Ahavah 2026

Performance Packet

Friday, December 4th 7:00 PM
Saturday, December 5th at 1:00 pm 5:00 PM

PLEASE READ THROUGH CAREFULLY – THIS PACKET PROVIDES ALL OF THE INFORMATION PERFORMERS WILL NEED LEADING UP TO THE PERFORMANCE.

Contact Information:	**Performance Location:**	**Emergency Contact Information for Theater Week:**
Ekklesia Ballet 381 Main St Middletown CT 06457 Phone: (860) 985-2085 Email: admin@ekklesiaballet.org	Middletown High School 200 LaRosa Lane Middletown, CT 06457	Artistic Director Elisa Schroth: (860) 985-2085

Tickets:

Order tickets here: Ahavah Tickets

PHOTOS:

Photos will be taken at Dress Rehearsal and at the performances. Access to all photos is $20.00
Email admin@ekklesiaballet.org for the Photo link.

DIGITAL DOWNLOAD:

The Dress Rehearsal and both shows on Saturday are edited together for a keepsake film of the performance. The digital download videos will be available on Christmas Day! Video can be ordered on the ticket link above and are $45.00.

Security/Safety:

- For your child's safety, **no one** will be allowed backstage without an access badge.
- Upon arrival at each rehearsal and performance, **everyone** must sign in and get an access badge before going backstage.
- Backstage access badge must be worn at **all** times when not in costume.

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Cell Phone Policy

- There are **NO** cell phones for students allowed backstage. **All performers under age 18** must leave their cell phones with the dressing room coordinator during check-in, and can pick them up when they sign out. If performers need to use their cell phones, they can ask the dressing room coordinator.
- Adults and Professional dancers may keep their cellphones however absolutely NO photos or videos in dressing rooms for safety and privacy.

Drop Off/Parking Information:

All performers must enter through the Performing Arts Center (PAC) Main entrance, which is the main entrance marked as the PAC entrance on the map. When you are driving towards the school, the Performing Arts Center is slightly to your right. Do not drop off at the backstage entrance. Please do not park in the fire lanes of the school. There is a large parking lot right next to the performing arts center. (See diagram on next page)
The Cast should enter through the front doors of the performing arts building. Sign in your child at the security checkpoint in the hallway. One of our backstage volunteers will walk performers to the dressing room areas. Unless you are a volunteer, parents are not allowed backstage. Only parents who have completed the volunteer training are allowed backstage.
Sign up to volunteer here.

Parents of children ages 4-12 should park and walk their child into the building to sign them in or out.
PICKING UP: If someone other than a parent or registered guardian is picking up your child you must let the security know at drop off. The person who is picking up your child must present a drivers licence when they pick up and sign out your child.

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Ballet 4/5A Factory Kids/Dark Angel Demi-Corps

Perform in all three shows and remain backstage for the entire performance.

HAIR:
ALWAYS ARRIVE WITH HAIR DONE!

- Bun just above the ears.
- Lots of gel and hairspray, no wispies or loose hairs.
- Must be able to shake head with no movement of the hair in order to be performance ready. YouTube Hair Tutorial

COSTUME (WHAT WE PROVIDE): Factory Outfit and Dark Angel costume. Your costumes will be at the theatre when you arrive.
COSTUME (WHAT YOU PROVIDE): Nude Leotard. This is an essential undergarment to be worn under costumes. All performers must wear a nude leotard as a base layer under costumes. We do not have any nudity backstage. Order Nude Leotard
Black bike shorts. Order Black Bike Shorts
Black Lipstick

WHAT TO WEAR TO THE THEATER:

- Come with hair in a bun.
- Wear a nude leotard under your clothes.

MAKE-UP
*See Make Up section of the packet for products and instructions. You can also follow the make-up tutorial video: YouTube Make-Up Tutorial Come with eye makeup done. Neutral lips. Tutorial to come by email.

