



WHY DRESS CODES ARE IMPORTANT * HOW IT WILL MAKE YOU A BETTER DANCER! *



When someone walks into Allegro they will see dancers looking professional and uniform in their Allegro dance attire. Some might wonder: Why all solid colors? Why are they wearing tights? Why aren't dancers wearing crop tops?

There is a reason for all these questions! Yes, we do enforce a dress code, as do the most elite dance schools around the world. And yes, it is important. And ultimately, it will make you a better dancer.

Why do we have a dress code at Allegro Dance?

Discipline. Part of dance is learning to follow instructions and respecting an art form. Just like learning to follow in line or to raise your hand when you are called on, it is all a part of discipline. And learning discipline will help you for the rest of your life! Wearing the correct uniform to work will keep you from getting fired, showing up to your classes in college will help you graduate, completing a workout everyday prepares you for a race. Discipline is necessary.

Community. Just like a sports team wears a uniform, we feel like a team when we wear the same color in dance class. We want to feel unified and avoid comparing amongst dancers as to who has the cutest, sparkly top or the coolest, printed shorts.

Practicality. Wearing one solid color allows teachers to see the line of the body and correct for proper technique. Baggy clothing can hide bad habits, preventing growth as a dancer. Think about a pointe dancer. If the dance teacher cannot see the dancer's posture or leg alignment, the dancer could seriously injure themselves. Hair being up off your neck keeps you cool, keeps hair out of your eyes, and allows for posture checks.

Cleanliness. Did you know dancers sweat? Keeping legs covered with tights/pants and bellies with leotards and shirts helps keep direct and sweat off the dance floors. This helps us prevent spreading nasty germs. The same goes for shoes. I know it sounds gross, but it's true!

Focus. Practical activewear and solid colors allow us to focus on dance technique and expressing ourselves through movement rather than being distracted by a tutu. Don't worry, we love costumes! But we save them for the stage and other days.

We are all about **Balance.** We have so much fun learning techniques and dance in our proper attire. But we also love dressing up for fun days like Halloween, and other fun weeks you'll see this year.

Make sure to check out our Allegro Dance page on our website

<https://www.allegrocsa.org/dance>

You'll find what we expect each class to wear this year.

We'll be placing an order at the end of each week if you would like us to buy for you, then charging your card on file. Watch your email and Basecamp for more details coming up soon.

