



## 2021/2022 Dress Code: Pre-Primary Division

GDC's dress code requirements are designed to support an optimal dance experience for all students. Dressing the part allows the dancer to be fully prepared for the demands of class, ensures safety, and sets the tone for the level of focus while instilling a sense of confidence and pride in the dancer's appearance.

GDC's required uniform leotards are available for purchase exclusively through [www.corpsdancewear.com](http://www.corpsdancewear.com). All other dress code requirements may be purchased at your local dancewear store. We highly recommend DanceMax Dancewear at 3016 Canton Rd, Marietta, GA 30066.

GDC's Pre-Primary Division: Dress Code Requirements (Females)				
Required Uniform	Style	Color	Purchase From	Notes
Corps Dancewear Leotard	<b>Required:</b> <a href="#">Corps Dancewear Skirted Cap Sleeves Leotard</a> (Style #L812, color #17)	Pink	Exclusively from <a href="http://www.corpsdancewear.com">www.corpsdancewear.com</a>	Leotards will be shipped directly to your home. Use discount code <b>GDC</b> for 20% off.
Ballet Tights	<b>Convertible ballet tights w/o seam.</b>  GDC Recommends: -Body Wrappers Total Stretch Convertible Tights -Capezio Ultra Soft Transition Tights	Dancer's choice  <a href="#">(click here for more info)</a>	Dancemax Dancewear or online	<i>Panty hose or fashion tights should never be worn in place of ballet tights made by a dancewear provider.</i>
Ballet Shoes	<b>Canvas or leather ballet shoes w/ full or split sole.</b>  GDC Recommends: -Bloch Ladies Performa Stretch Canvas Ballet Shoe -Body Wrappers 4-Way Total Stretch Ballet Slipper (Angelo Luzio) -Capezio Canvas (Hanami Ballet Shoe)	Dancer's choice  <a href="#">(click here for more info)</a>	Dancemax Dancewear or online	<i>Shoes should fit snugly to avoid a tripping hazard. We highly recommend purchasing from a dancewear provider to ensure quality dance shoes that will last through the year.</i>

Additional Dress Code Requirements (Females)	
<b>Cover Up</b>	An appropriate "cover up" (i.e. additional clothing that fully covers the dancer's uniform) is required when coming to and from the studio. <b>Please do not allow your dancer to walk outside in only their leotard and tights. DANCE SHOES SHOULD NEVER BE WORN OUTSIDE THE STUDIO.</b>
<b>Hair</b>	Long hair must be secured in a ballet bun; short hair must be secured with a headband and/or



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	clips so it stays out of the face.
<b>Jewelry</b>	Only small earrings allowed; no watches, or other jewelry (necklaces, bracelets, or rings) allowed.
<b>Undergarments</b>	Traditionally, the female dancer's ballet tights and leotard act as undergarments and support (i.e. underwear is not worn underneath the tights or leotard, similar to a bathing suit). However, if you feel additional undergarments are needed for added support or coverage, we recommend that they be purchased from a dancewear provider when possible (i.e. made specifically for dancers) and should be extremely discreet and completely hidden by the uniform.

### **GDC's Required Uniform Leotard: (purchased exclusively through [www.corpsdancewear.com](http://www.corpsdancewear.com))**

This year, GDC is partnering with uniform leotard specialists [Corps Dancewear](http://Corps Dancewear) to provide all of our ballet students with high quality dancewear that meets the GDC dress code standards. GDC's required uniform leotards may be purchased exclusively online at [www.corpsdancewear.com](http://www.corpsdancewear.com) and will be shipped directly to your home. **Use the discount code GDC for 20% off on all GDC required uniform leotard purchases.**

### **Ballet Tights: (may be purchased at DanceMax Dancewear or online)**

Finding the right pair of ballet tights depends on the dancer's preference of material and how snugly they like their tights to fit. Dancers should purchase "convertible tights" (tights with a hole in the bottom) so they can easily access their bare feet when needed by simply rolling up the tights. Some dancers prefer to buy tights a size larger so they are not too tight around the waist. It is better to buy tights a size up versus a size down. *Panty hose or fashion tights should never be worn in place of ballet tights made by a dancewear provider.*