WHAT TO PACK FOR THEATER: healthy snacks, extra change of clothes, water bottle, boredom buster activities **(no phones or tablet devices please).**

NOTE: All Rehearsals Are Closed for Viewing, No one is allowed in the theatre during tech and dress rehearsals. **Factory Kids/dark Angels are required to be present for Dress Rehearsal in order to participate in Ahavah.** There are no exceptions.

TECH WEEK SCHEDULE:

Sat Nov 28th
In-Studio Dress rehearsal at ECB
Arrive: 10:00
Depart: 6:30

Monday, Nov 30th
Tech Rehearsal #1
Arrive: 4:00 at MHS
Depart: 8:30 at MHS

Tuesday, Dec 1st
MAGI & Angels ONLY
Tech Rehearsal #2
Arrive: 4:00 at MHS
Depart: 8:30 at MHS

Wed, Dec 2nd
Tech Rehearsal #2
Arrive: 4:00 at MHS
Depart: 8:30 at MHS

Thurs Dec 3rd
Dress Rehearsal at MHS
Arrive: 5:00
Depart: 8:30

Fri Dec 4th at 7:00 pm
Performance #1:
Arrive: 6:00 at MHS
Depart: At the end of the show

Sat, Dec 5th at 1:00 pm
Performance #2:
Arrive: 12:00 at MHS
Students must stay at MHS between Saturday shows.

Sat Dec 5th at 5:00 pm
Performance #3:
Depart: After strike

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Ballet 5B - Company

Perform in all three shows and remain backstage for the entire performance.
See the following Costume Requirements By Role On Next Page

All Performers - Please remove for stage: nail polish, unnatural hair dyes, jewellery other than required for costume. Please cover visible tattoos.

Hair:

All Boys: Hair combed neat and out of the face and eyes, hair gel should be used

All Girls: medium bun, bangs slicked back, no wispies; use lots of gel and hairspray

Tights & Shoes Requirements: All shoes must be properly sewn and without holes. All tights must be clean with no holes or runs.

- All shoes must be in proper condition for performance.
- Two pairs of pointe shoes, properly broken in for performance (must be approved by Artistic Director prior to performance in order to avoid injury).
- Pancaking Pointe Shoes YouTube Tutorial

Female Dancers: All female dancers must wear a nude leotard without clear straps. The nude leotard needs to match skintone.

Male Dancers: All male dancers must wear a dance belt

SPECIAL MAKEUP REQUIREMENTS

Lipstick will be provided:

Prince of Fear, Dark Archangels, Dark Angels - Black lipstick

Messenger, Archangels, Angels - Silver lipstick

SCHEDULE:

Sat Nov 28th
In-Studio Dress rehearsal at ECB
Arrive: 10:00
Depart: 6:30

Monday, Nov 30th
Tech Rehearsal #1 at MHS
Arrive: 4:00pm
Depart: 8:30pm

Tues, Dec 1st
Tech Rehearsal #2 at MHS
Arrive: 4:00pm
Depart: 8:30pm

Wed, Dec 2nd
Tech Rehearsal #3 at MHS
Arrive: 4:00pm
Depart: 8:30pm

Thursday Dec 3rd
Dress Rehearsal at MHS
Arrive: 4:00 at MHS
Depart: 8:30

Fri Dec 4th
Performance #1 at MHS
Arrive: 4:00pm
Depart: After the show

Sat, Dec 5th
Performance #2 at MHS
Arrive: 9:30am
Dancers Must stay at MHS between both Saturday shows

Sat Dec 5th
Performance #3 at MHS
Depart: After strike

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Costume Requirements by Role Ballet 4 and up:

Jesus/Homeless man - tan canvas ballet slippers

Hope - barefoot, grey bike shorts (provided)

Factory Owner - black tights, high heels (provided)

