

WHAT TO EXPECT ON FEIS DAY

TIPS & REMINDERS FOR DANCERS & PARENTS

BEFORE YOU LEAVE

- Get lots of good sleep and eat well leading up to the feis.
- Have a thorough checklist and use it!
- Before you pull out of the driveway, double check that you have both your hard shoes and your ghillies.

THE DAY OF THE FEIS

- Eat a good breakfast.
- Allow plenty of time to prepare your hair and makeup.
- If you are competing in a solo costume, you will not put it on until you arrive at the venue.
- Arrive early! Plan to arrive at the venue at least one hour before the anticipated start time of your competitions. Competitions may be running ahead of schedule and feis organizers have the right to begin.
- Visit the registration table to pick up your competitor number. Check to make sure that you are entered in all of the correct competitions. You will also be provided a parent card that has the same information on it. That's for your mom or dad to keep track of you!
- Find your stage(s). If the stage is empty (meaning, the judge and musician aren't there yet), do a quick practice on it to see how it feels. Otherwise, do a quick practice in the designated practice area, or in a quiet corner of the venue.
- Be warmed up by the time your competition starts.
- Allow time to change into your costume. Use sock glue to keep your poodle socks up.
- Tie your shoes in double knots! If shoes come untied during competition, the dancer is disqualified. Check them between competitions to make sure they haven't loosened.
- Be patient! Sometimes things run right on schedule, but often there are delays.
- Keep an eye on the stage manager and your ears open. Check in with the Stage Manager when they call your group. As the group right before yours is running, you will be sitting or standing in the "on deck" area to the side or back of the stage.
- If you are competing in Grade level hard shoe dances, the Stage Manager will ask you if your music is slow or fast.

YOU'RE ON!

- Be aware that in solo events, competitors often dance simultaneously--two or three dancers on stage at the same time, each performing their own unique steps.
- When it's your turn, take a step forward and away from the other dancers waiting for their turn.
- Smile! Keep your eyes and your chin up; don't look down and don't move your neck.
- Listen to your music and dance your steps with lots of controlled energy.
 - Remember to MOVE (practice this beforehand) the way the steps are supposed to take you. The judge won't be able to see you if you dance only at the back of the stage, and may deduct points.
- Bow to the judge at the end of your dance.
 - Make sure you don't bump into the dancers that immediately follow you when you go back into line.
- While standing in line as the other competitors are dancing, stand nicely with your feet crossed in 5th position.
- After all of the competitors have danced, the judge will take a moment to review his or her scores, then all of the dancers will bow together and walk off the stage in line.
- You may not approach judges or musicians. Any problem needs to go through your teacher or a feis Stage Manager.

RESULTS

- Scores will be posted in a separate room shortly after each competition is completed. It is best to wait until you have finished all of your dances before going to the score room.
- Grade level competitions are posted on a wall or bulletin board. If you are ranked in the top three, you may claim your medal at the score table by showing your number and signing your name. "Specials" are awarded as part of a ceremony with winners receiving trophies. Both Preliminary and Open Championships are awarded in a ceremony.
- Support and encourage your classmates. Although some of the competitions are individual, you're all part of the same school team Rince Na Grá!

REMINDERS TO PARENTS

- Please help to manage your child's excitement. Your child should be nervous enough to be **energetic and sharp**, but not so nervous that they are incapable of dancing their best.

- Please help to manage your child's **nutritional needs**. You want your dancer to have enough fuel to do their best. Keep a water bottle or other drink with you.
- **Be calm**. Things will go wrong or get forgotten. To the extent possible, try to keep minor glitches from becoming major distractions.
- Please be familiar with the **feis rules** as posted on the syllabus (or on the IDTANA web site). Any questions or concerns on the day of the feis need to be directed to the TCRG, a stage manager, or another feis volunteer.
- **No photography** of any kind is allowed while dancers are on stage during competition, unless officially authorized by the Feis Committee.
- Once your child has checked in with the Stage Manager and is lined up next to the stage, you become simply a **spectator**. Enjoy! Dancers will remain with their section until the entire group has completed that particular competition.
- Smile, nod, and encourage your dancer, but **don't coach** from the audience. It's not permitted.
- As you talk to your dancer afterwards, try to compare your child's performance with their own past performance, not with the other competitors' performances. Unfortunately, judges don't always see what the parents see, or may see something that the parents did not. **Do not predict results**.
- **Enjoy your day, too!** You should be very proud of your dancer(s)! It took a lot of work to get here – celebrate together!