Orders must be pre-paid. The audience MAY NOT photograph or videotape the performance. The program is protected under copyright laws. A camera flash may startle a performer, causing a fall or injury and camera sounds disturb audience members. Photos may be taken at rehearsals.

Nutcracker and VYB Apparel and Accessories

Nutcracker and/or VYB related apparel and accessories are available throughout the year. Samples will be in the office. Stop in to look at the samples and pick up an order form. Orders are pre-paid.

Your Help is Necessary!!

Many volunteers are needed to make Nutcracker, Spring Performance and VYB Productions run smoothly. ALL parents or guardians are asked to help in at least one area. Sign up sheets are located on the foyer walls in the studio.

- * **Back stage help: (Nutcracker and Spring Performance Only)** *(A great choice for parents of younger students.)* Helpers assist children into costumes and supervise them prior to and following their performance on stage. Helper names will be posted at the dressing area. You will also have a tag.

The dancers will need help with the following:

- dancers will have assigned chairs with their name on them
 - use bathrooms before performing
 - dress in their costume when a faculty member advises
 - put a hair piece on when advised
 - take them to the stage area
 - wait for them to finish performing and return them to their dressing area
 - help some dancers change to different costumes
 - re-hang costumes
 - if a dancers has more than one dance their costumes will be together
 - quick changes will be done in the hall backstage
 - **wait until all dancers are picked up by their parents**
 - Helpers are required to remain back stage with the dancers at all times.
 - Helpers and dancers are **NOT** permitted to enter the auditorium.
 - **NO ONE IS TO ENTER THE AUDITORIUM DURING PERFORMANCES. WE ARE NOT PERMITTED TO USE THE BALCONY.**
 - **All children attending performances are to remain seated. Only the back theatre entrances and exits are to be used.**
- * **Cookies/Snacks:** Bake batches of cookies for sale during intermission. They are to be placed two cookies in zip close bags. Fruit Snacks pouches, goldfish, bags of seedless grapes, etc., are also welcome donations.
 - * **Beverages:** Donate 2 liter sodas (brand and flavor requested will be listed on the sign up chart) and/or bottles of water (standard 16.9 oz) or 100% juice boxes.

Flowers

Roses are available for sale prior to Nutcracker and Spring Performance and **if available** during intermission. Roses are wrapped with greenery and tied with a bow. You may leave your purchase at the table until after the performance. Flowers are not sold during VYB Productions.

Sugar Plum Shoppe

The Sugar Plum Shoppe is a small store of gift items available for sale before and after performances, and during intermission. Funds raised are used to help to purchase new costumes and other needed supplies. Parents are encouraged to donate Nutcracker or ballet related items to the Shoppe. A portion of the proceeds is donated to a breast cancer support organization in memory of the Shoppe's founder, Marlene Lesnoff.

-If you can tie a ribbon or thread a needle, you are invited to help make crafts to sell at the Sugar Plum Shoppe. Craft times are usually Saturday mornings in November. Watch for signs in the studio.

Auditioning and Part Selection

- Auditions for the Nutcracker's Clara are held in early September.
- The date is announced in the VAB/VYB calendar. Girls should be at least 9 years old to audition.
- The selection of children for particular parts in the Nutcracker and Virginia Youth Ballet Productions will be determined fairly by the Vostrikov's Academy of Ballet faculty.
- Many parts require numerous extra hours of rehearsals, so please check rehearsal schedules weekly.
- **NUTCRACKER and SPRING PERFORMANCE STAGE REHEARSALS are MANDATORY.**

Dancer Behavior

It should go without saying that dancers are expected to be well behaved while in their dressing rooms and other performance areas. Dressing rooms need to be left in the same condition as when dancers arrived. **Snacks and drinks are not permitted in dressing rooms** and trash needs to go in containers, not on the floor. Additionally, please stress to your dancer that once they have been checked into the dressing room they are to remain there. Dancers MAY NOT go behind stage, to the balcony, or to the lobby after check-in.

Back Stage and Dressing Room Policy

Volunteers will be on hand to escort your dancer to their dressing room. Workers will be wearing badges for easy identification. Only those parents/guardians who have signed up to work are permitted in the dressing room area. Sign up sheets are located in the studio foyer. In addition to the safety factor, dancers are in various stages of undress as they get into and out of costume throughout the performance. Please show other dancers the courtesy you would like shown to your child by staying out of the dressing rooms. Fathers and other male family members are asked to remain in the lobby or auditorium.

Miss Manners Says...

Please allow all members of the audience to enjoy the Performance by:

1. Sitting quietly. Children should remain seated (not running up and down aisles).
2. Please take children to the restroom before the performance and during Intermission. If your child is unable to sit through a two hour performance, consider leaving them with a family member or friend.
3. Dancers who have been given permission may come in to watch the performance at Intermission only. It is distracting to dancers when audience members exit and enter during the performance.
4. Again, photography and videotaping during performances is not permitted.

Inclement Weather Policy

Vostrikov's Academy of Ballet and Virginia Youth Ballet does **NOT** *necessarily* follow the County or City School policy. There are times that the weather clears up and the Academy will decide to open. **PLEASE** listen to 92.5 WINC FM or call the studio at 540-665-0343 to listen for a message.

Website

The VAB and VYB website is:

<http://virginiayouthballet.org>

**PLEASE STOP IN AND CHECK THE BULLETIN
BOARDS AND STUDIO POSTINGS PERIODICALLY
FOR IMPORTANT NEWS!!!!!!**

Drop Off and Pick up

Please sign your child in and out of ALL performances. This is for their safety. If you cannot pick up your dancer at the end of a practice or performance, it is YOUR responsibility to make other arrangements. Students cannot be left unattended during practices or after performances.

Dancers who have finished performing after the first act may be picked up at Intermission OR after the Performance. Please refrain from entering or exiting during any Performance.

No students will be released while the show is in progress.

This policy is strictly enforced.

Thank you