



## NOVA FESTIVAL Festival Information Package

**May 1<sup>st</sup> to 3<sup>rd</sup>, 2026**

**Location:** Olds Fine Arts Centre, 4500 50 St, Olds, AB

Please review this package carefully to ensure a smooth and enjoyable festival experience for all dancers and families

### About the Festival

Catch a Rising Star (CARS) is a small-studio dance festival, organized by Carol Adams, who has over 30 years of experience in dance instruction. The festival aims to provide a fair, inclusive, and enjoyable environment for dancers of all skill levels.

#### **Awards:**

The festival presents special top awards based on various factors, including choreography, originality, costume design, personality, and overall performance quality. These awards are not necessarily based on the highest scores.

#### **Adjudication:**

Performances are evaluated by experienced adjudicators based on dance curriculum, technique, skill, and overall execution.

## Festival Rules and Expectations

1. **Arrival & Check-in:**
  - o Dancers must arrive **1.5 hours before** their scheduled performance.
  - o Upon arrival, report directly to the warm-up area with your class and instructors.
  - o Do **not** wander around the venue or enter the theatre before your performance.
2. **Dressing Room Etiquette:**
  - o Dressing rooms can be crowded—arrive with hair and makeup already done.
  - o Parents and dancers are responsible for all costume pieces and accessories.
  - o Do **not** eat in costumes; always hang costumes properly.
3. **Dress Code & Cover-ups:**
  - o Dancers must wear cover-ups over costumes at all times when outside the dressing rooms.
  - o MYD clothing is recommended for showing studio support.
4. **Awards & Attendance:**
  - o All dancers should remain for award presentations to support fellow performers.
  - o While not mandatory, watching other performances is encouraged as a learning opportunity.
5. **Nutrition & Hydration:**
  - o Consume healthy foods such as proteins and complex carbohydrates.
  - o Avoid excessive sugar and junk food to maintain energy levels.
6. **Behavior & Responsibility:**
  - o Dancers should be responsible and independent. Teachers may not be available at all times.
  - o Students should warm up and review routines together before performances.

## Backstage & Theatre Policies

- **Backstage Access:** Dancers are permitted backstage **two routines** before their performance and must leave immediately after. **No parents** are allowed backstage.
- **Photography & Videography:** No cameras or recording devices are allowed inside the theatre. Violators risk disqualification.
- **Tap Shoes:** Only permitted backstage—not in hallways or warm-up areas.
- **Valuables:** Do not bring valuables, as the festival is not responsible for lost or stolen items.

## Code of Conduct

1. Dancers must conduct themselves professionally and demonstrate respect for others.
2. Negative comments about other dancers, studios, costumes, or adjudicators will not be tolerated.
3. Treat parents, teachers, and peers with kindness and appreciation.
4. Support and encourage fellow dancers—we are all part of the same team.

**Note:** Unsportsmanlike conduct may result in disqualification.

## Costume, Hair & Makeup Guidelines

1. **Makeup:**
  - o Foundation matching skin tone, set with powder.
  - o Brown-toned eyeshadow, black eyeliner, and mascara.
  - o Deep plum-burgundy lipstick (no red or pink tones).
2. **Hair:**
  - o **Acro, Ballet, Lyrical & Contemporary:** Middle Part Slicked Back into a Low Bun
  - o **Tap & Jazz:** Middle Part Slicked Back into a Low Ponytail
  - o **Hip Hop:** Middle Part Slicked Back into Low Pigtails.
  - o Use hairspray to secure hair and avoid loose strands.
3. **Accessories:**
  - o No nail polish or jewelry.
  - o Proper undergarments must be worn. Bras should be the correct color and not visible under costumes.
  - o Extra tights should be packed to avoid runs or holes on stage.

## Festival Checklist

### Makeup Bag:

- Makeup remover & nail polish remover
- Foundation, blush, eyeshadow (browns/white), eyeliner, mascara
- Eyelashes & glue (optional), lipstick, lip liner
- Brushes & applicators
- Hair supplies (hairspray, gel, brush, comb, elastics, pins, hairnet)
- Small sewing kit, safety pins, band-aids, deodorant

### Dance Bag:

- All dance shoes
- Tights (plus extra pairs)
- Socks (if required)
- Appropriate undergarments
- Water bottle & healthy snacks
- Quiet activities (for downtime)

## **Final Reminder**

This festival is an opportunity to showcase talent, build confidence, and create lasting memories. Let's work together to make it a positive and rewarding experience for everyone!