

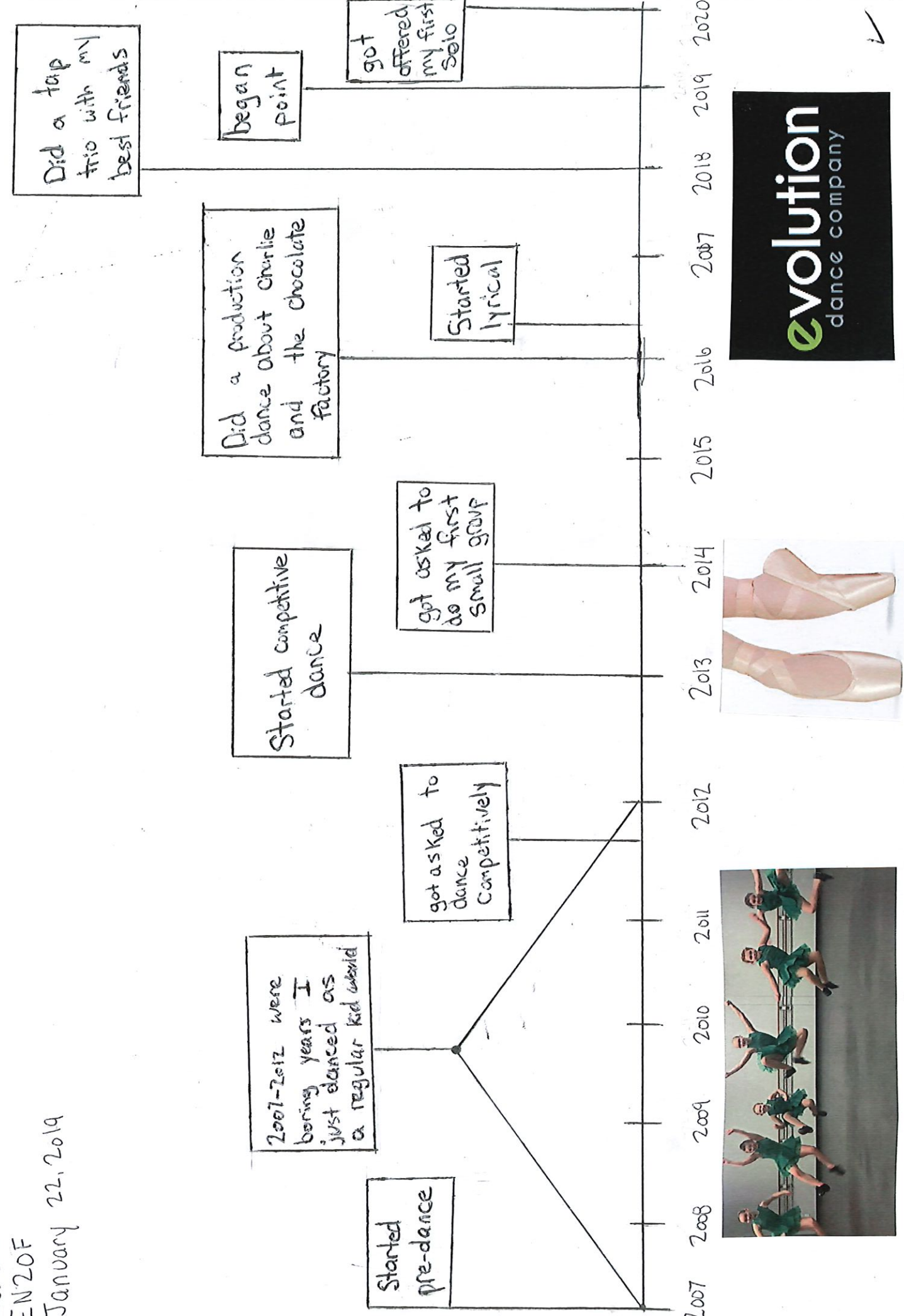
Isabelle Rickards  
Ms. Smith  
EN20F  
January 22, 2020

#### Pre-competition to do list

- 1) Eat a meal before you start getting ready, preferably something that's not greasy, so you will not feel sick.
- 2) Start to do your hair, but give yourself some time because it may take multiple attempts.
- 3) Begin your makeup and take your time. You may have to redo your winged eyeliner numerous times.
- 4) Pack your bag with lots of snacks and double check to make sure you have your right costumes. Also do not forget your makeup!
- 5) Double check your schedule to make sure you have everything you need. There's nothing worse than forgetting something.
- 6) Put on some comfy sweats and a sweater, but make sure you don't forget your studios sweater.
- 7) Time to leave for the competition, get in the car and blast some songs to get you hyped up, but make sure you will be there on time.
- 8) Arrive at least two hours early ready to start warm, and ready to get going.
- 9) Begin your warmup as a team and then run your dance, so it is fresh in your mind. Make sure you ask any last-minute questions.
- 10) Go do some touch ups on your makeup and hair, to make sure you are ready to take on the stage.
- 11) Head backstage, and have a quick team pep talk, followed by a passionate team cheer. Think about the dance while you are backstage but not too much.
- 12) Last but not least remember to breathe and to shake out all the jitters before you go on stage.
- 13) After you compete you can go and calm down catch your breath and find something more to eat because you will be hungry.



