



The title 'ARTZ N' MOTION' is rendered in a large, bold, black, sans-serif font. The letters are arranged in two lines: 'ARTZ' on top and 'N' MOTION' below. The letter 'N' is particularly large and circular. Two black silhouettes of acrobats are integrated into the design. One acrobat is positioned between the 'A' and 'R' of 'ARTZ', appearing to climb or balance on the letter 'A'. The second acrobat is positioned between the 'Z' and 'N', appearing to perform a handstand or a similar balancing act. A thick, black, curved line sweeps across the bottom of the 'N' and underlines the word 'MOTION'.

*ARTZ N' MOTION SHOWCASE HANDBOOK*

**Philosophy, Policies, and Procedures**

## Introduction

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Artz N' Motion's Annual Student Showcase is a fun and exciting chance for students to present the results of a year's hard work, dedication, and progress. Over 10 years, Artz N' Motion has provided students with an exciting performance experience through its student showcase. The annual staple of the aerial school, the showcase, conjures images of childhood for many. It's a rite of passage for thousands of youngsters, a chance to shine in front of family and friends that they anticipate with nervous excitement. We invite family, friends, neighbors, teachers, and mentors to join us at our Annual Student Performance showcasing the talent of our students.

A big part of the aerial, tumbling and dance training process includes learning through performance. The experience helps build self-esteem, self-assurance, and contributes to a sense of confidence. Although performance opportunities can help prepare some students for a possible career in aerials, circus or dance, they also contribute to a children's success in non-aerial activities. That onstage experience can result in better in-school presentations, improved social skills, and strong interview skills for future college or job opportunities. The rehearsal process is a tremendous learning experience as well. It helps the students develop retention skills, and by working with their classmates on a group performance, they learn the positive aspects of working as a team to create the best end result.

Commitment to performing is the responsibility of both students and their parents. As part of a professional performance, a lot goes into making our students shine on stage. This includes: rehearsal time and space, theater rental, lighting/sound/stage technicians, staff development, music/music editing, costumes/accessory selection, ordering, and distribution, stage-managing, ticketing, backstage assisting, and more!

To help make it successful, we kindly ask you to take a few minutes to review this handbook in an effort to clarify what we expect from you in terms of commitments and responsibility to the annual student showcase, the school, and other students and parents. Artz N' Motion wants to ensure the enjoyment and safety of you and your fellow performers. To do that, we need to work together.

## Contact Information

1235 S. Harrisburg Street, Suite E, Harrisburg, PA 17113 • 717-648-7987

E-Mail: [artznmotion@gmail.com](mailto:artznmotion@gmail.com)

Website: [artznmotion.com](http://artznmotion.com)

Facebook: [facebook.com/ArtznMotion](https://facebook.com/ArtznMotion)

Instagram: [instagram.com/artznmotion](https://instagram.com/artznmotion)

Note: If you need to speak with your child's instructor, please email Jane and you will be contacted outside of class time.

Dates and/or expenses listed in this handbook are subject to change.

Please check emails for the latest updates.

# Table of Contents

Showcase Date .....	5
Showcase Times .....	5
Staying Informed .....	5
Student Agreement .....	5
Performance fee .....	5
Choreography .....	6
Costume Purchase .....	6
Bio Submission .....	6
Music Selection .....	6
Ticket Purchase .....	7
Ticket Payment .....	7
Updates .....	8
Costumes .....	8
Alterations .....	8
Distribution .....	8
Costume Care .....	8
Costumes .....	8
Costumes with Fringe.....	8
Tutu Maintenance .....	8
Tights .....	9
Rehearsal & Students Showcase Location .....	9
Makeup .....	9
Hair .....	10
Home study .....	10
2025 Showcase Flyer .....	10
Planning .....	10
Showcase Tips .....	11
Some other items to bring .....	11
Student Showcase Photography and Videos .....	11
Dress Rehearsal .....	11
Why dress rehearsal .....	11
Student Drop off and Pick Up .....	12
Dress Rehearsal Guests .....	12
Student Showcase .....	12
Dressing room etiquette .....	12
Audience etiquette .....	12

# Table of Contents *continued*

Finale .....	13
Student Showcase Tickets .....	13
Volunteer Information .....	14
Showcase policies .....	14
Video and photography .....	14
Auditorium rules .....	14
Backstage .....	14
Program Ads & Good Luck Ads .....	14
How to submit your program ad .....	14
How to submit your good luck ad .....	15
Flower Sales .....	15
Why visual practice matters in aerial arts .....	15
Why visual practice matters in aerial arts <i>continuation</i> .....	16
Photo Release Form .....	17
Showcase Checklist #1 .....	18
Showcase Checklist #2 .....	19
Student Agreement .....	20
Program Ad Paper Form .....	21

## Student Showcase Date: Saturday, May 10, 2025

Students who have been attending classes regularly and consistently are invited to perform. When you sign up for spring classes you will notice the name change of your class, it will say 'showcase prep'.

