

2026 RECITAL HANDBOOK



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PHILOSOPHY, POLICIES, AND PROCEDURES



Dear Parents and Students,

At Falls Road Dance Studio, we have been providing students with an exciting performance experience through our annual recital for 38 years now. The recital is a cherished tradition at our dance school, evoking childhood memories for many. It is a significant milestone for thousands of young dancers, an opportunity to shine in front of loved ones that fills them with nervous excitement.

Our recital offers students a professionally directed performance, allowing them to showcase their hard work, dedication, and progress to their families and friends.

Performance opportunities are an essential part of dance training. While they can prepare some students for a potential dance career, they also contribute to children's success in non-dance activities. The experience of performing helps build self-esteem and self-confidence, leading to better in-school presentations, improved social skills, and stronger interview abilities for future studies or job opportunities.

The rehearsal process is also a valuable learning experience. It helps children develop retention skills, and by collaborating with their classmates on a group performance, they learn the positive aspects of teamwork in achieving the best end result.

We believe that commitment to the recital is a shared responsibility between students and parents. To ensure clarity and understanding of our expectations regarding commitments and responsibilities, we have created this handbook.

KEY

INFORMATION



Key Contact Information

Mailing Address: 18132 Falls Road Hampstead MD 21074

Telephone Number: 410-967-5140

Email Address: mtfacenter@gmail.com

Website: <https://fallsroaddancestudio.com/>

Owner: Terry Martin

Artistic Director: Brittany Meadows

Owner/Director Email: mtfacenter@gmail.com

STAYING INFORMED



We strive to make the dance experience organized and enjoyable for everyone. Keeping you well-informed is one of our top priorities. Please make sure to read all newsletters and other studio information.

Newsletters and important updates are emailed to you, and posted on our Facebook group, <https://www.facebook.com/fallsroaddancestudio>.

We respond to emails on a daily basis, except on weekends. Feel free to email any questions to the office at mtfacenter@gmail.com.

Our website, <https://fallsroaddancestudio.com/> is updated with important information for parents and students, contact details, and more. It is accessible 24 hours a day.

For daily updates on studio events, please "like" our Falls Road Dance Studio page on Facebook. We also encourage you to invite your family and friends to "like" the studio.

Please avoid posting questions on the school's Facebook page. Instead, kindly email them directly to mtfacenter@gmail.com.



PART I: THE COMMITMENT

IMPORTANT RECITAL DATES

By allowing your child to participate in Falls Road Dance Studio's recital, you commit yourself and/or your child to the following dates and events.

Run Through (no costumes) Thursday May 7
Dress Rehearsal Friday May 8
Recital Saturday May 9



HOME PRACTICE

To ensure that students feel confident about their performance, we ask parents and guardians to encourage regular practice of their concert choreography at home. If you wish to have a copy of the music to practice please reach out to your dancers teacher!



Our goal is to create an organized and exciting experience for everyone involved in our showcase.

PART 2: COSTUMES



We spend extensive time selecting costumes for each class, ensuring they are age-appropriate and of the highest quality possible.

NOTE: Please refrain from wearing jewelry with costumes (unless noted otherwise). This applies during dress rehearsals, performances.. Also, be mindful of underwear choices (avoid prints or visible straps). Nail polish and fake tattoos are not allowed.

FEES & PAYMENT

It is important that you check your Jack Rabbit account regularly to be sure you are up to date on costume and tuition payments. Dancers may not take their costumes/tights until they are paid in full. A dancer also may not be permitted to dance in the recital if tuition is not paid by May 6.

COSTUME PAYMENT SCHEDULE

No refunds will be provided if a parent or guardian withdraws a child from the studio after costumes have been ordered and prior to the concert.

All costumes are age-appropriate and of the highest quality possible.



Sizing

Costume measurements were taken at the beginning of the session, at scheduled class times. All children got measured to ensure the correct costume size(s).



Alterations

While alterations are rarely necessary, they may be required after the costumes have been distributed. Any needed alterations are the responsibility of the student's parent or guardian.



Distribution

Costumes will be distributed once all outstanding balances for the season, including tuition fees, are paid in full. The deadline for all balance payments is May 6.

We recommend trying on all costumes and accessories (except tights) as soon as you bring them home. This allows you to ensure you have all the necessary items and identify any alterations needed. Doing this well in advance of the concert minimizes stress during the performance.