Factory Workers– girls and boys barefoot, black dance shorts

Lunar Moth Lead - flesh tone pancaked pointe shoes

Spirit Dancer - black socks

Creatures - Flesh tone pancaked pointe shoes

Serpent - no tights, flesh colored pointe shoes

Adam- Tan canvas ballet shoes

Eve- tan canvas ballet shoes

Herod/Ruler- black bike shorts

Messenger- flesh tone pointe shoes with ribbons, no tights

Archangels - Flesh tone pointe shoes with ribbons, no tights

Heavenly Host Angels - Flesh tone pointe shoes with ribbons, no tights

Prince of Fear - Flesh tone canvas ballet shoes, no tights

Dark Archangels - Flesh tone canvas ballet shoes, no tights

Dark Angels - Flesh tone canvas ballet shoes, no tights

Magi - Flesh tone ballet shoes, no tights

Star Aerialist - bare foot

Shepherds - bare foot

Jew & Gentile Women including Mary and Mary Mag- Flesh tone canvas ballet shoes, no tights

Jew & Gentile Men- Flesh tone canvas ballet shoes

Joseph - flesh tone canvas ballet shoes

Chief Priests - No tights, flesh tone tan canvas ballet shoes

Innkeeper/Gatekeepers - black pants, black long sleeve shirt, black shoes and black socks

Centurions - Black bike shorts, black A shirt

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IN HOUSE DRESS REHEARSAL: Saturday, Nov 28th at the studio (Final Rehearsal Before Theater - ALL CAST MEMBERS REQUIRED TO ATTEND. All levels will be accompanied by Dressing room volunteers.)

*ALL DANCERS **MUST** COME WITH HAIR DONE, THE APPROPRIATE UNDERGARMENTS AND COSTUME ITEMS, AND PERFORMANCE SHOES (CLEAN, NO HOLES, CALAMINED OR PANCAKED, AND PROPERLY SEWN). ONLY CAST WITH SPECIAL MAKE-UP REQUIREMENTS FOR THEIR GIVEN ROLE WILL WEAR MAKE-UP.*

NO CONDITIONING OR DEVOTIONS

10:30 - 11:30	Warm up class for Ballet 4 - Professionals
11:30 - 12:00	Dancer Lunch Break
12:00	Tech Crew and Stage Crew arrive
12:30	Arrival of Pre-Ballet and Ballet 3 Lunar Moths (Dismissed 1:30pm or when they are done with their scene)
12:00 - 12:30	Tech Crew and Stage Crew meeting
12:00	Arrival of Ballet 2 and 3 Creature Kids (Dismissed 1:30pm or when they are done with their scene)
12:00-12:30	Get into Costume
12:30-12:45	Set up for Run
12:45-1:45	Run through Act 1
1:45 - 2:15	Notes for Ballet 4 and up, tech Crew and Stage Crew
2:15 - 2:30	Reset for Act 2
2:30 - 3:30	Run Act 2
3:30 - 3:45	Notes for Ballet 4 and up, Tech Crew and Stage Crew
3:45 - 4:45	Run Selected Scenes
4:45 - 5:30	Clean up, pack up costumes and props (Ballet 4 and Up must stay to clean).
5:30 - 6:30	Ballet ⅘ and up clean and load out studio. PARENTS ARE ENCOURAGED TO STAY AND HELP WITH THIS.

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PRODUCTION WEEK SCHEDULE

(ALL HELD AT MIDDLETOWN HIGH SCHOOL)

SUNDAY, NOV 29TH - LOAD IN 2-4PM

MONDAY NOVEMBER 30TH - Tech Rehearsal #1

*This rehearsal is **ONLY** for the dancers cast in the following scenes listed below*
Arrive with hair done, make-up is **not** needed. Bring appropriate undergarments and shoes.
***Note: Tech Rehearsals are in Costume with no make-up (ALL REHEARSALS ARE CLOSED)**