## Show Times

The showtimes for the Student Showcase will be finalized after we have confirmed the number of students participating. At this time, we anticipate hosting two performances. Further details, including the specific lineup for each show, will be shared once the schedule is finalized. Thank you for your patience and understanding!

## Staying Informed

It is our goal to make our upcoming show organized and exciting for all involved. Keeping you informed is one of our primary goals. Please read all e-mail communication thoroughly. If you have any questions regarding the information, we encourage you to contact the office at 717-648-7987. Our regular admin hours are Tuesday through Thursday, 12-3 p.m. We kindly ask for your patience and understanding as the studio admin is a one-person operation. Every effort is made to respond promptly within the designated hours. Please make this a priority by checking your email, phoning, or asking Jane any questions that may arise.

Web Site: [artznmotion.com](http://artznmotion.com)

We send out showcase emails once a month with important parent and student information.

Facebook Page: [facebook.com/ArtznMotion](https://facebook.com/ArtznMotion)

Instagram Page: [instagram.com/artznmotion](https://instagram.com/artznmotion)

"Like" and "follow" Artz N' Motion pages on Facebook and Instagram to receive updates on studio events. Please invite your family and friends to "like" and "follow" our pages as well.

## Student Agreement

Sign the Artz N' Motion Student Showcase Rules and Responsibility Agreement

Once you know you can perform, you will need to sign a Student Rules and Responsibility Agreement. Signed agreements are due no later than Sunday, January 12<sup>th</sup>. The Student Rules and Responsibility Agreement will be attached to this email. Students who cannot perform, please sign the decline section of the agreement so we know for certain who to include. Once an agreement is signed, you ARE responsible for ALL show-related fees (i.e. performance fee, costume pieces, and tickets). **NO REFUNDS, NO TRANSFERS, NO EXCEPTIONS!**

## Performance Fee

Tuition covers only the operating costs and expenses of the aerial studio regarding classes, not the shows we produce. In order to help offset the many costs and expenses incurred when producing and staging a major production at a professional theater, each student must pay a \$55 non-refundable performance fee (additional students from the same family are only required to pay a \$30 stage fee). Cash, check or Venmo payments only. The non-refundable performance fee is due no later than Sunday January 12, 2025. **NO REFUNDS, NO TRANSFERS, NO EXCEPTIONS!**

## Choreography

Attending your regular class is important for sequencing (choreographing) the aerial skills together to make an amazing routine. Within the next few months, the student will sequence the skills, polish the skills, add their own flare and personality to tell a story together with their coach. We will begin to select apparatuses for students the week of January 19<sup>th</sup> and will start working on choreography in class over the next few months!

Performers are required to attend showcase class weekly starting in January until performance day.

But, life happens! Should you happen to miss the showcase class because of illness, work, school, etc. please register for a Showcase Prep class to make-up the class you missed. As long as there is an open slot in the class you may attend. If your child would like more time to work on their routine, please register them for an extra class.

The schedule for Kinder Showcase Prep classes are as follows. Kindly note that this schedule is subject to change based on the final number of students participating in the Student Showcase.  
Sundays at 3:00-4:00 pm

The schedule for Kids & Youth Showcase Prep classes are as follows. Kindly note that this schedule is subject to change based on the final number of students participating in the Student Showcase.  
Sundays at 4-5:15, 5:15-6:30, and 6:30-7:45pm,  
Tuesdays at 5:15-6:30,  
Wednesdays at 5:15-6:30 and 6:30-7:45pm.  
Thursdays at 5:15-6:30 and 6:30-7:45pm.

## Costume Purchase

Jane will choose your costume. Your costume measurements will be collected this spring. There will be a costume fee of \$45.00. Your costume fee is due no later than Sunday, 2/2/2025. Any purchased costume pieces will be yours to keep.

## Bio Submission

I will need a bio written no later than Sunday, 2/9/2025. Your bio should be 3-4 sentences about who you are (for my young students, age, grade, and school) and your aerial journey. What is your favorite apparatus? What is the name of your favorite skill? Why is it your favorite? How did you hear about Artz N' Motion. Please write your bio from a 3rd person perspective so that our announcer can read it properly. Click this [link](#) and fill out the google form and have it to Jane no later than Sunday, 2/9/2025.

## Music Selection

**For Kinder & Kid Performers (Ages 5-10):**

- Jane will choose a song for students ages 5-10-year-olds in Kinder, Kids Beginner and Kids Aerials 1 class.

### For Youth Performers (Ages 11-18):

- **First-Time Performers**

Is this your first time performing? Awesome! Jane will take care of everything, from selecting the music and costume to choreographing and sequencing the skills into a fantastic routine for you to shine on stage.

