



2026

Showcase

DANCER'S HANDBOOK

GLM Dance Studio
6/65 Jersey Street Hornsby NSW
www.glmdancestudio.com
info@glmdancestudio.com

GLM DANCE STUDIO

2026

Showcase

Dancer's Handbook

CONTENTS

- 3 Event Details
- 4 Showcase Checklist
- 5 Hair Guide
- 6 Make-Up Guide
- 8 Undergarments
- 9 Footwear
- 10 Costume Hire
- 11 What Happens at Showcase



Event Details

Dancers should arrive at each event fully ready in their first costume, with the correct stockings, shoes, hair, and makeup. Be sure to bring any additional costumes, including stockings and shoes.

15
NOVEMBER

Photo Day

When: Sunday 15 November

Where: GLM Dance Studio

Who: All students

Times: Check session times

www.tinyurl.com/glmphotoschedule

6
DECEMBER

Dress Rehearsal

When: Sunday 6 December

Where: Brigidine College

Who: All students

Times: *To be announced*
(morning event)

Showcase

When:

Saturday 12 December

Sunday 13 December

Where:

Brigidine College, St Ives

Who: All students

Both Showcase dates will feature the same performances from all students. Dancers will stay for the entire Showcase and return to the stage at the end of each night for the finale and a short awards presentation.

Event Information



For all Showcase, Dress Rehearsal and Photo Day details as they are available, please visit our website:

www.glmdancestudio.com/showcase

12
DECEMBER

Saturday 12 December

Student Arrival: 4:30 pm

Show Starts: 5:00pm

Student Pickup: 8:00pm *approx.*

13
DECEMBER

Sunday 13 December

Student Arrival: 1:30pm

Show Starts: 2:00pm

Student Pickup: 5:00pm *approx.*

Showcase Checklist

What to bring:



☐ All costumes + stockings

☐ All dance shoes

☐ Clothes to wear home*

☐ Makeup (touch ups)

☐ Water bottle

☐ Snacks

Dancers are
not wear any
jewellery other
than simple stud
earrings.

*Costume Return

All costumes are to be returned to GLM on Sunday, 13 December, at the final Showcase performance.

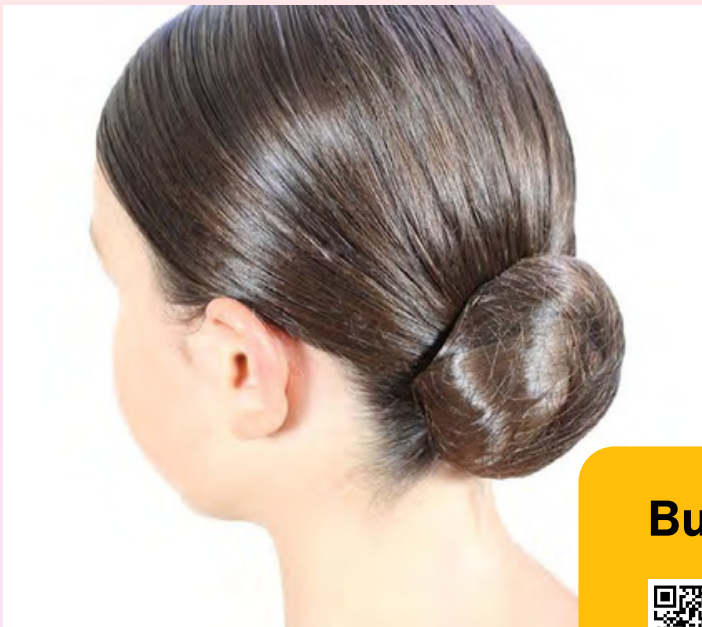
Don't forget to bring a change of clothes to wear home!

Hair Guide

This guide applies to Photo Day, Dress Rehearsal, and the Showcase.

All dancers must have their hair pulled back and slicked away from their face. Those with long enough hair are expected to wear it in a bun. The final look of the bun may vary depending on hair length, thickness, and texture, and that's perfectly fine. The key is ensuring that the hair is neat, out of the face, and securely fastened.

Dance Bun Tutorial



What you will need:

- Hairbrush/comb
- Bobby pins
- Hair ties/elastics
- Hairnet (optional)
- Hairspray, gel, and mousse

Bun Tutorial



Scan the QR code or copy the link for step by step instructions.

www.bloch.com.au/blogs/education/how-to-make-a-perfect-bun

Why Performance Hair Matters

While performance hair might feel a bit unnatural, it helps us look and dance our best on stage. Keeping hair secure and out of our faces ensures that the audience can clearly see each dancer and prevents stray hairs from distracting during the performance.

Makeup Guide

Dancers are to wear full stage makeup for Photo Morning, Dress Rehearsal, and the Showcase.

There are many ways to apply stage makeup. Younger students typically opt for a simpler look, while older students may choose something more elaborate. It's up to you and your dancer how detailed you'd like to go, but we strongly recommend at least applying foundation, blush, mascara, eyeshadow, and lipstick. For video tutorials, please see the links on the next page.



