



ARTZ N' MOTION SHOWCASE HANDBOOK

Adult

Philosophy, Policies, and Procedures

Introduction

Artz N' Motion's Annual Student Showcase is a fun and exciting chance for students to present the results of a year's hard work, dedication, and progress. Over 10 years, Artz N' Motion has provided students with an exciting performance experience through its student showcase. The annual staple of the aerial school, the showcase, conjures images of childhood for many. It's a rite of passage for thousands of youngsters, a chance to shine in front of family and friends that they anticipate with nervous excitement. We invite family, friends, neighbors, teachers, and mentors to join us at our Annual Student Performance showcasing the talent of our students.

A big part of the aerial, tumbling, and dance training process includes learning through performance. The experience helps build self-esteem, self-assurance, and contributes to a sense of confidence. Although performance opportunities can help prepare some students for a possible career in aerials, circus or dance, they also contribute to a child's success in non-aerial activities. That onstage experience can result in better in-school presentations, improved social skills, and strong interview skills for future college or job opportunities. The rehearsal process is a tremendous learning experience as well. It helps the students develop retention skills, and by working with their classmates on a group performance, they learn the positive aspects of working as a team to create the best end result.

Commitment to performing is the responsibility of both students and their parents. As part of a professional performance, a lot goes into making our students shine on stage. This includes rehearsal time and space, theater rental, lighting/sound/stage technicians, staff development, music/music editing, costumes/accessory selection, ordering, and distribution, stage-managing, ticketing, backstage assisting, and more!

To help make it successful, we kindly ask you to take a few minutes to review this handbook in an effort to clarify what we expect from you in terms of commitments and responsibility to the annual student showcase, the school, and other students and parents. Artz N' Motion wants to ensure the enjoyment and safety of you and your fellow performers. To do that, we need to work together.

Contact Information

1235 S. Harrisburg Street, Suite E, Harrisburg, PA 17113 • 717-648-7987

E-Mail: artznmotion@gmail.com

Website: artznmotion.com

Facebook: facebook.com/ArtznMotion

Instagram: instagram.com/artznmotion

Note: If you need to speak with your child's instructor, please email Jane and you will be contacted outside of class time.

Dates and/or expenses listed in this handbook are subject to change.

Please check emails for the latest updates.

Table of Contents

Showcase Date6

Showcase Times6

Staying Informed6

Student Agreement6

Performance fee6

Showcase Prep class Explanation7

Showcase Prep class for adults7

Showcase Prep class for adults *continuation*8

Choreography8

Costume9

Bio Submission10

Music Selection10

Ticket Purchase10

Ticket Purchase *continuation*11

Ticket Payment11

Updates11

Costumes11

Costume Care11

Costumes11

Costumes with Fringe11

Tutu Maintenance11

Tights12

Rehearsal & Students Showcase Location12

Makeup12

Hair13

Home study13

2025 Showcase Flyer13

Planning13

Recap what to bring13

Showcase Tips14

Some other items to bring14

Student Showcase Photography and Videos14

Dress Rehearsal14

Why dress rehearsal14

Student Showcase15

Dressing room etiquette15

Audience etiquette15

Finale15

Student Showcase Tickets15

Volunteer Information15

Volunteer Information *continuation*16

Showcase policies16

Video and photography16

Auditorium rules16

Backstage16

Program Ads & Good Luck Ads17

How to submit your program ad17

How to submit your good luck ad17

Flower Sales17

Why visual practice matters in aerial arts18

Why visual practice matters in aerial arts *continuation*19

Save the Date: It's a Wrap Party19

Photo Release Form20

Showcase Checklist #121

Student Agreement23

Program Ad Paper Form23

Student Showcase Date: Friday May 29 and Saturday May 30, 2026

Students who have been attending classes regularly and consistently are invited to perform. When you sign up for spring classes, you will notice the name change of your class, it will say 'showcase prep'.

Show Times

The showtimes for the Student Showcase will be finalized after we have confirmed the number of students participating. At this time, we anticipate hosting two performances. Further details, including the specific lineup for each show, will be shared once the schedule is finalized. Thank you for your patience and understanding!