- **Returning Performers**

Have you already performed with Artz N' Motion and are currently in a youth class? Fantastic! Now that you're familiar with the process, you have the option to select your own music (pending Jane's approval) or have Jane choose the music for you. Just let her know your preference!

### Important Notes:

- **Theme Alignment:** Your song must align with the Showcase theme: "*Flying Through the Decade.*"
- **Song Approval:** All selected songs must be approved by Jane.
- **Submission Deadline:** You must submit your song choice via Google Form no later than **Sunday, February 23rd**. Click this [link](#) to the music google form.

### Music Edits:

If your music requires editing, please note that a music editing fee will apply. We're excited to see your creativity come to life on stage!

### Music guidelines

If you attend Beginner Aerials classes your music can be no longer than 2 minutes long.

If you attend Aerials 1 classes your music can be no longer than 2.5 minutes long.

If you attend Aerials 1.5 classes your music can be no longer than 3 minutes long.

If you attend Aerials 2 classes your music can be no longer than 3.5 minutes long.

If you attend Aerials 2.5 classes your music can be no longer than 4 minutes long.

## Ticket purchase

Each student/family is responsible for selling at least 4 tickets at \$10 each. **We won't stop you at 4! You can buy as many as you like.** You must purchase the required 4 tickets by Sunday, April 6<sup>th</sup>.

Tickets for the Annual Student Showcase are available for purchase during class at Artz N' Motion.

Pricing is as follows:

- **Pre-Sale:** \$10 per ticket
- **At the Door:** \$15 per ticket

No one is admitted to the student showcase without a ticket. No seats will be saved. First come. First serve. Our show is great fun for everyone. If you are not able to sell your tickets, they make great gifts for anyone who you may want to treat to a fun day out! Our productions are professionally presented and very entertaining. Also, please note: In fairness to the students performing on stage and their families in the audience, no children under the age of three (3) will be admitted to the show. We love babies, but the show is not the place for them. Students work hard all year, and a few minutes of a crying baby can ruin the enjoyment for the parents there to see their child perform and distract the children onstage.

### Ticket Payment

Cash is the best option for payment, but I will accept check and Venmo. Invite your family, friends, neighbors, and teachers. Pay me via: cash, check, or Venmo, @JaneMBryan

We encourage early purchases to take advantage of the pre-sale pricing.

## Updates

As the season progresses, additional showcase information and updates will be emailed on a monthly basis. Make it your responsibility to be informed of this important information. Our goal is to make the showcase an organized, exciting experience for everyone involved. It's a team effort: students, their parents, and the instructors are key players in the show's success.

## Costumes

We spend many hours determining the correct costumes for each student. They are always age appropriate and of the highest quality possible. Costumes include all accessories, but do not include tights. NOTE: No jewelry (including any facial piercings or ear gauges, underwear, or nail polish (on fingers or toes!) is to be worn with costumes. This includes during dress rehearsals and performances. Exception: Aerialists may wear rhinestone stud earrings.

### Alterations

Alterations are sometimes needed after the costumes have been distributed and are the sole responsibility of the student's parent or guardian. Your child's instructor will be able to explain any alterations needed.

### Distribution

Costumes will be distributed during the Mandatory Parent Meeting in April (tbd). To receive your child's costumes, all outstanding balances for the season must be paid in full.

### Costume Care

We recommend that you label all costumes, 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). Please do not wash costumes in your washing machine or iron any costumes. If costumes are severely wrinkled, it is possible that they can be steamed--always consult with your child's instructor before steaming any costume. Remove any tags that could hang out of the costume or show through the costume fabric.

### Costumes

NOTE: To ensure that there are no costume problems, students should not wear their costumes, accessories, or tights prior to dress rehearsal or student showcase.

### Costumes with Fringe

You will notice a string at the bottom of most fringe skirts or trim, which is to keep the fringe from getting tangled before photos or performance. Please do not pull the string until performance day. Please place fringe skirts on a hanger to keep them from getting tangled.

### Tutu Maintenance

Grasp the waist and give it a gentle shake, then use your fingers to "comb" out any pieces of tulle that are wrinkled. To store a tutu, put it on a hanger upside down. To help remove persistent



wrinkles, hang the tutu in the bathroom during a shower or use a handheld steamer.

### **Tights**

Please purchase new tights for the student showcase, and do not wear or wash them before the dress rehearsal or performance. (Note: Having a second pair of tights on hand offers students and parents a great sense of security.) Everyone must wear a pair of nude tights under their costume. If you have nude tights from a past showcase you can wear those. Please do not wear them if they have holes or runners in them. If they have runners, please buy a new pair. If you haven't been in a showcase in the past and need a pair of nude tights you can purchase them at any dance supply store. Here is a list of dancewear stores in the area.