4:00	**ALL Ballet 4 and up DANCERS and TECH CREW ARRIVE**
	(Dancers immediately get into costume upon arrival)
5:00	**ALL STAGE CREW ARRIVE - Ballet 2 and 3 Small Creatures arrive (Get into costume upon arrival).**
4:15 - 5:15	Factory (1hr)
5:15 - 5:25	The Street (10 mins)
5:25 - 5:35	The Book (10 mins)
5:35 - 5:45	Creation (10 mins) - With Ballet 2/Ballet 3 Small Creatures
5:45 - 5:55	The Fall (10 mins)
5:55 - 6:05	Division of Sin (10 mins) (**Ballet 2 and 3 Small Creatures Depart at 6:00)**
6:05 - 6:15	Rulers and Powers (10 mins)
6:15 - 6:25	Two Sides (10 mins)
6:25 - 6:35	Mary & Joseph (10 mins)
6:35 - 6:45	Crew Meeting
6:45 - 7:00	Dancers Reset for run
7:00 - 7:40	Run Through 1: Factory - Mary & Joseph
	(no stops, with lights, costumes, tech crew)
7:40	Crew/Dancer Notes
7:40 - 8:00	Run Selected Scenes
8:00 - 8:15	Final Notes
8:15 - 8:30	Clean Up/Dismissal
8:30	**Parents Please Pick Up Promptly, Thank You!**

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Tuesday December 1st - Tech Rehearsal #2

*Tech Rehearsal #2 is **ONLY** for dancers cast in the following scenes listed below.*
Arrive with hair done, make-up is not needed.
(NO LUNAR MOTHS FOR TECH, SEE DRESS REHEARSAL SCHEDULE FOR FRIDAY.)
***Note Tech Rehearsals are in Costume with no make-up (ALL REHEARSALS ARE CLOSED)**

*no guest artists needed this day

4:00	**ALL Ballet 5B and up DANCERS (and 5A MAGI ONLY) and TECH CREW ARRIVE & Lunar Moth (Ballet 3 leads only) (Dancers immediately get into costume upon arrival)**
5:00	**ALL STAGE CREW ARRIVE**
4:15 - 4:25	Night --WITH Ballet 3 Lunar Moth LEADS only, WITHOUT Pre-Ballet Lunar Moths (10 mins)
4:25 - 4:35	The Birth (10 mins)
4:35 -5:05	Star Aerialist (30 mins)
5:05 - 5:15	Shepherds (10 mins)
5:15 - 5:25	Heavenly Host (10 mins)
5:25 - 5:35	Magi (10 mins)
5:35 - 5:45	Kingdom of God (10 mins)
5:45 - 6:05	Crew Meeting/Dancers Warm Up
6:05 - 6:45	Run 1 (Night through Kingdom of God, no stops, with lights costumes, tech crew)
6:45 - 7:00	Crew/Dancer Notes
7:00 - 7:15	Reset for Run 2
7:15 - 8:00	Run 2 (Night through Kingdom of God, no stops, with lights costumes, tech crew)
8:00 - 8:15	Final Notes
8:15 - 8:30	Clean Up/Dismissal
8:30	**Parents Please Pick Up Promptly, Thank You!**

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WEDNESDAY, December 2nd - Tech Rehearsal #3

*Tech Rehearsal #3 is **ONLY** for dancers cast in the following scenes listed below*
Arrive with hair done, make-up is not needed.
***Note Tech Rehearsals are in Costume with no make-up (ALL REHEARSALS ARE CLOSED)**

4:00	**ALL Ballet 4 and up DANCERS and TECH CREW ARRIVE**
	(Dancers immediately get into costume upon arrival)
5:00	**ALL STAGE CREW ARRIVE**
4:15 - 4:25	Cleansing the Temple (10 mins)
4:25 - 4:30	Lament (5 mins)
4:30 - 5:00	The Powers That Be (30 min)
5:00 - 6:00	Dark Angels (1 hr)
6:00 - 6:15	Resurrection (15 mins)
6:15 - 6:20	Finale (5 mins)
6:20 - 6:30	Crew Meeting
6:20 -6:30	Dancers reset for run
6:30 - 7:00	Run Through 1, Cleansing the Temple through Finale (no stops, with lights costumes, tech crew)
7:00 - 7:15	Crew/Dancer Notes
7:15 - 7:30	Reset for Run 2
7:30 - 8:00	Run 2 (Cleansing the Temple through Finale, no stops, with lights costumes, tech crew.)
8:00 - 8:15	Final Notes
8:15 - 8:30	Clean Up/Dismissal
8:30	**Parents Please Pick Up Promptly, Thank You!**

