

Nationals 2008

*DANCERS NEED TO WEAR NO LIMITS APPAREL TO AND FROM COMPETITION. IT REALLY SHOWS TEAM SPIRIT AND IT IS ALSO NICE TO SEE "NO LIMITS" EVERYWHERE!

*PLEASE HELP YOUR DANCER PREPARE FOR NATIONALS. WE HAVE HAD WAY TO MANY GIRLS FORGET ITEMS FROM HAIR SUPPLIES TO COSTUME PIECES. DO NOT COUNT ON OTHERS TO HAVE A BACK UP FOR YOU. I FEEL THAT I HAVE MADE IT EXTREMELY EASY TO MAKE SURE THE DANCERS ARE PREPARED.

*ENCOURAGE YOUR DANCER TO MAKE IT TO ALL "NO LIMITS" PERFORMANCES AT EVERY COMPETITION. IT MAKES THE DANCER FEEL GOOD TO KNOW THAT HER TEAM IS OUT IN THE AUDIENCE CHEERING HER ON.

*HAVE A POSITIVE ATTITUDE AND ENCOURAGE EACH OTHER TO DO THEIR BEST. **WE ARE A TEAM!**

***NO EATING IN COSTUMES!** THIS HAS ALWAYS BEEN A RULE, BUT FOR SOME REASON WE ARE JUST WAITING FOR THAT SOMEONE TO SPILL SOMETHING ON A COSTUME AND RUIN THE DANCE. PLEASE FOLLOW YOUR DIRECTORS RULES.

***RESPECT ALL TEAM MEMBERS, TEACHERS AND PARENTS.**

WORKSHOPS

*DANCERS MUST TAKE WORKSHOPS AT DANCE TROUPE'S NATIONAL COMPETITION. NOT ONLY DOES NO LIMITS REQUIRE THE DANCERS TO TAKE THE WORKSHOPS, DANCE TROUPE CLEARLY STATES THAT ALL COMPETITORS TAKE CLASSES. EVERYONE ALWAYS SEEMS TO ENJOY THESE WORKSHOPS. THESE MASTER TEACHERS INSPIRE DANCERS AS WELL AS GIVE THEM GREAT ROLE MODELS. **CONVENTIONS ARE AWESOME FOR DANCERS WHO ATTEND WITH A POSITIVE ATTITUDE.**

*WORKSHOP ATTIRE

*NO PANTS IN THE FOLLOWING CLASSES: BALLET, LYRICAL AND ACRO

*MUST WEAR HAIR IN A BUN FOR BALLET, ALL OTHER CLASSES NEED TO HAVE LOW PONY TAIL WITH A RIGHT PART OR A BUN (NO WHISPIES).

*DANCERS MUST TAKE ALL CLASSES UNLESS TOLD OTHERWISE.

***NO HOLES IN YOUR TIGHTS!!!**

*BE COURTEOUS TO OTHER DANCERS AND INSTRUCTORS. MAKE SURE YOU STAND IN FRONT OF THE CLASS. THIS WILL ALSO HELP YOU LEARN THE CHOREOGRAPHY EASIER. ABSOLUTELY NO TALKING, USING THE RESTROOM OR DRINKING IN THE MIDDLE OF CLASSES.

*COME TO CLASSES IN NO LIMITS APPAREL. ALWAYS WEAR A COVER UP.