Dancer's Pointe  
201 West Main Street, Hummelstown

360 Dance Fitters  
22 N Pitt St, Carlisle

The Dance Shoppe  
39 E. Forrest Ave #014, Shrewsbury

At the Barre  
921 Carlisle St., Hanover

You can also buy them on amazon. Here is a link to the Capezio footless tights.

[https://www.amazon.com/Capezio-Footless-Tight-Waist-Suntan/dp/B015ZWVODE?pd\\_rd\\_w=i6P81&content-id=amzn1.sym.3c1bdb31-a20d-42d0-a8cf-ddadf63cd1a8&pf\\_rd\\_p=3c1bdb31-a20d-42d0-a8cf-ddadf63cd1a8&pf\\_rd\\_r=C1CP63CR7Z67BW333F74&pd\\_rd\\_wg=swSyW&pd\\_rd\\_r=54285650-b4d5-4ad2-8a35-621fcdf19921&ref\\_=sspa\\_dk\\_detail\\_1&th=1&psc=1](https://www.amazon.com/Capezio-Footless-Tight-Waist-Suntan/dp/B015ZWVODE?pd_rd_w=i6P81&content-id=amzn1.sym.3c1bdb31-a20d-42d0-a8cf-ddadf63cd1a8&pf_rd_p=3c1bdb31-a20d-42d0-a8cf-ddadf63cd1a8&pf_rd_r=C1CP63CR7Z67BW333F74&pd_rd_wg=swSyW&pd_rd_r=54285650-b4d5-4ad2-8a35-621fcdf19921&ref_=sspa_dk_detail_1&th=1&psc=1)

## **REHEARSAL & STUDENT SHOWCASE LOCATION**

The location of the Rehearsal and Student Showcase is:  
Harrisburg Campus of HACC – ROSE LEHRMAN ARTS CENTER  
One HACC Drive  
Harrisburg, PA 17110

### **Makeup**

All female students are required to wear makeup for the student showcase: Red lipstick, pink blush, light eye shadow (or dark for darker skin tones), and mascara. Students under age 11, mascara is optional. Older aerialists can wear black eyeliner and false eyelashes. They should be applied by the aerialists or their parents prior to dress rehearsal and student showcase. For the boys, a little blush works well.

## Hair

Traditionally, the showcase hairstyle is announced approximately two months before the event. To stay updated, please ensure you review all monthly showcase emails, as they will include important details and updates. Hair must be a naturally occurring color; dancers may dye and/or highlight their hair, but bright colors that may be distracting to the uniformity of the showcase and clash with the costumes will not be permitted for dress rehearsal, or student showcase performances.

## Home Study

To ensure that the students feel confident about their performance, we ask parents and guardians to encourage them to visually rehearse their showcase choreography on a regular basis. You can ask your instructor for a copy of their skills for them to practice.

- In aerial arts, mastering routines requires not only physical practice but also mental rehearsal. Visual practice—mentally running through your aerial routine step by step—can significantly enhance your performance and is a vital tool for artists who cannot always access aerial equipment.

## 2025 Showcase Flyer

We will provide a flyer to promote the Student Showcase. The 2025 Showcase Flyer will be available in February. Once it's ready, please help spread the word by sharing it with your family, friends, neighbors, relatives, and colleagues. You can email the flyer, print and hang it in your community, or share it on your social media platforms like Facebook, Instagram, and TikTok. Your support will help make this event a success—thank you!

## Planning

The student showcase isn't a one-day activity. Gather costume(s), tights, accessories, and makeup several days in advance so you'll know if something is missing or isn't right. Make a checklist of your child's routine, listing the costume, tights, and any accessories, and refer to it to make sure you have all your supplies. During the Mandatory Parent Meeting in April, we will go over all of these details with you. Use the pages at the back of this book to keep track of this information. Bring at least one extra pair of tights. Also bring extra hair gel, hairnets, hairbands, bobby pins, hairspray, water, oil free snacks, pack a bag of small toys, coloring book and crayons, books, etc to keep yourself occupied.

### Recap What to bring:

1. Costume
2. Nude footless tights in the Ziploc baggie
3. Brush and hair supplies
4. Makeup
5. Water
6. Oil free snacks
7. Pack a bag of small toys, coloring book and crayons, books, etc to keep yourself occupied.

## Showcase Tips

- Always have a second pair of tights available.
- Carry prop in a box or container to prevent them from damage.
- Hang costumes in a garment bag before each performance.
- Place your name in all costumes.

### Some other items to bring:

- Baby wipes/Shout wipes (to fix makeup mistakes or wash hands)
- Safety pins, needle, and thread (for emergency costume repairs)
- Clear nail polish (to repair minor holes or runs in tights when there isn't time to change them)
- Your pain reliever of choice
- Band-Aids (the "invisible" kind)

## Student Showcase Photography and Videos

Parents or guardians may record or shoot photographs of their children **at the dress rehearsal**. Due to the large number of cameras, no electrical outlets will be available, so be sure your batteries are fully charged. **Please note: No video or photography will be allowed at the showcase.** Our Ushers will ask you to put cameras or phones away.