COSTUME CARE

We advise labeling all costumes, shoes, accessories, and tights with your child's name. Place the costumes in a garment bag with your child's name on the outside. Pack accessories in a clear plastic bag labeled with your child's name. Store hats in a hatbox or similar container to prevent damage. You should not need to iron any of the costumes, but if you have any cotton garments, please press them carefully before the dress rehearsal and performance. Avoid washing costumes in your washing machine; dry clean them only after the concert.

Please remove any tags that may hang out of the costume and sew any loose or unattached costume straps prior to picture day. Never cross the straps unless instructed by the teacher. Many costumes come with headpieces or hats. We will provide instructions on how to wear them during the picture day. NOTE: To ensure that there are no costume problems, students should refrain from wearing their costumes, accessories, or tights before the photo session, dress rehearsal, or performance.



Ironing

We do not recommend using a traditional iron when pressing costumes. Silks can burn, sequins can melt, and fabric colors may change. Please only use a steam iron for costumes and exercise caution due to the glues used to attach appliqués and/or trims.



Tutu maintenance

To take care of tutus, gently shake the waistband and use your fingers to straighten any wrinkled tulle pieces. Store tutus upside down on a hanger. If persistent wrinkles remain, hang the tutu in the bathroom during a shower or use a handheld steamer. Remember to label all costumes, shoes, accessories, and tights with your child's name. Costume racks can be a helpful investment if your child has multiple costumes, as they keep them organized, prevent wrinkles, and offer some privacy during costume changes. Hang the costumes on the rack in the order they will be needed during the show.



TIPS: Costume Common Sense

Always have a spare pair of tights available. Use a garment bag when traveling with costumes. Protect hats by carrying them in a hatbox or container. Before each performance, hang and press costumes. Ensure your name is on all costumes and shoes.

COSTUME CARE



Quick Costume Changes

During the concert, some students may have quick costume changes. A dedicated team of concert helpers (moms) will assist these students, ensuring their costumes and accessories are ready backstage. However, if you wish to help them that is fine also.



PART 3:

TIGHTS, SHOES, HAIR AND MAKEUP



Tights

To maintain uniformity in color and style, students are required to have specific tights for their classes. Tights are purchased through the studio. We use Weissman convertible tights. It is mandatory to get new tights for the recital and avoid wearing or washing them before the dress rehearsal or performance. Having a spare pair of tights provides a sense of security for students and parents.



Shoes

All students are required to have specific shoes for their classes. Please ensure that all shoes are clean before the recital. If you purchase dance shoes shortly before the recital, we recommend breaking them in (indoors) to make them more flexible and comfortable for the show. Shoes can be purchased from WWW.SHOPNIMBLY.COM/FRDS.

All dancers in Level 1 and up should have black tap shoes.



Hair and makeup

All female students must wear makeup for the concert, including red/pink lipstick, blush, eye shadow, and mascara. Boys may use a little blush.

Uniform hairstyles are required. Female students should wear their hair in a bun or a high ponytail (refer to your costume note for specific instructions). Fringes are not allowed. Dancers with short hair should pull it away from their faces and smooth it down.

PART 4 BE PREPARED



Planning for our recital is not just a one-day event. Gather all costumes, accessories, shoes, and makeup several days in advance to ensure everything is complete and in order.

Create a checklist of your child's routines, listing the costume, tights, shoes, and any accessories, and refer to it before going to the theater to make sure you have all the necessary supplies.

Bring at least one extra pair of tights in each color. Additionally, bring extra hair gel, hairnets, bobby pins, and hairspray.

TIPS OTHER HANDY EXTRAS

Baby wipes/makeup removers (for fixing makeup mistakes or washing hands)

Baby powder (for itchy costumes)

Safety pins (for emergency costume repairs)

Clear nail polish (for repairing minor holes or runs in tights)

Band-Aids (the "invisible" kind)

SNACKS

Please do not send your child to the dress rehearsal or concert with snacks or beverages that could stain their costumes.

Opt for non-messy snacks like crackers, energy bars, apples, carrot sticks, or string cheese. Water is the best beverage.

Avoid sending nut products, juice poppers, or other sticky drinks. And remember, no chocolate bars!



PART 5 RUN THROUGH AND DRESS REHEARSAL



Participation in the run through and dress rehearsal is mandatory. It allows students to become familiar with the auditorium, feel comfortable with their performance, costumes, and being on stage. We rehearse lighting, music cues, set changes, and all other logistical aspects of a professional performance to ensure the best possible impression.

WHY A DRESS REHEARSAL?