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THURSDAY, December 3rd - FILMED Dress Rehearsal

(Performance-quality Costume, Hair, Shoes, and Make-Up Required. Make sure you are prepared for Dress Rehearsal as if it was the show! Dress Rehearsal will be photographed and filmed.)

4:00	Ballet 5 - Company Arrive / Tech Crew & Stage Manager Arrives
4:15 - 5:00	Warm up
5:00	Stage Crew Arrive
4:45	Arrival of Lunar Moths
5:00	Arrival of Creatures Kids, Factory Kids, Baby Jesus
5:00 - 5:30	Run Night
5:30 - 6:00	Set Stage
5:30 - 5:45	Crew Meeting
5:45	Places for Dress Rehearsal Run of Act 1
6:00 - 6:45	Run Act 1 (FILMED)
6:45-7:15	Dismissal of Lunar Moths, Creature Kids, Baby Jesus 7pm
6:45	Arrival of Toddler Jesus, Young Jesus 1, Young Jesus 2
6:45 - 7:00	Jesus kids get into Costume
7:00 - 7:30	Block Kingdom of God for Toddler and Young Jesus kids
7:30 - 8:15	Run Act 2 (FILMED)
8:15	Dismissal of Young Jesus kids
8:30	Ballet 4/ 5 and up Dismissal. Parents Please Pick Up Promptly!

*Depending on Dress Rehearsal Stage Crew and Tech Crew Arrival times for Saturday may vary

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FRIDAY, December 4th – Performance Day

4:00	**ballet 5 and up Dancers Arrive**
4:30-5:30	Warmup
5:30-6:45	Stage Prep
6:00	Factory Kids, Creature Kids & Lunar Moths Arrive with hair done
6:45	ALL DANCERS places
7:00	Baby Jesus and Jesus Kids arrive
7:00	Performance

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SATURDAY, DECEMBER 5TH – PERFORMANCE DAY

9:30	Ballet 6-10 and Company Arrive
10:00-10:30	Cast Meeting
10:30 - 11:30	Warmup
12:30	House Opens
11:30-12:45	Stage Prep
12:00	Factory Kids, Creature Kids & Lunar Moths Arrive with hair done
12:45	ALL DANCERS places
1:00	Baby Jesus and Jesus Kids arrive
1:00	Performance (Taped Performance)

(Lunar Moths and Creature Kids must be picked up at Intermission, and are welcomed and encouraged to either watch the second half of the show with the ticket provided by Ekklesia, OR leave and come back at the call time of 4:30 for the second performance. Creature Kids, and Lunar Moths are picked up at Intermission and return at 4:30 pm for the evening performance. Due to the quicker turn-around time between shows, ALL DANCERS MUST KEEP THEIR FACEPAINT ON BETWEEN SHOWS. There will be time for touch-ups between shows, but there will NOT be time to redo the face paint between shows.)

3:00 - 3:30	Crew Reset The Stage
3:30	Crew Dinner Break
3:00 – 4:00	**Dinner Break - Ballet 4 / 5 and up Performers and stage crew DO NOT leave the building between shows. Dinner WILL NOT BE PROVIDED. Please bring your own food.**
4:00 - 4:15	Cast & Crew Meeting
4:15 – 4:45	All cast into hair, makeup, and costumes
4:30	Small Creatures and Lunar Moths Arrive with hair and makeup

done (creature kids and lunar moths don't remove make-up. Touch-ups will be given at the theatre.)