## Dress Rehearsal

Participation in the dress rehearsal is mandatory. All students must participate in the dress rehearsal in order to perform in the student showcase. There are no exceptions to this policy, including school-related events. The dress rehearsal allows the students to become familiar with the auditorium surroundings and feel comfortable with their performance, costume(s), and being onstage. Lighting, music cues, props, and all other logistics for an organized and professional performance are rehearsed so that the students make the best impression possible. The scheduled dress rehearsal is Friday, May 9, 2025. Parent or guardian may record or photograph their children at the dress rehearsal. No electrical outlets will be available, so be sure your batteries are fully charged.

### Why a Dress Rehearsal?

Often parents question the importance of dress rehearsal for their child. In fact, the key to a successful performance for your child is dress rehearsal. Here's why:

- The stage is different than the classroom and is often intimidating to the children.
- The stage lights can be frightening and disorienting to young children.
- Modifications to the choreography can be made at dress rehearsal. A student who misses the rehearsal will not have the chance to practice any of the changes onstage.
- Students have the chance to practice their stage entrances and exits and get used to being in such a large space.
- Confidence is critical to a successful performance. The dress rehearsal offers your child the chance to feel ready for the show.
- The dress rehearsal is the only opportunity for parents to record or take photos of the show.

- We run an organized and timely dress rehearsal; your help with the process will guarantee a professional production. Please arrive at least 10 minutes before the scheduled rehearsal time.

## **Student Drop Off and Pick Up**

Parent or guardian should bring the student(s) to their assigned row in the auditorium, where they will be able to watch the dress rehearsal until it is their turn to be on stage. Students will be dismissed from rehearsal once everyone at that show time has completed their routines. Students will watch the dress rehearsal in its entirety from the auditorium. This is their only chance to see the entire show, as students are not permitted in the auditorium during the student showcase.

## **Dress Rehearsal Guests**

We hold a closed dress rehearsal. Only one parent or guardian may accompany each student to the dress rehearsal. No siblings who do not take classes at Artz N' Motion!

## **Student Showcase**

Student Drop Off and Pick Up. Parents or guardians should bring the students to their assigned dressing rooms, where they will be checked in and placed under the supervision of the class mom(s). Parents are not allowed in the dressing rooms after the children have been checked in for the student showcase. Students will remain backstage for the entire performance, and no performing students will be allowed in the audience at any time. After the finale, students will be dismissed escorted back to their rooms for pickup by one parent. At no time will the children be left unattended or permitted to walk the halls.

NOTE: Please do not attempt to pick up your child during the performance. All students will be under the supervision of responsible adults and will be safe for the length of the performance. If you need to make special arrangements to leave early with your child, you must notify the owners and have your request approved, prior to recital day. Your child's name will be listed with our room attendant for that show, and you will be required to show identification to pick up your child.

## **Dressing Room Etiquette**

Students must respect other students' space and property in the dressing rooms. The students will spend more time in the dressing rooms than onstage, so please do your best to keep them organized and clean. Students are welcome to bring something to do while they wait. We are not responsible for any loss. This includes cell phones, iPods, tablets, hair straighteners, etc.

## **Audience Etiquette**

Enthusiastic applause is encouraged! Children should not bring handheld electronic games or other devices with sounds and/or lights that could be a distraction for other audience members. Parents and teens should not use their cell phones during the performance. The light from these devices is very distracting to other audience members. Because we present a professional performance, we ask that everyone remain seated during the entire performance. If you do leave the auditorium during the show, you will be allowed back into the auditorium only between aerial performances. This rule is strictly enforced. Children must remain seated for the entire performance. Allowing children to run around or otherwise disrupt the performance is not fair to other audience members. The use of video or photography (with or without flash) is strictly

prohibited during the showcase. It is important that you pass this policy on to your recital guests.

### **Finale**

All students are required to participate in the finale, when all students get one more chance to come up on stage and take a bow. All students will remain in their last performance costume for the finale.

## **Student Showcase Performance and Ticket Fees**

I would like to take a moment and explain why we have showcase and ticket fees. Quite simply, we must cover the costs associated with putting on the showcase. We not only are paying to use the theater on the day of the showcase but for the dress rehearsal as well. Like everything, costs have risen over the past couple of years. Even with increased costs, we have kept our fees well below what the local dance studios charge for recital and costume fees. We hire a professional videographer and photographer each year and it has been a great success. We are just barely able to cover those costs through sales. Of course, there are many other expenses such as rigging, insurance, printing etc. which are not addressed here. The bottom line is that we need to make sure that these costs are covered so that we can continue to have the beloved annual student showcase. So, we rely heavily on ticket sales to cover costs. With that being said, we don't want any students to not be able to participate due to costs. If you feel that this may be a hardship for you, please let Jane know.

