

STUDIO 100
DANCE AND FITNESS

Season 3
Recital Handbook



June 14th, 2026

3pm

Harwood Union High School

We're so excited for our upcoming dance recital! This handbook includes everything you need to feel prepared for the big weekend—dress rehearsal and recital schedules, hair and makeup tutorials, class-specific requirements for shoes and tights, ordering information for pictures, videos, and t-shirts, and volunteer sign-ups. Please read through it carefully and keep it handy as we get closer to showtime.

SPECIAL NOTE

After reviewing our overall schedule, logistics, and the experience we want for all dancers—especially our younger students—we will be moving forward with one recital performance this year on Sunday, June 14th at 3:00pm.

There was discussion of adding a second show, and I appreciate your understanding as plans evolved during the planning process. Ultimately, my goal is always to create a recital experience that feels organized, enjoyable, and meaningful for our dancers from start to finish. As our program continues to grow, expanding to multiple performances may be something we consider in the future.

We are also exploring an opportunity for some of our older dancers to spend time on stage earlier in the day prior to the recital. More details will be shared as plans are finalized.

As always, please email me with any additional questions at alyssa@studio100vt.com

DRESS REHEARSAL

Saturday, June 13th

Harwood Union High School

Please label ALL costumes, shoes, and accessories!!

***Pre-K - 1st grade dancers must arrive by 12pm.** Please have dancers arrive in costume with hair and make-up done. This group of dancers will be dismissed after bow at 1:30pm.

***2nd grade - Teen dancers must arrive no later than 12:15pm** with their hair and make-up done. Dancers will change into first scheduled costume after arrival.

(see schedule on next page)

***Please make sure your dancer signs-in at the check-in desk prior to heading backstage.**

***Rehearsal will begin immediately at 1pm with all dancers on stage to run through the bow.**

***Dress rehearsal will run in the order of the performance. Some classes will have extra stage time following the rehearsal (see schedule below)**

***Dancers are free to leave after their last class stage time or can stay and watch in the auditorium but must sign-out prior to leaving.**

***Dancers 3rd grade and younger MUST have a parent or guardian sign them out prior to leaving.**

DRESS REHEARSAL

June 13, 2026

Dancer call (arrival time):

PK-1st grade - 12pm

2nd grade and up - 12:15pm

Schedule

12:15-1:00pm - Bitty Ballet, Pre Ballet, Jazz Hop Flip Flop stage time

1:00-1:30pm - Bow, Full Cast

***Bitty, Pre, Jazz Hop are dismissed after bow*

1:30-2:45pm - Dress Rehearsal

1. Teen Hip Hop
2. Level 2 Ballet
3. Level 1 Jazz/Hip Hop MONDAY
4. Pre-Tap
5. Teen Jazz
6. Elementary Acro
7. Bitty Ballet
8. Teen Contemporary
9. Level 2 Hip Hop
10. Level 1 Ballet
11. Pre-Ballet
12. Level 2 Contemporary
13. Teen Ballet
14. Pointe
15. Level ½ Tap
16. Level 1 Jazz/Hip Hop WEDNESDAY
17. Adv. Ballet
18. Bitty Tap
19. Level 2 Jazz
20. Teen Acro
21. Jazz Hop Flip Flop
22. Finale

DRESS REHEARSAL

June 13, 2026

Stage Time Schedule

(no costumes)

2:45pm-3:00pm - Finale

3:00pm-3:15pm - L2 Hip Hop

3:15pm-3:30pm - L2 Jazz

3:30pm-3:45pm - TBD

3:45pm-4:00pm - TBD

4:00pm-4:15pm - TBD

4:15pm-4:30pm - TBD

Recital

Sunday, June 14th

3pm

Harwood Union High School

Please label ALL costumes, shoes, and accessories!!

***Dancer call (4th grade and up) is 1:15pm.** Dancers should arrive with their hair and make-up done and be ready to meet on stage by 1:30pm for warm-up. NO COSTUMES for warm-up. Dancers should arrive in clothing to warm up in.

***Dancer call (PK-3rd grade) is 1:30pm.** Dancers should arrive in their first costume on with their hair and make-up done and be ready to meet on stage at 2pm.

*Please make sure your dancer signs-in at the check-in desk prior to heading backstage.

*All dancers are going to be in the final bow at the end of the performances, so dancers cannot leave the backstage area during the shows. Once the show is complete, dancers will be dismissed and will be in charge of collecting their belongings before heading to the lobby.

***Dancers 3rd grade and younger MUST have a parent or guardian sign them out prior to leaving.**

Bitty Ballet and Pre-Ballet Dancers

*One parent or guardian per dancer will be allowed backstage to drop-off/pick-up. No one will be allowed backstage without first signing in at the check-in desk.

