

SiSu Dance Academy 2022-2023 Dress Code Information

Grooming

Grooming is an essential part of correct dance training. At SiSu Dance Academy, we are assisting our dancers by preparing them in class to portray themselves in a polished presentation on stage. Students who come to class with beautiful hair, correct dress, and a neat appearance excel in their dance work and begin to see themselves as a dancer. To this end, we have a dress code to prepare your dancer for the disciplined expectations of a professional dance environment.

(PLEASE NOTE THAT STUDENT LEVELS ARE DETERMINED BY DIRECTOR AFTER TRIAL CLASS)

Female Dress Code

NO UNDERWEAR UNDER TIGHTS

Ballet Slippers:

Dancers are required to wear canvas or cloth, split-sole slippers that enhance their training, movement and appearance. Ballet slippers are the most important part of your dancer's equipment and can seriously affect their ability to articulate foot movement (accept for Primary I/II Ballet/Acro)

Pointe Shoes:

Several styles of pointe shoes are acceptable and endorsed by SiSu Dance Academy. These approved brands assist dancers in executing their pointe work technique with greater precision, articulation, and are more aesthetically pleasing. Please make sure to have Pointe Shoes approved by the Director before sewing ribbons and elastics.

Primary Reg Ballet I: Lilac Leotard (Purchase @ NMDW), pink tights; No ballet slippers required. Hair neatly pulled back into a bun

Primary Reg Ballet II: Lilac Leotard (Purchase @ NMDW), pink convertible tights, No ballet slippers required. Hair neatly pulled back into a bun.

Sub Junior A, B, C Reg Ballet: Tropical Green (Purchase @ NMDW), pink tights; pink ballet slippers. Hair neatly pulled back into a bun.

Junior A/B Reg Ballet: Black/Burgundy Leotard (Purchase @ NMDW), pink tights, pink ballet slippers. Hair neatly pulled back in a bun.

Senior Reg Ballet: Black/Burgundy Leotard (Purchase @ NMDW), pink tights, pink ballet slippers. Hair neatly pulled back in a bun.

Advanced Reg Ballet: Black/Burgundy leotard (Purchase @ NMDW), pink tights, pink ballet slippers. Hair neatly pulled back in a bun.

All Cecchetti Classes – Black Leotard (Purchase @ NMDW), pink tights, pink ballet slippers. Hair neatly pulled back in a bun

All Acrobatic Classes – Any Leotard (Purchase @ NMDW), black leggings, Hair neatly in braids.

Adult Dancers: Wear neat, conservative dancewear of your choice. If performing with class, you will need required performance dancewear as indicated above.

Jazz/Contemporary/Tap/Musical Theatre: Any modest dance wear. Black or nude jazz shoes. Hair pulled back in a bun

Hip Hop Classes – Any moveable clothing, Clean Shoes with no dirt/mud – Hair in a Braid

(Note: If a ballet class lands before their Cross Conditioning class, dancers should wear the leotard that will be required for the ballet class)

Male Dancer Dress Code:

Primary: Fitted white or Black t-shirt, black shorts/pants (no pockets), No ballet slippers required.

Sub Jr, Jr, Sr, Adv: Fitted white or black t-shirt, tights (no pockets), black ballet slippers.

Acrobatics: Fitted white or black T-Shirt, black tights, dance belt, no shoes

Adult Dancers: White or black fitted athletic shirt, black compression shorts (2" above knee)/pants, fitted black shorts, black canvas shoes, and dance belt.

socks will be required. Broadway/Tap Fitted solid color athletic t-shirt, fitted black athletic nylon pants, black jazz shoes or tap shoes, dance belt.

Jazz/Contemporary/Tap/Hip Hop: Comfortable clothes that body can be seen with movement

For All Dancers in Year Long Classes

- ONLY dress code apparel and specified warm ups
- No watches or jewelry are allowed except stud earrings.
- No sports bras or other undergarments may be visible.
- Hair must be secured off the face. (Bangs that are above the eyebrow are acceptable for class, but not for performances.) Buns are required for all Ballet classes.