## **Volunteer Information**

This year, we are looking for volunteers to help make the event a success.

We are currently in need of the following:

- **4 Volunteers for Hair Styling**
- **2 Volunteers for Makeup**
- **2 Volunteers to Hand Out Programs at the Door**
- **2 Backstage Moms** (to assist performers and ensure everything runs smoothly behind the scenes)

If you're interested in volunteering, click this [link](#) and fill out the google form with your preferred role no later than March 30<sup>th</sup>. We'll provide all necessary details and guidance to ensure everything goes smoothly.

Anyone interested in volunteering to help with the students showcase is welcome. There will be an orientation for all volunteers before dress rehearsal, and all must abide by the policies set forth by Artz N' Motion Aerial Studio. The showcase weekend is a hectic experience; all volunteers must always work in a cooperative manner. Our backstage crew work very hard to put an efficient system in place, and we ask that all volunteers rely on their experience and follow their instructions.

All volunteers will receive an identification badge at the dress rehearsal, which must be worn in the theater at all times. Please do not bring guests, including children, with you while you are volunteering.

As a token of our appreciation, each volunteer will receive **1 complimentary ticket** to the showcase.

## Showcase Policies

### Video and Photography

Enjoy watching the show. No photography or video recording of the show. We have hired a professional photographer and videographer. More details to come...

**Please note: No video or photography will be allowed at the student showcase.**

### Auditorium Rules

No eating, drinking, or smoking is allowed in the auditorium.

### Backstage

Family members and friends are not permitted backstage or in the dressing rooms during rehearsals or the showcase. During intermission, children are not permitted to leave the dressing rooms.

## PROGRAM ADS & GOOD LUCK ADS

Each year, Artz N' Motion publishes an annual program for family & friends attending the student showcase. The program includes the performer's bio, apparatus, level, and the schedule of the showcase. The program is viewed by hundreds of attendees! Program and "Good luck" ads are available for purchase. All students have the opportunity to purchase and sell ads, but participation is not required. All ads must be submitted and paid for in full by Sunday, March 23, 2025. Ads received after that date will not make the cutoff to the printer. Reserve your space for a Student Showcase Program & Good Luck Advertisements!!

### How to Submit Your Program Ad

Reserve your space for a Student Showcase Program Ad!!

Email your ad to: [artznmotion@gmail.com](mailto:artznmotion@gmail.com)

- Ads should be submitted as black & white camera-ready art (at least 300 DPI)
- Submit ads by emailing [artznmotion@gmail.com](mailto:artznmotion@gmail.com) the print ready art as PDF, JPEG or EPS are all acceptable file types. No word documents. \*Be sure the ad is the correct size.
- Deadline for submission is Sunday, March 23, 2025.

#### Payments:

Cash – Checks payable to: Artz N' Motion

\_Business Card **\$25** 3.5" x 2.25"

\_¼ Page Ad **\$40** 3.5" x 4.75"

\_½ Page Ad **\$60** 7.5" x 4.75"

\_Full Page Ad \$110 7.5" x 10"

SEE THE ATTACHMENT on page 17 OR CLICK THIS [LINK](#) to fill out the Commercial Ad google form.

Complete the google form and payment to: Artz N' Motion  
Attn: Programs 1235 S. Harrisburg Street, Suite E, Harrisburg, PA 17113

## How to Submit Your Good Luck Ad

Reserve your Good Luck ad for the Student Showcase!!  
Submit good luck lines by clicking [here](#) and filling out the google form.  
DUE DATE: SUNDAY, APRIL 23<sup>rd</sup>.

### GOOD LUCK ADS

Good Luck Ads are notes of good luck to your aerialist, tumbler or dancer(s). They are listed in alphabetical order in a section of the student showcase program. This is your opportunity to wish your favorite performer the best of luck. Good Luck ads do not include images or pictures. If you wish to include an image, use the Advertising Ad form.

COST: \$5.00 per message, max 100 characters  
Line is not to consist of more than 100 characters. Student's first and last name will appear on the ad and is included in the 100-character limit.

Example of ad: Good Luck Jane Smith! We are proud of you for flying in your first showcase! We love you!! Mom & Dad (100 characters) =\$5.00

If you would like to submit more than one happy ad, please fill out one form per ad.

## Flower Sales

We're excited to share that we're working to partner with a local flower company again this year! This means you won't need to make a last-minute trip to the grocery store on Showcase Day. Any flowers you pre-order will be conveniently available at the Rose Lehrman Theatre before the event, ready for your arrival on **Saturday, May 10th**. Stay tuned—more details about how to place your order and other logistics will be shared soon.

## Why Visual Practice Matters in Aerial Arts

Aerial routines often involve complex sequences of movements, transitions, and timing that demand a blend of strength, flexibility, coordination, and memory. While physical repetition builds muscle memory and strength, visual practice sharpens neural pathways, enabling you to refine your routine even when you're not physically training. This technique is especially crucial when you can't access aerial equipment regularly, such as during time away from the studio or at home.