This year, GDC is no longer requiring a standard "pink" color for ballet tights. We now encourage our female dancers to choose the tights option that makes them feel most comfortable and beautiful, whatever that shade may be. [Click here](#) to learn more about GDC's decision to embrace ballet tights and shoes for all skin tones. Although many ballet tights options are available, GDC recommends:

- [Body Wrappers Total Stretch Convertible Tights](#)
- [Capezio Ultra Soft Transition Tights](#)

### **Ballet Shoes: (may be purchased at DanceMax Dancewear or online)**

Ballet shoes should fit snugly to the dancer's foot with no "growing room" (which can be a *serious* tripping hazard during class), but not so tight as to cause scrunched up toes. Ballet shoes come in leather or canvas materials, and can either be a full sole or a split sole. Both leather and canvas ballet shoes will stretch a bit when worn.

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- [Bloch Ladies Performa Stretch Canvas Ballet Shoe](#)
- [Body Wrappers 4-Way Total Stretch Ballet Slipper \(Angelo Luzio\)](#)
- [Capezio Canvas \(Hanami Ballet Shoe\)](#)



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### The Ballet Bun:

The ballet bun is meant to neatly secure a female dancer's long hair out of their face during significant periods of strenuous physical activity, as well as to create a beautiful, long line of the neck. A high ballet bun is placed on the crown of the head because it adds to the aesthetic of the dancer appearing longer and taller (the bun should not be placed on top of the head, near the hairline). Although ponytails and braids may secure the hair out of the dancer's face, the loose ends can whip the dancer in the eye during turns and also get caught during partnering, which is dangerous. This is why the bun (or sometimes french twist) is chosen for ballet-- for safety and aesthetic.

In order to make a proper ballet bun that does not fall out during class, it must be secured with hairpins, bobby pins, and a hairnet that matches the hair. GDC highly recommends the use of [Bunheads Hairpins](#) to make the bun, with flat bobby pins being used to secure loose hair or pin down bumps. When making a ballet bun, the hair should be secured to the back of the head in a way that is as flat as possible (please do not use a hair donut, as this makes the ballet bun very voluminous). The ballet bun SHOULD NOT MOVE, even when the head is shaken vigorously.

For dancers with braids (adopted from the hair guidelines from the school [Dance Theatre of Harlem School](#)): Braids should not exceed a length much lower than the shoulder. The thickness of the braids should allow for a safe, secure, appropriately sized ballet bun that does not move.

Ballet buns can be made in a variety of ways depending on your hair texture, thickness, and length. Here are some examples of how to make a proper ballet bun:

- How to Make a Ballet Bun by Yourself: <https://www.youtube.com/watch?v=Di057IPyMFU>
- Bloch's How To Make a Bun: <https://www.youtube.com/watch?v=3yG7Hcozr8>
- Ballet Bun for a Performance: <https://www.youtube.com/watch?v=y38QzLcUleg>
- How to do Misty Copeland's Bun: [https://www.youtube.com/watch?v=IYY4Prhs\\_4](https://www.youtube.com/watch?v=IYY4Prhs_4)
- How To Do A Ballerina Bun on Natural Hair: <https://www.youtube.com/watch?v=AZwCiH2uDPc>
- How To Do a Dance Bun on Natural Hair: <https://www.youtube.com/watch?v=Ef0AW8oPLag>
- Prix de Ballet Classical Ballet Bun: <https://www.youtube.com/watch?v=L5uKwSmagC4&t=2s>
- Ballet Bun for Thick Hair: <https://www.youtube.com/watch?v=iUQBTbhif7o>
- Ballet Bun for Long Hair: <https://www.youtube.com/watch?v=hb25XNGKBfU>
- The "Balanchine Bun" by Katharine Morgan: <https://www.youtube.com/watch?v=sFUNEVVhG8g>
- Low, parted bun: <https://www.youtube.com/watch?v=iNh6iJ1WbQE>
- Ballet Styles for Short Hair: [https://www.youtube.com/watch?v=FQmGh\\_RBp0c](https://www.youtube.com/watch?v=FQmGh_RBp0c)