

# Ballet Conservatory and Destin School of Music & Dance

Speaking as the Costume Mistress, I need the participants in this *Sleeping Beauty* ballet to behave according to the following guidelines when you are in rented Studio Costumes:

**NO HAIR SPRAY, canned or aerosol, to be used once you are in costume...  
It eats at the sequins and crystals and ruins them.**

I have had to replace one silver bodice piece that was completely black from hair spray. Too much money to be wasted!

**NO DRINKING OR EATING in costume or around costumes...**  
I have had to clean up far too many costumes again this year...not fun.

**NO SITTING ON THE FLOOR IN COSTUME...NO SITTING PERIOD!**  
There is no need to be in costume two hours before you have to go on stage, unless the director tells you to do that.

**NO RUNNING IN COSTUME...**  
If you fall and tear your costume, or cause someone else to fall, the Costume Mistress will be upset. It's not nice to upset the Costume Mistress.

**USE CLEAR "DEGREE" brand underarm deodorant.**

**GO TO THE BATHROOM BEFORE you get into costume.**

**PULL COSTUME UP FROM THE WAIST NOT THE BODICE...**  
If you rip it, I will be upset. It's not nice to upset the Costume Mistress.

**DO NOT USE ANY BODY GLITTER. It gets in the costumes and then gets everywhere.** It is hard to get out of the costume – if it ever comes out – but the glitter almost always ends up in my eyes...**I HATE THAT.**

These are just a few things that I need the dancers to know. I will be very happy if everyone will just understand that this has taken a *long* time to put together, and for the studio to have a successful show, everyone needs to be safe with the costumes.

Here ends my speech.

Hope you have a good day!

Debbie Nardo  
Costume Mistress