4:45	All Dancers Places. Performers in position, dressed & ready for curtain
5:00	Baby Jesus and Jesus Kids Arrive
5:00	**Performance** (filmed performance)
7:00	Following the performance Cast and Crew Parents please stay to help with Load Out. Cast Party at the studio following the show.

After the final curtain, all performers are to hang up their costumes, clean up their dressing areas, and sign out at the security checkpoint. Make sure you take ALL your belongings. We need everyone to help us strike the theater. Family and friends are welcome to help us clean up. We must leave the theater the way we found it. Then join us at the studio for the CAST PARTY!

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Hair Supplies & Tutorial: ALL Performers

Hair must be done upon arrival at the theater. No exceptions.

All girls must have these items and bring them to the theater for touch ups:
1. Spray bottle of water
2. Hair elastics
3. Bobby pins that match hair color
4. Hair nets that match hair color
5. Gel
6. Hair Spray
7. A Fine Bristled Brush (to keep hair from having lumps)

Boys:
1. Gel
2. Comb
3. Hair spray
4. Hair elastics for long hair (must match hair color)

STYLES:

Factory Workers and Factory Kids : medium to high bun, bangs slicked back

Toddler/Young/Teen Jesus: Hair slicked back in low ponytail, no wispies, use lots of gel and hairspray

All Boys and Men: Hair combed neat and out of the face and eyes, hair gel should be used

All Girls: medium bun, bangs slicked back, no wispies; use lots of gel and hairspray

HOW TO MAKE THE PERFORMANCE BUN: Performance Bun Tutorial Video

- Start with the hair wet, preferably **not** freshly washed, and **lots** of gel. Work lots of gel through all of the hair. Brush out with a fine bristled brush into a high ponytail.
- Follow the diagonal line of the chin to the back of the head. Where the hands meet is where the center of the ponytail should be. Always use ponytail holders that match the hair color of the dancer.
- Divide ponytail into sections. Thinner hair can be divided into 2 or 3 sections. For thick hair, 3 or 4 may be easier. Twist a section of hair, coiling the twisted piece around the ponytail and pinning with open hair pins as you go. Catch the outside edge of each section and flip the hairpin in tight. Repeat using each section of hair.
- Continue until all hair is coiled up, creating a rosette-style bun. Wrap hair net matching the dancer's hair around the bun and pin in place . If there are wispies, spray water onto the hair and slick back with gel, then brush back using a fine-toothed comb and secure with closed bobby pins that match the dancer's hair. Spray with extra hold hairspray.

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MAKEUP REQUIREMENTS: ADD TO 6 AND UP ONLY

If you are a student in Ballet 4 - Ballet 10, makeup must be completed before you arrive at the theater for Dress Rehearsal and Performances. No exceptions.
All cast members must wear stage makeup. Please note that makeup is required for boys and men in the cast as well as girls.

All Male Performers will need the supplies below:

1. Zip lock bag with name clearly written on it
2. Liquid foundation
3. Face powder to match foundation
4. Light pink matte lipstick
5. Pink blush
6. Bronzer for contouring

Female Performers will need all of the supplies below:

1. Makeup case: preferably one with a mirror attached. Free standing face mirror if not attached. Be sure to put your name on top of case.
2. Foundation
3. Face powder: you must have face powder because of perspiration
4. Red or dark pink blush: wear heavy blush (Cover Girl 510 Iced Plum)
5. Red lipstick: use a true red or burgundy (Rimmel Lasting Finish by Kate #11/Rossetto), avoid anything with pink, orange, or brown
6. Red lip liner to match lipstick
7. Black mascara
8. 2-3 pairs of fake eyelashes and eyelash glue (Ballet 3 and up only)
9. Dark brown or black crayon liner (no pencils or liquid)
10. White crayon (no pencils or liquid)
11. Dark & light brown eye shadow (Cover Girl 260 Coffee Shop)
12. Bronzer or brown blush for contouring
13. Q-tips
14. Makeup wedges
15. Wet towelettes for removing makeup
16. Vaseline to keep lipstick off teeth

