**Helpful Hints to Perform or Compete**

1. Get rest and eat well the night before you compete. Walking or exercising in place helps you loosen up before hitting the dance floor.
2. Be certain your dancewear fits and has no tears or stains at least a month before the event in case alterations or cleaning are needed.
3. Take an extra pair of socks or hose in case one tears, or to offer to someone else.
4. Warm up with your partner after you dress. During this time my instructor noticed he could not get his hand to my back due to interference of my scarf. (International Standard) Make adjustments before your first heat.
5. A **few** words to your partner in-between heats strengthens your connection.
6. Cheer the dancers on the floor. Hearing your encouragement, they smile and stand a little straighter.
7. Put a few things on your assigned studio table: a) healthy snacks, b) water, c) face towels, d) a program / heat schedules, and e) highlighters for dancers to mark their individual heats **in their own programs**.
8. I let others know I have safety pins and a sewing kit for unexpected emergencies for women or men.

To me, the most important thing to remember to bring or share is a positive attitude. Someone, somewhere, in some way always needs a little help, especially an encouraging word…