RECITAL ATTIRE & HAIR STYLE

EACH DANCER SHOULD WEAR THEIR COSTUME ALONG WITH THE APPROPRIATE SHOES, TIGHTS & HAIRSTYLE.

NOTE: If your dancer is in a class that requires a bun, they will keep that hairstyle for the entirety of the performance. They will not need to change it to a ponytail even if this list says otherwise.

STAGE MAKEUP IS OPTIONAL BUT STRONGLY ENCOURAGED TO COMPLETE THE LOOK.

Class Name	Tights/Socks	Color of Tights	Shoes	Color of Shoes	Hair
Bitty Ballet, Pre Ballet	<u>Pink footed or convertible</u>	Pink	<u>Pink ballet</u>	Pink	Mid bun w/ hairpiece off center to right
Bitty Tap, Pre Tap	<u>Pink footed or convertible</u>	Pink	<u>Black tap</u>	Black	Mid bun w/ hairpiece off center to right
Jazz Hop Flip Flop	<u>No socks or no show socks</u>	Pink	<u>Nude jazz</u>	Tan	Mid ponytail
Level 1, 2, Teen, Adv, Ballet, Pointe	<u>Pink footed or convertible</u>	Pink	<u>Pink ballet</u>	Pink	Mid bun w/ hairpiece off center to right
Tap	Black ankle or no show socks	n/a	<u>Black tap</u>	Black	Mid ponytail
Level 1, 2 Jazz	<u>Caramel footed or convertible</u>	Caramel	<u>Nude jazz</u>	Tan	Mid ponytail
Level 2, Teen Hip Hop	Black ankle or no show socks	n/a	<u>Black sneakers (or similar)</u>	Black	Mid ponytail
Contemp 4, Contemp 5, Teen Jazz	<u>Caramel footless or convertible</u>	Caramel	<u>Nude paws</u>	Tan	Mid ponytail



HAIR & MAKEUP TIPS & TUTORIALS



HAIR

Below are examples of dance hairstyles. These are just meant to be helpful, just try your best, no stress! Please make sure hair is slicked back with no flyaways and long bangs out of face. For best results, use gel/hairspray.

Click [Here](#) For Mid Ponytail Video Click Here For High Bun Video

Click [Here](#) For Bun for short hair Video

MAKE-UP

As mentioned previously makeup is optional but strongly encouraged for all dancers as the bright stage lights can wash out their faces. The video below show what typical stage make-up for dancers looks like but you can do as much or as little as you would like. A good in between would be blush, eye makeup & lipstick. A neutral eyeshadow palette works great for adding dimension, a pink blush will add color to their face and a shade of red is the best stage lipstick.

Click [Here](#) For Makeup Video

Additional Info

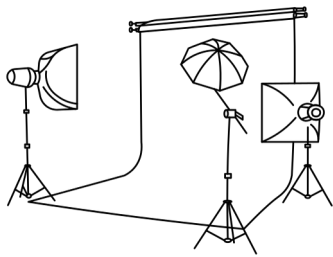
No jewelry please. If dancers must wear earrings, please make sure they are small studs that will not get caught on costumes.

AVAILABLE FOR PURCHASE

Recital Pictures

Photos By Kintz will be taking professional photographs of dancers before (or after) dress rehearsal on June 13, 2026.

Dancers must be signed up in advance to schedule a picture time.



Sign up [HERE!](#)

RECITAL T-SHIRTS

\$30 (plus tax)

Pre-order [HERE](#)



RECITAL VIDEOS

Flash photography and/or videography is strictly prohibited during the recital. A professional videographer will capture each dancer on stage.

Pre-Order Digital File [HERE](#) -
\$25 (plus tax)



DANCER'S NAME

1. Please check spelling (names will appear as below on the back of every recital t-shirt.)

2. Email alyssa@studio100vt.com for any name changes/updates.

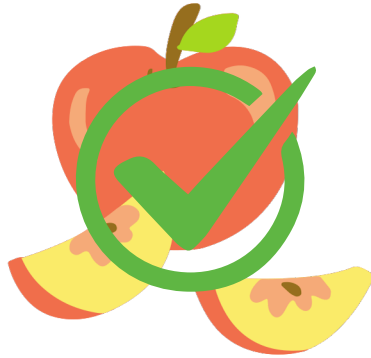
***IF YOU DO NOT WANT YOUR DANCERS NAME TO APPEAR ON THIS SHIRT, PLEASE
EMAIL ME ASAP!**