NO GLITTER

SPECIAL MAKEUP REQUIREMENTS:
Dancers will be instructed on application prior to Tech Week
Herod/Ruler - Heavy eyeliner

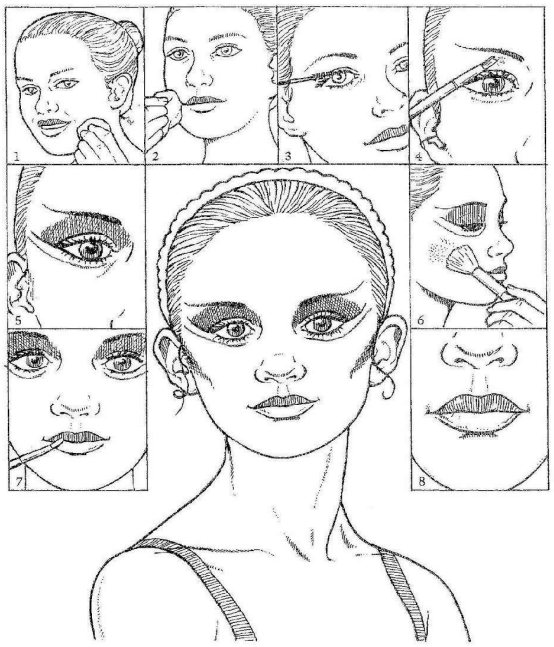
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Prince of Fear - black lipstick
Dark Archangels - black lipstick *students purchase own
Dark Angels/Demi-Corp - black lipstick
Messenger - Silver lipstick (provided)
Archangels- Silver lipstick (provided)
Angels - Silver lipstick (provided)

Please follow the instructions below for makeup application:

- Start with a clean dry face
- If applying false eyelashes, do so now, before anything has been applied to the skin.
- Apply moisturizer and allow to dry.
- Use liquid foundation to match your skin tone. Spread evenly over face and blend into neck.
- Apply loose powder to face. Try to match skin tone or foundation.
- Apply blush in an upward motion along the cheekbones.
- Apply eyeliner above the eyelid - extend your line to meet the length of your eyebrow. On the lower lid leave a small space and keep the line straight across to meet under your top line. Fill the space beneath your lower lashes in with your white crayon as well as just under the brow to extend just past the eye.
- Apply the brown eye shadows - apply the lighter brown under the white and the dark brown over the lid extend out just past the eye.
- Apply mascara: working the brush in a gentle, horizontal motion across the lashes, apply first to the tips of the lashes, and work down to the roots
- Apply lip liner and lipstick: first outline lips with liner then fill in lips; apply lipstick and blot gently with a tissue.



MAKEUP

The stage makeup worn by dancers is special. When seen up close it may appear overdone, but when the dancer's face is seen from the audience under bright stage lights, it looks quite natural, and features and expressions can be clearly seen. The dancer in the center drawing is ready for the stage. She has completed her makeup, done her hair (which is pulled back in a chignon and securely fastened when necessary), and put on her headpiece and costume. The smaller pictures show a few of the steps in the application of stage makeup: (1) foundation, (2) powder, (3) mascara, (4) eye shadow, (5) completed eye makeup, (6) blush, (7) lip brush, and (8) completed lipstick.

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OTHER SUPPLIES:

Food: Bring healthy snacks and drinks for in between rehearsals and shows. Do not eat anything too heavy at one time. Do not eat greasy foods or pizza until after the show to avoid stomach aches. Make sure you eat enough and drink plenty of water so your body has what it needs to perform. **Do not eat**

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in costume or near the stage or auditorium! Please avoid bringing the following foods to make the theatre allergy-friendly for all of our dancers:

- **Peanuts**
- **Tree nuts**
- **Sesame**
- **Tahini**

There are very severe allergies to these things, and we appreciate your cooperation!
Please also refrain from bringing messy foods or drinks that can become sticky, create a mess, or stain costumes. Thank you!