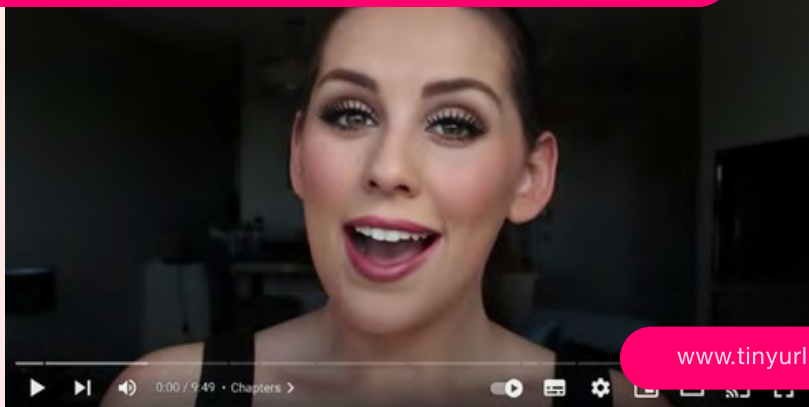
What you will need:

- Foundation
- Blush
- Mascara
- Lipstick (red)
- Eyeshadow (natural brown, bronze and golds)

Video tutorials overpage

Makeup Guide

Basic stage makeup for all teens/adults



Video Tutorial

Scan the QR code or copy the link.



www.tinyurl.com/stage-make-up-tutorial-1

Stage makeup for children



Video Tutorial

Scan the QR code or copy the link.



www.tinyurl.com/stage-make-up-tutorial-2

Why Stage Makeup is Important

We want your lovely faces to shine on stage! Bright lighting can wash out and flatten facial features, making expressions harder to see. Since emoting is a vital part of performance, **stage makeup helps ensure your features are clear to the audience.** This is why it's a standard expectation in the industry - to keep your expressions from disappearing under the lights!

Please note: While we strongly encourage stage makeup, it is not compulsory. We understand there may be reasons why you or your dancer may not feel comfortable wearing it, and we fully respect that.

Undergarments

Stockings/Tights

Dancers are required to wear the correct tights or stockings for each dance style. Please see the guide below for details.

Underwear & Bras

To maintain a seamless look on stage, dancers should wear nude or flesh-toned underwear. Bras should also be nude with either nude or clear spaghetti straps to ensure they stay as discreet as possible on stage.



Footed shimmer tights

Classes:

Tap
Jazz
Hip Hop
Musical Theatre



Pink* footed or convertible tights

Classes:

Ballet

***Note:** Please speak with your teacher for the correct colour pink.



Stirrup shimmer tights

Classes:

Contemporary

Retailers

All tights, stockings and shoes must be purchased from Bloch Chatswood or Dancestuff for correct colour, fit and quality.

- **Bloch Chatswood:** Our nearest Bloch store - they keep an up-to-date list of GLM uniform requirements and offer expert fitting advice.
- **Dancestuff (Gosford):** Great alternative for dancewear essentials that meet GLM requirements.

⚠ **Shimmer tights are often limited - please purchase early!**

Footwear

All students must wear the correct footwear for their specific dance styles. Please refer to the guide below for the required shoes for each style.

Ballet & Mini Movers



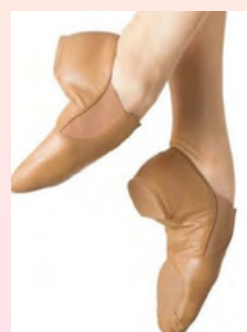
Girls: Pink canvas ballet flats
Boys: Black ballet flats

Tap



Tap shoes
Girls: Tan / Boys: Black
Adults & Snrs: Black

Jazz



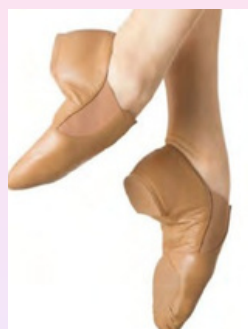
Jazz shoes
Girls: Tan / Boys: Black
Seniors: Tan
Adults: Black

Hip Hop



Beginners: (All) white sneakers
Inter: Black dance sneakers
JFH: Black dance sneakers

Musical Theatre



Tan jazz shoes

Contemporary



Canvas pirouette half sole

Retailers

See page 8 for details.

Costume Hire

Returns

All costumes are to be returned to GLM on Sunday, 13 December, at the final Showcase performance. After the show, students will change into their own clothes and leave their costumes in the collection area within their designated waiting area.

Don't forget to bring a change of clothes to wear home!

Cleaning

Please do not clean the costumes yourself - GLM will handle all cleaning after they are returned. If your costume needs a quick refresh beforehand, you may use a light fabric freshening spray, like Febreze.

For any other costume issues, please contact us at info@glmdancestudio.com.



What Happens at Showcase

- For Parents & Carers -

At the Showcase, your dancer will perform on both dates, sharing their hard work and talent with family and friends!

Don't forget to use the Showcase Checklist (Page 4) for what to bring!

Check-In and Pick-Up: When you arrive, check in your dancer at the designated waiting area, separate from the stage. Here, dancers can relax and rehearse between performances under the supervision of our staff and helpers. After the finale, all students will return to their waiting rooms, where you'll pick them up and sign them out. Adult students have separate waiting areas.

Waiting Area Access: Only GLM staff, helpers, and dancers are permitted in the waiting area throughout the Showcase, including during intermission.

Intermission – Visiting Dancers: Dancers must remain in their waiting area during intermission, as they are under GLM's care for the duration of the Showcase. Students cannot leave without being signed out, and it isn't feasible to allow visiting dancers during intermission. Adult dancers make their own arrangements for intermission.

Change Room Facilities: A changing area is available within the dancers' waiting areas, with bathroom access.

Supervision: During the performances, dancers will be supervised by GLM staff and a team of helpers, all of whom have verified Working With Children Checks.

Sunday Costume Return: All costumes are to be returned to GLM on Sunday. After the Showcase, students will change into their own clothes and leave costumes in the collection area within their waiting area. Our helpers will be on hand to supervise this process.

Showcase Helpers Needed

Our Showcase relies on our fantastic volunteer helpers. If you'd like to volunteer backstage, you'll **receive a free ticket to the alternate Showcase day** as a thank you!

Details and sign up here:

www.glmdancestudio.com/showcase-backstage-helpers





2026

Showcase

Dancer's Handbook