



2020/2021 Dress Code: Company 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 Leotard: (purchased exclusively through www.corpsdancewear.com)

This year, GDC is partnering with uniform leotard specialists [Corps Dancewear](http://www.corpsdancewear.com) 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 and will be shipped directly to your home. **Use the discount code GDC for 20% off on all GDC required uniform leotard purchases.**

Company Division Ballet Dress Code (Females)				
Level	Required Corps Dancewear Leotard	Tights	Shoes	Other:
PTI-PTII	*Required Leotard: Corps Dancewear Princess Seams Tank Leotard w/ Pinched Front, Mid-Back in Baby Blue (Style #L922, color #26)	Convertible ballet tights w/o seam <i>See below for GDC recommendations</i>	Canvas or leather ballet shoes w/ split sole <i>See below for GDC recommendations</i>	
ATI-ATII	*Required Leotard: Corps Dancewear Princess Seams Tank Leotard w/ Pinched Front, Mid-Back in Royal Blue (Style #L922, color #38)	Convertible ballet tights w/o seam <i>See below for GDC recommendations</i>	Canvas or leather ballet shoes w/ split sole <i>See below for GDC recommendations</i>	ATII's will sew matching ribbons on their ballet shoes in Pre-Pointe class.
ATIII-ATIV	*Required Leotard: Corps Dancewear Princess Seams Tank Leotard w/ Pinched Front, Low-Back in Navy (Style #L921, color #39) Optional: Corps Dancewear Milliskin Pull-On Skirt in Navy (Style #B301, color #39)	Convertible ballet tights w/ seam <i>See below for GDC recommendations</i>	Canvas or leather ballet shoes w/ split sole <i>See below for GDC recommendations</i> Pointe shoes	ATIII's should have matching ribbons on their ballet shoes. ATIII's who are approved will get pointe shoes mid-year.
THI-THII	*Required Leotard: Corps Dancewear Princess Seams Tank Leotard w/ Pinched Front, Low-Back in Wine (Style #L921, color #51) Optional: Corps Dancewear Milliskin Pull-On Skirt in Wine (Style #B301, color #51)	Convertible ballet tights w/ seam <i>See below for GDC recommendations</i>	Canvas or leather ballet shoes w/ split sole <i>See below for GDC recommendations</i> Pointe shoes	



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Company Division Jazz/Contemporary Dress Code (Females)				
Level	Required Uniform Leotard	Tights	Shoes	Notes
PTI-PTII	Same as ballet	Same as ballet	Black Leather Split Sole Jazz Shoe: Bloch Style #S0497 or SoDanca Style #JZ76	Convertible tights should be neatly rolled up so dancers can start class with bare feet.
ATI-ATII	Same as ballet	Same as ballet	Black Leather Split Sole Jazz Shoe: Bloch Style #S0497 or SoDanca Style #JZ76	Convertible tights should be neatly rolled up so dancers can start class with bare feet.
ATIII	Same as ballet	Same as ballet	Black Leather Split Sole Jazz Shoe: Bloch Style #S0497 or SoDanca Style #JZ76	Convertible tights should be neatly rolled up so dancers can start class with bare feet.
ATIV	Any black leotard	Solid black leggings (w/ no patterns or colors) worn over leotard	Black Leather Split Sole Jazz Shoe: Bloch Style #S0497 or SoDanca Style #JZ76	Black cotton crew-cut socks are also needed for this class. Example
THI-THII	Any black leotard	Solid black leggings (w/ no patterns or colors) worn over leotard	Black Leather Split Sole Jazz Shoe: Bloch Style #S0497 or SoDanca Style #JZ76	Black cotton crew-cut socks are also needed for this class. Example

Additional Dress Code Requirements (Females)	
Cover Up	An appropriate "cover up" (i.e. additional clothing that fully covers the dancer's uniform) is required when coming to and from the studio. <i>Please do not allow your dancer to walk outside in only their leotard and tights. DANCE SHOES SHOULD NEVER BE WORN OUTSIDE THE STUDIO.</i>
Hair	Ballet: Long hair must be secured in a ballet bun; short hair must be secured with a headband and/or clips so it stays out of the face. Contemporary/Jazz: Long hair must be secured in a secure ponytail, braid, or bun and should not fall out during class.
Jewelry	Only small earrings allowed; no watches, or other jewelry (necklaces, bracelets, or rings) allowed.
Nails	Fingernails should be kept trimmed to a reasonable length; dancers should avoid getting nail extensions as this can be dangerous to the dancer and or dance partner.



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Deodorant	Deodorant is highly recommended for dancers 10 and older; spray deodorant is encouraged.
Undergarments	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.

Ballet Tights:

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:

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 \(Hanami Ballet Shoe\)](#)

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.



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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=3yG7Hcozrf8>
- 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=IYYY4Prhs_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=L5uKwSmaqC4&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=iNh6jJ1WbQE>
- Ballet Styles for Short Hair: https://www.youtube.com/watch?v=FQmGh_RBp0c