Hygiene: Deodorant, toothpaste, toothbrush, washcloth, body spray.

Shoe Covers: All shoes must be covered with socks or slippers. The school's floors are coated with wax that gets on shoes and makes the stage slippery and dangerous to performers. **Socks or Slippers must be worn at all times when not on stage or in the wings.**

Pointe Shoe Accessories: Have an extra pair of pointe shoes at all times as well as: calamine for shoes, extra ribbons and elastics, sewing kit, pointe shoe padding, baby powder.

Gifts: It is our tradition that the cast exchanges gifts with their group or partner on the last day of the show. It is a small thank you and a token of gratitude the dancers like to express to each other for all of their hard work as well as a nice encouragement to keep the energy up for the final performance! **Please take care to be allergy-friendly with your gifts! See above for a list of food allergens that must be avoided.**

Activities: Quiet activities such as coloring books, board games, cards, etc. should be brought as there will be times of waiting.

Warm-up Clothes: Bring plenty of warm clothes to wear over your costume as it is cold in the theater. Keep your feet covered at all times off the stage in order to keep your feet warm and the stage clean.

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BACKSTAGE ETIQUETTE AND SAFETY

There is to be no personal photography or videography of any kind backstage. Photographs of the performance may be purchased at http://jksphoto.smugmug.com/Ahavah.

There is dangerous and expensive equipment backstage. Nothing backstage should be touched without being instructed by the stage manager to do so. Cast members must not touch the rigging, lighting instruments or trees, props tables, or scenery elements under any circumstances. All Ahavah participants and their parents, should understand that we are guests in the performing facility and should treat the facility with the utmost respect. There is to be no horseplay, running, wandering around the building, or eating in unauthorised areas. There should be no loud noises, door slamming, or jumping up and down stairs. Students who do not follow these rules will not be cast in future productions and may even be excused from participation in the current production.

In the wings, as sound carries from the backstage area to the audience, the following special rules must be observed:

- There is to be no talking backstage. Quiet whispers can be used only to communicate information that is critical to the running of the production.
- Only performers who are standing in place for the next scene should be standing in the wings.
- Standing or sitting in the wings for the purposes of watching the dancing on the stage, or standing around socializing backstage is strictly prohibited.
- No peeking at the audience from the wings. Remember, if you can see the audience, they can see you.

In the dressing rooms, the following special rules must be observed:

- Keep dressing rooms clean and neat. Keep your items contained to your bag. Do not touch or move items that do not belong to you. Do not bring food into the dressing rooms, only water is allowed. There will be a designated eating area.
- You may talk in the dressing rooms in a quiet voice, but be careful not to miss your cue. Someone will come to call you for your cues.

Due to the fact that we are performing in a public school, we must abide by all of their rules, which include:

- No food or drink on the stage or in the auditorium.
- Do not move or adjust any stage equipment. The stage crew knows what needs to be moved and will adjust it if/when needed.

Ahavah 2026

Performance Packet

PARENT VOLUNTEERS

Before and during the dress rehearsals and performances, young performers will spend time backstage with our volunteer staff. Parents are not allowed backstage unless they have completed our volunteer training course. If you would like to be a parent volunteer fill out the form here: Volunteer Form

Costume Care

All costumes must be properly hung up and neatly put up after use. Dancers are responsible for any damage that occurs other than normal wear and tear during performance use. For any questions pertaining to costumes please make the costume construction team aware of them.

Reminder for Parents

Please review this performance packet with your children. Each student will be expected to be fully prepared upon arrival at the theater and must follow all of the rules laid out in this packet. Children who do not follow these rules will not be cast in future productions or may be excused from participation in the current production. These rules and policies are for the safety of the performers and for the purpose of enhancing the overall quality of the production. Following these rules will create a quality production that will delight our audiences and sponsors and provide a valuable dance training experience for each child.

Thank you to everyone for making this show a success.

We hope you enjoy being a part of the 21st annual Ahavah!

PEACE,

Elisa Schroth
Artistic Director