Parents often wonder about the importance of dress rehearsal for their child. In fact, the dress rehearsal is crucial for a successful performance. Here's why:

The stage is much larger than the classroom and can be intimidating for children. Stage lights can be overwhelming and disorienting for young dancers. Modifications to the choreography may be made during the dress rehearsal. Students who miss the rehearsal won't have the opportunity to practice any changes on stage. Classroom mirrors often assist students with spacing and formations. Dancing without the security of a mirror before the performance is vital for building confidence. Students can practice their stage entrances, exits, and become comfortable in a large performance space. The dress rehearsal is the only time when the entire finale, involving hundreds of students, is rehearsed. Those who miss the dress rehearsal may struggle to keep up with their classmates during the finale. Confidence is crucial for a successful performance, and the dress rehearsal provides an opportunity for students to feel prepared for the show.

Another significant reason why the dress rehearsal is important is that our curriculum emphasizes teamwork and commitment to classmates. When children miss the rehearsal, it can cause confusion for the other students, affecting spacing and timing.

We conduct a well-organized and timely dress rehearsal, and your cooperation will ensure a professional production. Please check your notes for arrival times. Students may arrive in their first performance costume, as long as they wear a cover-up.



FINALE

All students are required to participate in the finale, which will be rehearsed during dress rehearsal. A run-through of the finale will take place at the dress rehearsal. All students will wear whatever their last costume was for the finale at recital. However, they may wear their next costume for the finale run-through during the dress rehearsal.

DRESSING ROOM ETIQUETTE

Students must respect each other's space and belongings in the dressing rooms. Since students spend more time in the dressing rooms than on stage or in the auditorium, it's essential to keep them organized and clean. Please refrain from using hairspray in the dressing rooms. **We have students with severe nut allergies, so absolutely no nuts are allowed in the dressing rooms.**

AUDIENCE ETIQUETTE

We encourage enthusiastic applause during the performance. The more energy you give us, the more excited our dancers become!

Children should not bring handheld electronic games or devices with sounds and lights that could distract other audience members.

As we strive to present a professional performance, we kindly request that everyone remains seated throughout the entire show. If you need to leave the auditorium during the performance, you will be allowed re-entry only between dances. We strictly enforce this policy to avoid any disruptions with the auditorium ushers.

Children must remain seated for the entire performance. If you believe your child will have difficulty staying seated, we recommend not bringing them to the concert. Allowing children to run around or disrupt the performance is unfair to other audience members.

Please note that video recording and photography **are** allowed during the concert.



PART 6: STUDENT DROP-OFF AND PICKUP REQUIREMENTS



RUN THROUGH- New this year we will have a no costume run through at Hereford High School. A run-through without costumes is an important part of preparing for a successful dance recital. It allows dancers to focus fully on their choreography, spacing, and timing without the added distraction of costumes. This helps teachers make any final adjustments and ensures that routines look clean and confident on stage. It also gives dancers a chance to practice quick transitions and build confidence in a low-pressure setting. By the time costumes are added, everyone is more prepared, organized, and ready to shine! All dancers will arrive 15 minutes before their first dance time and wait in the audience with their parents. No parents should drop off and leave!

DRESS REHEARSAL

Parents or guardians should bring their children to their assigned meeting point, where they will be checked in and placed under the supervision of their parent helper. Parents or guardians must remain with the group until their children have been dismissed. **Exceptions: Our beginning ballet with parent dancers, Tumble and Twirl 1, Mini-hip hop and jazz and beginning ballet and tap without parent dancers, will remain with their adult the entire time and will be called up on stage when it is their time!**

Students will be dismissed from the rehearsal once they have completed all of their routines, including the finale. The finale practice will be in the middle of dress rehearsal. When a class finishes its last performance, the parent helper will bring the group to the Hallway behind the auditorium. One parent MUST remain at dress rehearsal the entire time.

RECITAL

Parents or guardians should bring their children to their assigned meeting place, where they will be checked in and placed under the supervision of the parent helpers. **Beginning ballet with parent, Tumble and Twirl Class 1, Mini-Hip Hop and jazz and beginning ballet and tap without parent will remain with their families. These classes should have one parent take them to the back left hand side of the auditorium 3 dances before they go on to be checked in by the parent helpers. After they finish their dance you will pick them up from the parent helpers at the back left side of the auditorium. Three dances before the finale you will then again walk them back to the same spot to the parent helper so they can go on stage for the finale!** Parents are not allowed in the dressing rooms after the children have been checked in for the recital with the exception of emergencies. Students will remain backstage for the entire performance. After the finale, we will take all dancers back to the dressing rooms where ONE parent will pick them up!

