

The background features two large, soft-edged pink shapes. One is in the top right corner, and the other is in the bottom left corner. A series of small pink dots forms a curved path that starts near the top right shape and ends near the bottom left shape, framing the central text.

MSOD 2026 COMPETITION PACKET

QUICK LINKS: [COMPETITION FEES & BILLING](#) | [COMPETITION SHOWCASE](#)
[COMPETITION DETAILS & LINKS](#) | [MSOD COMPETITION RULES](#)
[PACKING CHECKLIST](#) | [HAIR & MAKEUP](#) | [COMPETITION DAY INFORMATION](#)
[TEAM PARTY](#) | [IMPORTANT DATES](#) | [EMERGENCY CONTACTS](#)

INTRODUCTION

This packet will give almost all of the information you need to know regarding competitions, however, some things become learned by attending the first few competitions. Everyone helps each other out.

COMPETITION SCHEDULE

Official schedules released 7-14 days before the event. You will receive detailed arrival & performance schedule ~1 week before the competition.

TIP: Check the BAND app for dates & locations (Times will not be listed on BAND)

FAQ

Your dancer will not be performing the entire weekend, but please keep the weekend open until you receive their specific performance time(s).

COMPETITION FEES & BILLING

Competition fees vary by event.

GROUP ROUTINES

\$50-\$70
per dancer

DUOS/TRIOS

\$150-\$200 total
(split among dancers)

SOLOS

\$115-\$200 per dancer
(maximum estimated)

MEDIA FEE

~\$35 per dancer
professional photos & videos

STAFF FEE

\$30 per competition
(per contract)

BILLING SCHEDULE

STARZ

February

THE MOVEMENT

Late February

UPROAR

April

SPOTLIGHT

May

Competition fees must be paid at least two weeks before each event. If fees remain unpaid, the dancer will not be allowed to compete, as the studio covers the upfront costs.

COMPETITION SHOWCASE **MANDATORY**

DATE | Sunday, March 1 **LOCATION** | North Polk High School Auditorium **TIME** | 6 p.m. (groups) followed by solos/duos/trios

COST | \$30/dancer to cover the auditorium rental fee

FREE TO ATTEND & OPEN TO ALL FAMILY, FRIENDS, AND SUPPORTERS!

REHEARSAL

TIME | 1:30 p.m.

Please arrive 15 minutes early.

Dancers only need to be present for their routine rehearsal times.

CLOSED REHEARSAL

Parents may not sit in the auditorium during rehearsal. Please wait in the commons or dressing area.

REQUIRED



Full Makeup



Full Hair



Full Costume



Accessories Properly Secured

COMPETITION DETAILS & LINKS

**MARCH
6-8**

STARZ DANCE COMPETITION

LOCATION | Holiday Inn Des Moines - Airport | 6111 Fleur, Des Moines, IA 50321 **TIME** | TBD (Emailed 7-14 days prior)
FEES | Groups: \$48-\$50 | Duos/Trios: \$150 | Solos: \$115 **LINK** | [Starz Dance Competition](#)

**MARCH
27-29**

THE MOVEMENT DANCE COMPETITION

LOCATION | Horizon Events Center | 2100 NW 100th St., Clive, IA 50325 **TIME** | TBD (Emailed 7-14 days prior)
LINK | [The Movement Dance Competition](#)

**APRIL
10-12**

UPROAR DANCE COMPETITION

LOCATION | Des Moines Embassy Suites | 101 E Locust, Des Moines, IA 50309 **TIME** | TBD (Emailed 7-14 days prior)
LINK | [Uproar Dance Competition](#)

**MAY
8-10**

SPOTLIGHT DANCE CUP

LOCATION | Holiday Inn Des Moines - Airport | 6111 Fleur, Des Moines, IA 50321 **TIME** | TBD (Emailed 7-14 days prior)
LINK | [Spotlight Dance Cup](#)

MSOD COMPETITION RULES



Clap for all performances



Remain seated & quiet
during routines



Wear zipped competition
jackets on stage for awards



Stay with your group at
all times



Teachers will assign
dancers to accept awards

PACKING CHECKLIST



ALL COSTUMES

Label costumes with performance order if needed.

PRO TIP: Write on the label the shoes & accessories that accompany each costume.



SHOES

Proper shoes for each routine



SNACKS & WATER

Quick, easy-to-eat, healthy snacks



TIGHTS

Capezio Light Suntan Transition or Stirrup Tights

PRO TIP: Always bring an extra pair of tights



DANCE DUFFEL BAG (OPTIONAL)

Dream Duffel or garment bag with hanging rack

[Dream Duffel Link](#)



MAKEUP & HAIR ITEMS

Bring makeup & hair items (bobby pins, hairspray, etc.)