Staying Informed

It is our goal to make our upcoming show organized and exciting for all involved. Keeping you informed is one of our primary goals. Please read all e-mail communication thoroughly. If you have any questions regarding the information, we encourage you to contact the office at 717-648-7987. Our regular admin hours are Tuesday through Thursday, 12-3 p.m. We kindly ask for your patience and understanding as the studio admin is a one-person operation. Every effort is made to respond promptly within the designated hours. Please make this a priority by checking your email, phoning, or asking Jane any questions that may arise.

Web Site: artznmotion.com

We send out showcase emails once a month with important parent and student information.

Facebook Page: facebook.com/ArtznMotion

Instagram Page: instagram.com/artznmotion

"Like" and "follow" Artz N' Motion pages on Facebook and Instagram to receive updates on studio events. Please invite your family and friends to "like" and "follow" our pages as well.

Student Agreement

Sign the Artz N' Motion Student Showcase Rules and Responsibility Agreement

Once you know you can perform, you will need to sign a Student Rules and Responsibility Agreement. The signed agreements are due no later than Sunday, January 18th. The Student Rules and Responsibility Agreement will be attached to this email. Students who cannot perform, please sign the decline section of the agreement, so we know for certain who to include. Once an agreement is signed, you ARE responsible for ALL show-related fees (i.e. performance fee, costume pieces, and tickets). **NO REFUNDS, NO TRANSFERS, NO EXCEPTIONS!**

Performance Fee

Tuition covers only the operating costs and expenses of the aerial studio regarding classes, not the shows we produce. In order to help offset the many costs and expenses incurred when producing and staging a major production at a professional theater, each student must pay a \$55 non-refundable performance fee (additional students from the same family are only required to pay a \$30 stage fee). Cash, check or Venmo payments only. The non-refundable performance fee is due no later than Sunday, January 18th, 2026. **NO REFUNDS, NO TRANSFERS, NO EXCEPTIONS!**

Showcase Prep Class Explanation

Welcome to the showcase process! Here's how it will work and what you can expect as we prepare for an exciting and fun event:

1. Apparatus Selection

At the beginning of the process, each student in the class will draw an apparatus from a hat. This is a random selection process—purely by luck of the draw. This ensures fairness, and there is no favoritism in the assignments.

New Options for Apparatus Assignment:

- If you are not happy with the apparatus you drew, you are allowed to trade with a classmate. However, trades must be **mutually agreed upon**—bullying or pressuring anyone into a trade will not be tolerated.
- This year, I've added the option to **perform with a classmate**. If you'd like to collaborate, please let me know after the apparatuses are assigned.

2. Skill Selection and Muscle Memory Development

Once apparatuses are assigned, you'll start by choosing your **favorite skills** from Artz N' Motion's curriculum on that apparatus. This week, focus on practicing and perfecting one of those skills. The goal is to practice until you can perform it with confidence and precision, building **muscle memory**—where your body remembers the movements even without thinking.

3. Weekly Skill Building

- Each week, you'll **add a new skill** from Artz N' Motion curriculum to your choreography while reviewing and refining the skills from previous weeks.
- This consistent practice will help you build a polished routine for the showcase.

4. Showcase Preparation Schedule

- **Week 1:** Pick and practice your favorite skill, focusing on mastering it.
- **Week 2 and Beyond:** Add another skill to your routine, review previous skills, and continue refining your performance each week.

Showcase Prep Class Rules for Adults

Performance Routine Guidelines:

Artz N' Motion would like each student to create a performance routine that reflects **their current skill level**. If you are an aerials 1 student, your routine will be made up of aerials 1 skills. If you are in a showcase prep class with students at higher levels, **you are not permitted to learn or attempt higher-level skills** that are beyond your current level. This is for your safety and to help ensure steady, injury-free progress.

We love your enthusiasm, and with time and dedication, you'll master the foundational skills in your level and level up before you know it!

Apparatus and Mat Assignments

- 1-2 students: 1 apparatus, 1 mat
- 3-4 students: 2 apparatus, 2 mats
- 5-6 students: 3 apparatus, 3 mats
- 7-8 students: 4 apparatus, 4 mats

Example: If four students are performing on lyra, they will need two mats. Most classes will have one student per apparatus, so be mindful of pacing yourself. You'll be on the apparatus for almost an hour, which will help build stamina but can be tiring. Take plenty of breaks and listen to your body.

