

Which dances do we dance?

Ballroom dancing is divided into two styles: **American** and **International**. GU competes primarily on the latter. Within International style, there are ten dances, split into **Standard** and **Latin**.

STANDARD

Waltz
Quickstep
Tango
Foxtrot
Viennese Waltz

LATIN

Cha Cha
Rumba
Jive
Samba
Paso Doble

You'll compete in the dances you've practiced in lesson. For newcomers, this usually includes Waltz, Quickstep and Tango in Standard, and Cha Cha, Rumba, and Jive in Latin. Eventually you'll be able to compete in all ten dances!

Who am I competing against?

Don't worry; if you're a newcomer you'll be competing against people of similar ability. Ballroom competitions are divided into **levels**, each with their own set of permitted steps. The newcomer division generally has a **time restriction**, meaning that only people who have started dancing within the past year can compete as a newcomer.



COMPETITION LEVELS

Newcomer
Bronze
Silver
Gold
Novice
Pre-Champion
Champion

SPRING 2019

COMPETITIONS

The UPenn Classic	2/16
University of Pennsylvania, Philadelphia	
Rutgers Dancesport Competition	3/30
Rutgers University, New Brunswick	
BAM Jam	4/19-20
University of Maryland, College Park	

Competition fees usually range between \$15-60 and include lodging, registration, and transportation.

BOARD MEMBERS

<i>President</i>	Christian Bast
<i>Captains</i>	Emilie Kathol-Voillequé Elizabeth Duncan
<i>Treasurer</i>	Kevin Lemus
<i>Secretary</i>	Michaela Brustmann
<i>Social Chair</i>	Charlotte Tan
<i>Membership Chair</i>	Bernadette Yamakaitis

georgetownballroom.wixsite.com/gubdt

*If you have questions about partnerships, registration, or the competition in general, please reach out to the **captains**. Please don't hesitate to contact the **treasurers** if the competition fee poses a financial burden – we want everyone to have the opportunity to dance with us!*



Competition Guide



Who do I dance with?

If there's someone you'd like to dance with, let us know when you register for the competition. If not, the captains will match you with someone based on height. It's a good idea to **practice with your partner** and discuss your routine during open practice time before the competition. You can choose to dance with the same person for multiple competitions, or try dancing with someone new. Often dancers Bronze and above will "TBA," meaning they register without a partner and find one at the competition.

How do competitions work?

Some competitions are one day, while others are spread out over two days. If it's far away, the team will take a bus there and stay in a hotel. Different events take place at different times – for example Newcomer Latin might be at 8 am, while Newcomer Standard could be at 2 pm. This gives you time to change, eat, and do homework, and of course cheer on your teammates in different levels! Competitions often have showcases at night, where professional couples compete in front of an audience. Fun dances, like straight leg jive, are also common!

Because there are often many couples competing, the first couple of rounds of each event are broken up into "heats." When your heat is up on the comp floor, the music will begin and you'll take frame with your partner. You have 90 seconds to wow the judges! The number pinned to the lead's back will be projected on a screen if you make it to the next round. If you place as one of the top six couples, you'll get a ribbon!

What do I wear?

As a newcomer, you can usually find clothes in your closet to put together a competition outfit. The team also has extra dresses and shirts for you to borrow. At the higher levels of competition, dancers wear elaborate, sparkly costumes, but at the newcomer and bronze levels no rhinestones are allowed on clothing. Nude tights are recommended.



LATIN (left)

For latin, skirts hit mid-thigh and often have fringe or ruffles. Men wear tight black tees or black dress shirts and black pants.

STANDARD (right)

Standard skirts hit mid-calf and often have multiple layers of tulle. Men wear white dress shirts and black pants.



What about hair and makeup?

Men often gel their hair back or spray it with hairspray, while women put their hair up in a bun or similar hairstyle. Competition lights are bright, so stage makeup (foundation, lipstick, eyeliner) is a good idea. If you need help, just ask!

What about shoes?

Men can usually get away with wearing black dress shoes at their first comp; however, it is advisable to invest first in a pair of **men's standard shoes**, which can also be used to dance latin at the lower levels. Men's latin shoes have a higher heel and a more flexible sole.



MEN'S STANDARD



MEN'S LATIN

Women competing should invest first in a pair of **nude latin heels**, which have an open toe and a heel above two inches. They are made of satin, have a flexible sole and can be used to dance standard at the lower levels. Women's standard shoes are close-toed and are less flexible. Some dancers later decide to buy practice shoes, which resemble men's dance shoes and may be more comfortable for long practice sessions. Heel protectors, made of clear plastic, can prolong the life of your shoe.



WOMEN'S STANDARD



WOMEN'S LATIN

Shoes can be found on Amazon and a pair that will last usually costs between \$20-100. Reputable brands include Capezio, BLOCH, Very Fine Dance Shoes, and Diamant. The team also organizes shoe runs to a store in Virginia before competitions.