NOTE: Please do not attempt to pick up your child during the performance. All students will be supervised by responsible adults and will remain safe throughout the performance. The dressing rooms will be equipped with various activities.

PART 7: RECITAL PHOTOGRAPHY VIDEOS AND TROPHIES



RECITAL PHOTOS

We will not have a professional photographer coming this year to take pictures. Instead we will take each class to the studio banner that will be hanging in the lobby at the high school to do a group photo and allow for you to take as many pictures as you wish! We will do this after they dance at dress rehearsal.

RECITAL TROPHIES

Dancers receive trophies for their first, fifth, tenth and fifteenth years dancing. First year recipients get their trophies at the Dress Rehearsal after their last dance. All others receive their trophies at the conclusion of the Recital! Families MUST fill out the form below in order to receive a trophy for their dancers. The deadline to fill out the form will be promptly on Friday April 24, 2026.

Trophy Link: <https://forms.gle/BkcuJq6PgTWrh3iu8>

PART 8: RECITAL TICKETS AND PROGRAM ADS

Ticket Sales Ticket sales are open now!

Tickets can be purchased via our website at <https://fallsroaddancestudio.com/classes/2026-spring-recital/> . The ticket link will also be available on our Facebook page and website.

TICKET PRICES

\$21 FOR ADULTS 13 AND OLDER

\$16 FOR CHILDREN 12 AND UNDER

CHILDREN 2 AND UNDER ARE FREE

DANCERS DO NOT NEED A TICKET!

TICKETS AT THE DOOR WILL BE \$25 FOR ADULTS AND \$20 FOR CHILDREN 12 AND UNDER CASH OR CHECK ONLY

IF YOU VOLUNTEER TO HELP AT THE RECITAL YOU GET ONE FREE TICKET!

PROGRAM ADS

FULL PAGE \$50

HALF PAGE \$25

QUARTER PAGE \$13

LINK TO PURCHASE: [HTTPS://FALLSROADDANCESTUDIO.COM/CLASSES/2026-PLAYBILL-ADS/](https://fallsroaddancestudio.com/classes/2026-playbill-ads/)

PART 9: RECITAL POLICIES VIDEO AND PHOTOGRAPHY



You may take pictures of your dancer only.

PROPS

All props used in the recital are the property of Falls Road Dance Studio and must be returned to the backstage prop master after the performance. Props include items like canes, beach balls, pom poms, etc.



PARENT HELPER INFORMATION



An orientation session will be held for all parent helpers who must adhere to Falls Road Dance Studios policies. The recital weekend can be hectic, and helpers must work cooperatively at all times. Our backstage managers work hard to establish an efficient system, and we ask that all helpers rely on their experience and follow their instructions.

All backstage crew will receive an identification badge during rehearsals, which must be worn in the theater at all times. Please refrain from bringing guests, including children, while volunteering.

PARENT HELPERS

We need class mothers to supervise each class, ensuring the safety and well-being of the dancers. Class moms do not need a recital ticket and can watch their children perform from the audience during the dress rehearsal and from the side stage during the recital. Their responsibilities include ensuring that each child wears the correct costume, accessories, and shoes, is backstage at the appropriate time, and returns to the designated dressing room after the performance.

The number of volunteers needed for each class will depend on the number of students. If there are too many volunteers for one class, some may be asked to assist children from another class. During their own children's performances, class moms will leave the students with another parent helper and watch the dance from the back of the auditorium.

If you're interested in being a parent helper, please signup with the link below, with your name, contact information, and the class you would like to supervise.

Link: <https://www.signupgenius.com/go/9040544A9A62AA6FA7-63278910-2026>

Parent Helper orientation will be held at the studio on Wednesday April 29 at 6:00 pm in the back dance room.



Thank you:

Thank you for taking the time to read our Recital Handbook.

We hope that it provides you with a comprehensive understanding of the commitment, policies, and procedures for our annual recital.

We look forward to an exciting and successful recital season, filled with memorable performances and proud moments for our students.

If you have any questions or need further clarification on any of the information provided in this handbook, please do not hesitate to contact us at the studio or via email.

We are here to support you and ensure that the recital experience is enjoyable and rewarding for everyone involved.


Thank you for your continued support and dedication to Falls Road Dance Studio

WE CAN'T WAIT TO SEE OUR DANCERS SHINE ON STAGE!

Best regards,
Brittany Meadows
Artistic Director

 Email Address
mtfacenter@gmail.com

 Address
18132 Falls Road Hampstead
MD 21074

 Phone call
+410-967-5140

 Website
<https://fallsroaddancestudio.com/>