COMPETITION JACKET

Comp jacket & black leggings or shorts for awards

HAIR & MAKEUP

COMPETITION HAIR

STYLE

Center-parted, low bun

TOOLS NEEDED

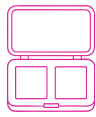
Gel, hairspray, hair tie

PRO TIP

Braid the ponytail before
wrapping it into a bun

[Hair Tutorial](#)

COMPETITION MAKEUP



EYESHADOW

Smoky Gray/Silver

Example



BLUSH

Light Pink/Peach

Example



MASCARA/EYELINER

Black

Example



FALSE EYELASHES

Required for Dancers 6th Grade & Up

Example



LIPSTICK

Red

Example



Watch this [Makeup Tutorial](#) for More Information

COMPETITION DAY INFORMATION ARRIVAL



Detailed schedules for arrival/warm-up times should be sent out one week before each competition

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Please arrive **2 hours** before your dancer's first age division's performance
(AGE DIVISIONS: Mini, Pre-Teen, Teen, Senior)

IMPORTANT



Allow extra time for parking & dressing. If you are running late, text your choreographer/teacher to let them know. It is extremely important that you be on time and present for warm ups! This is often the only chance to run routines before taking the stage so ALL dancers must be present!



WARM-UPS & PERFORMANCE

Dancers must be present 2 hours before their first age division's performance (arrival/warm-up times will be detailed in a schedule we send out about 1 week before the competition.)

We warm up all mini, pre-teen, teen, & senior routines around the same time and then take them to sit in their designated areas.

Parents may sit with their dancers, but we need all dancers together so we can easily find them when it is time to go backstage.



Dancers should arrive in full hair and makeup and be in their first costume unless specified otherwise. Wear competition shirts over costumes or with leggings if they are not required to have costumes on yet.

When dancers are done performing, one of the staff members will take dancers to the lobby to find their parents.

Dancers may change into competition shirts and leggings if they are done dancing for the day and may wait until their awards.

They may go get something to eat if there is enough time before awards. **HOWEVER, WE STRONGLY ENCOURAGE DANCERS TO WATCH OTHER MSOD PERFORMANCES.**



Warm-ups are parent-free. Parents may take their seats or wait in the dressing room while dancers warm up. This is in order to create more space and less distractions.

AWARDS & TEAM SUPPORT



Dancers must stay for their award session & must wear competition jackets on stage for awards along with black leggings or shorts.



Support MSOD teammates by clapping for all performances.

FOOD & HYDRATION



Pack water bottles and quick, easy-to-eat, healthy snacks to stay energized and hydrated.



Wear jackets/shirts over costumes when eating and warming up to avoid spills and stains.

LIVE STREAMS & PROGRAMS

Most competitions provide a livestream via their website. This allows family and friends to watch from anywhere.

Programs may be available to purchase. Programs help supporters and dancers know when they are about to dance. Be prepared that many competitions get out of order, which is why it is so important to warm-up and be ready at any time.

COMPETITION DAY COMMUNICATION & SCHEDULES



Keep BAND app notifications ON for dressing room updates & schedule changes.

Be prepared for things to get out of order. Show up on time for warm-ups and sit as a team to avoid chaos.

QUICK CHANGES | Often, dancers have their routines scheduled very close together or even back-to-back. DON'T PANIC! I will make sure dancers have time to get water, change costumes, and have teachers help get dancers backstage.



HELPFUL PARENT FAQ FOR COMPETITION DAY



When I arrive at the competition, where do I take my dancer?



You can take your dancer to the dressing rooms - the location will be communicated via the BAND app at the beginning of the competition. Set up their bag (if they have one), along with their costumes, shoes, tights, etc.



I got my dancer set up in the dressing room and they're ready for their first routine. Now what?



Take your dancer to the designated warmup area - communicated via the BAND app at the beginning of the competition. Your dancer will warm up with their age division. NOTE: Parents are not allowed in the warm-up area to avoid distractions and allow for less crowding. You may watch the competition or go back to the dressing room/lobby.



What happens next?



Your dancer will stay with their group and be led backstage with a teacher or assistant to prepare for their routine. NOTE:

Parents are not allowed backstage. They will then perform their routine - afterwards, a teacher will take the dancers to the lobby to wait for you.



My dancer is done performing. What's next?



If your dancer in more than 1 routine, you may get your dancer ready for their next routine. If they have no additional routine, your dancer can change out of their costume and into their competition jacket and black leggings or shorts. Dancers must be present for their division's awards ceremony. If your dancer is done performing completely, you may leave the competition. You are not required to stay the rest of the day.

TEAM PARTY



WHEN | Friday, February 20
TIME | TBD (Check BAND)



LOCATION | MSOD Studio



BRING | A big/little sister gift worth ~\$20

IMPORTANT DATES

FEB 20 Team Party

MAR 1 Competition Rehearsal & Showcase

MAR 6-8 Starz Dance Competition

MAR 27-29 The Movement Competition

APR 10-12 Uproar Dance Competition

MAY 8-10 Spotlight Dance Cup

EMERGENCY CONTACTS

MISS MICHELLE (515) 707-9529

MISS SAM (515) 227-2683

MISS KRISTIN (515) 343-4117

MISS TAYLOR (515) 971-4001

MISS CARLY (816) 518-4198

ADDITIONAL QUESTIONS?

If you have any additional questions, check this guide first! If something isn't covered, feel free to email me.

Let's have an amazing competition season! GO MSOD!

 Miss Michelle
& the MSOD team