Dance timeline  
 Isabelle Rickards  
 Mrs. Smith  
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### Recipe for the Perfect Competition

You will need:

- 1 happy team
- 2 cups of helpful teachers
- A pinch of stress
- 3 tablespoons of corrections
- 1 loud team cheer
- 3-4 cups of rival teams
- ½ teaspoon of team competitiveness
- ½ teaspoon of mistakes
- 1 special win
- 1 practice space
- 1 stage

Directions:

- 1) Preheat your large stage to prepare for the perfect dance competition. Make sure the stage is smooth and not too slippery or too sticky.
- 2) Mix in your happy team with the helpful teachers and don't forget the practice space. Mix until you get a good consistency.
- 3) Add in your corrections slowly, don't dump it in all right away. Stir it and it should now be an even mix.
- 4) Gradually add in your pinch of stress and your ¼ teaspoon of mistakes until it is evenly spread throughout the whole batter.
- 5) Mix in the ½ teaspoon of team competitiveness and prepare for the next thing.
- 6) When ready add in one loud team cheer, and 3-4 cups of rival teams.
- 7) Once the rival teams are added, put the mix onto the large stage, and top it off with one special victory.



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## Dance

Here we stand  
All confident and ready  
Brought together by the love of our passion

Fought through pain and tears  
Passed by exams and judges  
Getting more and more eager as the time goes on

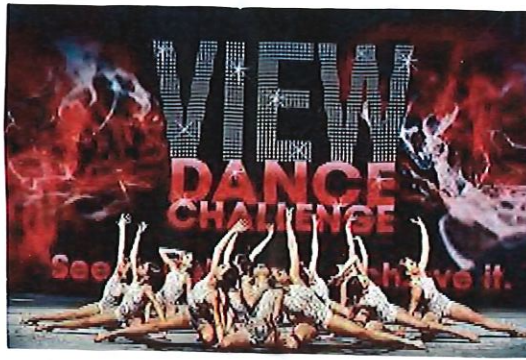
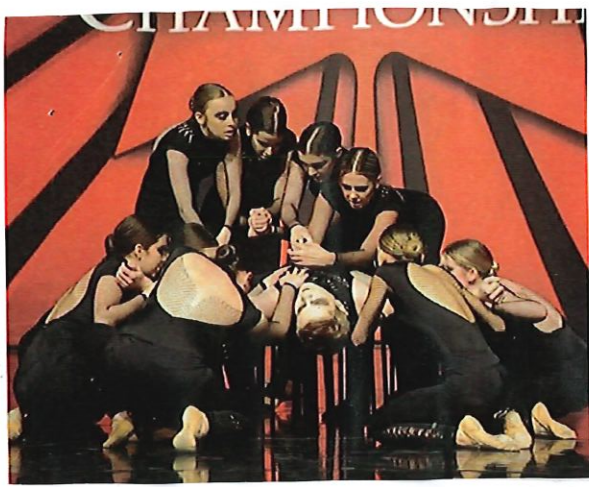
Standing here with my friends  
That have now become my family  
To prepare as a team for the final event

We are made of training and buns  
And constant corrections  
To prove what we have done

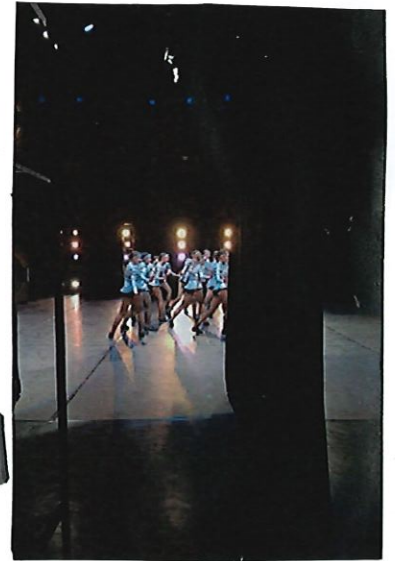
We know that the sweet smell of hairspray  
And the last-minute touch ups  
Are leading up to our sweet victory

Pep talks and calming ourselves  
Moments before we take the stage  
The stress eating away at us  
Here we stand





# DANCE



Isabelle Rickards  
EN20E  
Ms. Smith