### The Science Behind Visual Practice

Research in sports and performance psychology has demonstrated the power of mental rehearsal. Studies show that the brain activates similar neural pathways during mental practice as it does during physical practice. For example:

1. **Neural Activation:** When you visualize performing a skill, your brain fires signals to the same areas that would activate during the actual performance. This process reinforces neural connections, improving your ability to execute movements with precision.
2. **Motor Skill Retention:** Mental rehearsal enhances motor skill retention. Athletes who combine visual practice with physical training often outperform those who rely solely on physical practice.
3. **Confidence and Focus:** Visualization reduces performance anxiety and increases confidence. Seeing yourself succeed in your mind helps build mental resilience and a focused mindset, critical components in aerial performance.

### How to Practice Visualization for Your Aerial Routine

1. **Create a Clear Mental Picture:** Sit or lie in a quiet space. Close your eyes and vividly imagine yourself performing your routine, from mounting the apparatus to executing each pose and transition. Engage all your senses—see, feel, and even hear the movements.
2. **Break It Down:** Visualize the routine in sections. Focus on challenging transitions or new moves, ensuring every detail feels clear and controlled in your mind.
3. **Include Timing and Breath:** Imagine the rhythm of your movements and coordinate them with your breath. This will help you maintain fluidity during the actual performance.
4. **Revisit Frequently:** The more often you mentally rehearse your routine, the more ingrained it will become in your memory.

### Making the Most of Time Away from Equipment

When you're at home or away from the studio, it may be impossible to hang from silks, climb a rope, or swing on a trapeze. However, this doesn't mean your training has to pause. Visual practice allows you to continue improving, maintaining your connection to the routine and ensuring that when you return to physical practice, you'll perform with greater confidence and competence.

Remember, aerial arts are as much a mental discipline as a physical one. By dedicating time to visual practice, you're not only honing your skills but also preparing your mind and body to work in perfect harmony when you step back into the air.

## Artz N' Motion Photo and Video Release Form

To ensure compliance, we kindly ask that this completed release form be returned no later than January 26, 2025.



# Photo RELEASE FORM

Please be advised that your child will be photographed and video-recorded during the 2025 Student Showcase.

## Photo and Video Release Agreement

I, the undersigned, hereby grant permission for Artz N' Motion to:

Photograph, videotape, and/or record the voice and sounds of my child.

Use any or all such photographs, recordings, and reproductions thereof in:

Motion pictures

Video productions

Broadcasts

Publish products

Related advertising, displays, or exhibitions

Furthermore, I grant and assign to Artz N' Motion all non-exclusive rights to distribute, utilize, and display these materials in perpetuity, by any method or medium. This includes but is not limited to:

Theatrical and non-theatrical uses

Radio and television broadcasts

Videocassette and electronic platforms

Printed products and related advertising

This agreement applies globally and in perpetuity. I acknowledge that no compensation will be provided for the use of these materials.

## Authorization:

Name of Participant: \_\_\_\_\_

Address: \_\_\_\_\_

Email: \_\_\_\_\_

Telephone: \_\_\_\_\_

Date: \_\_\_\_\_

Signature of Parent or Guardian: \_\_\_\_\_

Printed name of Parent or Guardian: \_\_\_\_\_

Performer's Student Showcase Checklist: #1

Please plan to complete one checklist per performance during the Mandatory Parent Meetings in April.

Student Name:

Class:

Head Coach = Teacher:

Performer = Song Name:

Rehearsal Time (May 9):

#in Showcase (May 10):

Dressing Room:

Costume Includes:

Accessories:

Alterations Needed:

Tights Color/Style:

Hair:

Makeup:

Foundation and Powder

Red Lipstick

Pink Blush

Light Eye Shadow

(or dark for darker skin tones)

Black Mascara

Older Dancers Only:

Black Eyeliner

False Eyelashes

Boys:

Blush

Very light lipstick (if needed)

Performer's Student Showcase Checklist: #2

Please plan to complete one checklist per performance during the Mandatory Parent Meetings in April.

Student Name:

Class:

Head Coach = Teacher:

Performer = Song Name:

Rehearsal Time (May 9):

#in Showcase (May 10):

Dressing Room:

Costume Includes:

Accessories:

Alterations Needed:

Tights Color/Style:

Hair:

Makeup:

Foundation and Powder

Red Lipstick

Pink Blush

Light Eye Shadow

(or dark for darker skin tones)

Black Mascara

Older Dancers Only:

Black Eyeliner

False Eyelashes

Boys:

Blush

Very light lipstick (if needed)

ARTZ N' MOTION STUDENT SHOWCASE RULES & RESPONSIBILITIES

I \_\_\_\_\_ parent/guardian of student \_\_\_\_\_, agrees to the following:

**Practice**

Performers are required to attend the necessary spring showcase classes for the full spring season of aerial classes from January 2025 to May 2025 at Artz N' Motion.