COCO ANDALORO
NARUMI ANDERSON
VERA MAE ANDERSON
LUCY AYOTTE
ARLO BABBOTT-KLEIN
ZIP BABBOTT-KLEIN
NESS BARRY
ROSEMARY BELIVEAU
ESME BENNETT
OLIVE BENNETT
ELENA BIEDERMAN
HADLEY BLEH
HAILEY BOURNE
GEORGIA BOWEN
CARRIE BROPHY
MAYA BROPHY
TESSA BURG
AILEIGH BURGESS
MARA BURGESS
MOLLY CARPENTER
NORA CHAMPNEY
CECE CHICK
ALEXIS CLARK
EVA CLOUGH
LAYLA COCCAGNA
AMELIA COHEN
LONDON DAVIDSON
AMELIA DEFREEST
AVERY DELANEY
MILA DYBALA
ODIN DYBALA
ETTA ESTABROOKS
MILO ESTABROOKS
MILO FLECKENSTEIN

SLOANE FLECKENSTEIN
WYATT FLECKENSTEIN
NORA FOLEY
TOBIN FOLEY
VIOLET GRISWOLD
WYATT HALEY
TEAGAN HALL
LILY HAYES
SITORA ISKANDAROVA
MAISIE JESTICE
LENA JOSLIN
SOFIYA KARAPETIAN
HAYDEN LASHAR
QUINN LASHAR
DOROTHY LEHNHOFF
SYLVIA LEHNHOFF
ASHER LOGAN
MAEVE LOGAN
MIRIAM MALCOM
AUDREY MANGO
EMERY MANGO
SADIE MANGO
WAYLON MCCOMAS
VIVIAN MCDONOUGH
EAGLE MCGOWAN
HALSEY MCGOWAN
SEBASTIAN MORSE
HENRY NADEN
RUTH NADEN
WILDER NEAL
LUNA NOBLE KRIVITZKY
MAX NOONE
EMMA OPPENHEIMER
LAYLA OPPENHEIMER
ZOEY PACKARD

ALLIE PATTERSON
APOLONIA PATTERSON
MARGARET PATTERSON
SAILA PHILLIPS
WAVERLY PHILLIPS
ELOWYN PLOUFFE
AZALEA RANDOLPH
LESLIE RAYBURN
SARAH RAYBURN
MADELINE REISNER
RIVER ROBBINS
TULSI ROTHMAN
FORREST RUSSELL
CARLEY RYLEY
BARRETT SCHAVONE
ADDIE SCHONDER
EMMA SCHONDER
LELA SEAVER
ELEANOR STEBAR
ONA TAPLIN
MAGNOLIA TRAUTZ
SARIAH TRETIAK
TELA TRETIAK
MAX TURNER
ELSIE VANDAL
WILLA VANDAL
NOEMI VEIT
ASTRID WASHINGTON
IVY WEIR
GENEVA WILSON
AMEILA WOOD
SYLVIA WRAY
PARKER YOUNG
AUBREY ZENO

Backstage Details

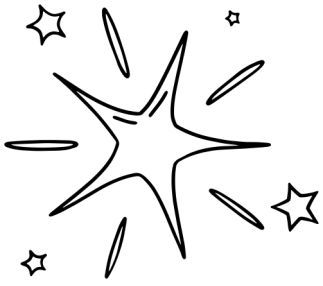


*Please make sure your dancer is sent with a water bottle! No drinks besides water will be allowed in the dressing room.

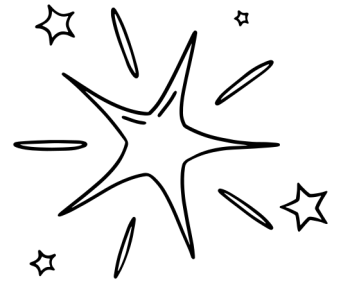
*Dancers may bring non-messy snacks such as crackers and fruit like apples or grapes but please no chocolate, gummies or anything that can potentially ruin their costumes or the carpet.

*ALL dancers are in the final bow and must stay backstage for the entirety of the recital and cannot watch the show from the auditorium.

*The performance will be streamed backstage for dancers to watch in their dressing rooms but you are welcome to also send them in with non-messy activities to do while they wait.



VOLUNTEERS NEEDED!



In order to ensure that we have the best possible recital, we need your help! We have volunteer positions available in the following areas:

Ticket Scanners (5)

Check-in/Check-out table (2)

Bitty Ballet/Pre Ballet dressing room (3)

Girls dressing room (4)

**ALL volunteers will
receive 1 free ticket to the performance.**

Dressing room volunteers will need to stay in the dressing room for the entirety of the recital but can watch their dancer perform backstage from the wings (which is a really special experience!)

I will reach out to those who volunteer with further information as the date approaches.

To sign up, please click **[HERE!](#)**