

# **Southern Rhythm Dance Academy Attire Policy**

**A dress code ensures that all dancers will have adequate mobility during class or rehearsal. Improper clothing can impact technique, precision, ability to grip the floor, and visibility.**

- ◆ Hair must be pulled back & secured away from face.
- ◆ Dance shoes are required for all classes & must be worn the entire time during class.
- ◆ No street shoes on the dance floor.
- ◆ Black leotards and pink/tan tights for all tiny tots, mini & ballet classes.
- ◆ Leggings & tank tops or tight fitting active wear for Clogging & Jazz/ Hop Hop classes.
- ◆ Pink Ballet Shoes for Ballet.
- ◆ Black Tap Shoes for Combo Classes.
- ◆ Black Jazz Shoes for Jazz/Hip Hop.
- ◆ White 'Free Spirit' Clogging Shoes. (Carl's Clogging link on our home page.)

*Tights can be purchased at the studio.*

*Click our discount dance link to purchase Black Leotards.*

*Dancers will be sized and order dance shoes through the studio.*

***\*\*Dancers not dressed properly for class will be asked to sit and observe class for their safety.\*\****

# 5 Reasons why dress code is important!

## 1. **Respect**

Following the dress code takes effort and shows that the dancers are serious about improving and developing their dance skills. This is especially true for young dancers. Wearing proper dress code helps signal that they are ready for a more structured class, not just playtime. Adhering to the dress code also shows that the dancer shows respect towards the dance style they are studying.

## 2. **Body Positioning**

When dancers wear proper dress code, it helps the instructor and the dancer better understand how their bodies move and what muscle groups are involved in each movement. This body awareness allows dancers to create stronger bonds between themselves and other dancers and creates a bond throughout the class.

## 3. **Confidence and Attitude**

Similarly to on stage, the right clothes in class can make a dancer feel more confident in the style they are dancing. When a person feels they are dressed for the class, they often feel more accepted into that class's culture. Merely putting a dancer in proper dance attire can completely change their posture, and in the right dancewear, a dancer feels more confident and willing to take on the challenge of any new step or skill.

## 4. **Safety**

Many dance studios have different dress codes for different genres of dance. A dress code ensures that all dancers will have adequate mobility during class or rehearsal. Improper clothing can impact technique, precision, ability to grip the floor, and visibility. This is especially important to remember when performing group and partnering choreography.

## 5. **Increased Focus**

Each dress code is chosen so the dancer can move to the best of their ability and focus on their steps, not on what they are wearing. No matter if they are beginners or advanced, dancers need to eliminate distractions so they can learn and perform to their best ability. Even wearing dance clothes that are the wrong color can be distracting to others. Clothes that don't match dress code, not having the correct shoes, and hair falling in a dancer's face can distract dancers and pull their attention away from learning. Even in an ideal situation, it can be challenging to keep young children and adolescents focused; a dress code eliminates the distraction of clothing.