I agree that attendance to the student showcase classes are extremely important and will advise my instructor ahead of time if my aerialist will be absent. Artz N' Motion has built in make-up sessions should you happen to miss a class because of illness, work, school, etc. A student who misses class can make it up in any student showcase class that is being held during the week.

I agree to bring my child prepared and on time for class, I agree to pick up my child within a reasonable amount of time after class. I will contact the Artz N' Motion if my child will be late, or if she/he will be picked up late.

**Fees**

I agree to the payment of the performance fee of \$55.00 incurred as a participant of the Spring Showcase, due 1/12/25. Initials: \_\_\_\_\_

I agree to the payment of the costume fees of \$45.00 incurred as a participant of the Spring Showcase, due 2/2/25. Initials: \_\_\_\_\_

I agree to the payment of at least 4 tickets fee of \$40.00 incurred as a participant of the Spring Showcase, due 4/6/25. Initials: \_\_\_\_\_

I acknowledge that the performance, costume, and ticket fees are non-refundable. Initials: \_\_\_\_\_

I agree that at the Rose Lehrman Arts Center, only Artz N' Motion staff and/or confirmed volunteers may enter changing rooms or warm up areas. Friends, Parents, and audience members must remain in the auditorium and lobby area. Initials: \_\_\_\_\_

I agree that I will not take photographs or videos of any kind in the theater at the Rose Lehrman Arts Center due to standard rules. Details regarding professional pictures and videos will be available. Initials: \_\_\_\_\_

Thank you for actively helping your fellow performers achieve a safe and successful showcase by following the rules and responsibility. We appreciate all you do to keep Artz N' Motion a fun and support aerials training facility! If you have questions, please contact Jane Bryan at 717-648-7987 – artznmotion@gmail.com

Signature of Parent/Guardian \_\_\_\_\_ Date \_\_\_\_\_

Signature of Students \_\_\_\_\_ Date \_\_\_\_\_

**I decline to participate in the Spring Showcase 2024**

Signature of Parent/Guardian \_\_\_\_\_ Date \_\_\_\_\_

Signature of Students \_\_\_\_\_ Date \_\_\_\_\_

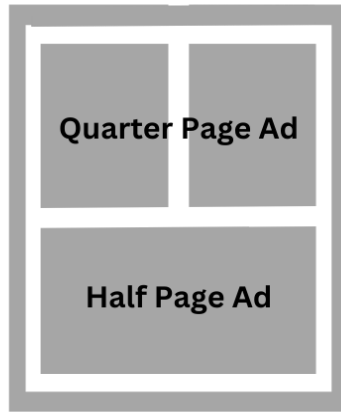
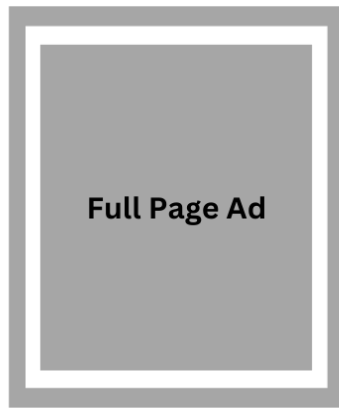
## 2025 “FLYING THROUGH THE DECADE” STUDENT SHOWCASE

### Program Ads

**We are preparing a program available for family & friends attending the Student Showcase on May 10, 2025. The program includes the performer’s bio, apparatus, level, and the schedule of the showcase. The program is viewed by hundreds of attendees!**

#### **Advertisements & Good Luck Ads:**

Reserve your space for a Student Showcase Good Luck Ads & Advertisements!! All ads must be submitted and paid in full by Sunday, April 13, 2025. Ads received after that date will not make the cutoff to the printer.



- \_\_\_ Business Card **\$25** 3.5” x 2.25”
- \_\_\_ ¼ Page Ad **\$40** 3.5” x 4.75”
- \_\_\_ ½ Page Ad **\$60** 7.5” x 4.75”
- \_\_\_ Full Page Ad **\$110** 7.5” x 10”

- Ads should be submitted as black & white camera-ready art (at least 300 DPI)
- Submit ads by emailing [artznmotion@gmail.com](mailto:artznmotion@gmail.com) the print ready art as PDF, JPEG or EPS are all acceptable file types. No word documents.\*Be sure the ad is the correct size.
- Deadline for submission is Sunday, April 13, 2025.
- PAYMENT ACCEPTED: Cash - or Checks Payable to: Artz N’ Motion

[Click this link to fill out the Advertising Form](#)

Complete form and payment to: Artz N’ Motion  
Attn: Programs 1235 S. Harrisburg Street, Suite E, Harrisburg, PA 17113