No Student Teaching

- Students are NOT permitted to teach each other skills.
- This is a strict rule due to insurance policies—peer teaching is not allowed.
- While helping each other is encouraged (offering support and reminders), trying to teach a peer can lead to unintentional injuries.
- Instruction and corrections will only be provided by trained instructors.

If you need a skill review, the coach will be making rounds throughout the class to assist and review as needed. All skills covered will come from Artz N' Motion's curriculum, which you've been working on over the past 6–8 months.

Choreography

Attending your regular class is important for sequencing (choreographing) the aerial skills together to make an amazing routine. Within the next few months, the student will sequence the skills, polish the skills, add their own flare and personality to tell a story together with their coach. We will begin to select apparatuses for students the week of January 25th and will start working on choreography in class over the next few months!

Performers are required to attend showcase class weekly starting in February until performance day.

Should you happen to miss the showcase class because of illness, work, school, etc. please register for a Showcase Prep class to make up the class you missed. If there is an open slot in the class you may attend. If your child would like more time to work on their routine, please register them for an extra class.

The schedule for Adult Showcase Prep classes are as follows. Kindly note that this schedule is subject to change based on the final number of students participating in the Student Showcase.

- **Sundays:** 5:15–6:30 pm, 7:45–9:00 pm
- **Tuesdays:** 7:45–9:00 pm
- **Wednesdays:** 7:45–9:00 pm
- **Thursdays:** 6:30–7:45 pm, 7:45–9:00 pm

Costume

Costume Requirements for Aerial Performance

This year, I am updating the costume procedure for adult classes. You now have two options:

1. Jane Purchases Your Costume:

- If you would like me (Jane) to purchase a costume for you, I will be happy to do so.
- Please submit your \$45 costume fee no later than **Sunday, February 8, 2026**.
- If payment is not made by this date, I will not be responsible for obtaining your costume. It will become **your responsibility** to secure one.

2. Choose Your Own Costume:

- You may select and purchase your own costume, provided it meets the following requirements:

3. Costume Deadline: You must have your costume no later than **Friday, March 27, 2026**.

To ensure safety and maintain professional standards, please adhere to the following costume guidelines:

1. Fabric and Sling Safety:

- **No Zippers or Buttons:** Costumes must not have any zippers, buttons, or other hard elements to avoid damage to aerial fabrics or slings.
- Costumes must be free of embellishments that could snag or tear the aerial equipment.

2. Coverage Requirements:

- **Midriff Coverage:** Your costume must provide full coverage of your midriff. Crop tops or similar garments that expose the midsection are not permitted.
- **Buttock Coverage:** Full coverage buttocks is required.
- Thongs or similar styles are not permitted.

3. Layering Requirements:

- If you choose to wear a leotard or biketard, you must pair it with tights for full leg coverage.

4. Approval Process: All costumes must be approved by Jane no later than **Friday, March 27, 2026**. Please ensure your costume meets the above requirements before submitting it for approval.

These guidelines are designed to ensure safety and protect the equipment while maintaining a professional appearance. Please prioritize comfort, flexibility, and safety when choosing your costume.

Bio Submission

I will need a bio written no later than Sunday, 2/15/2026. Your bio should be 3-4 sentences about who you are (for my young students, age, grade, and school) and your aerial journey. What is your favorite apparatus? What is the name of your favorite skill? Why is it your favorite? How did you hear about Artz N' Motion. Please write your bio from a 3rd person perspective so that our announcer can read it properly. **Click this link and fill out the google form and have it to Jane no later than Sunday, 2/15/2026.**

Example: Maddie started her aerial arts journey 3 years ago. She enjoys the variety of aerial skills taught at each lesson. Her favorite drop is called the 720! Maddie has also fallen in love with the new apparatuses Artz N' Motion has to offer, the trapeze and lyra. Recently, Maddie was asked to be a junior coach for the kids' beginner classes. She has found so much joy in teaching and hopes to pass her passion of aerials silks along to her students as well.

Music Selection

For Adult Performers (Ages 18+):

- **First-Time Performers**

Is this your first time performing? Awesome! Jane will take care of everything, from selecting the music and costumes to choreographing and sequencing the skills into a fantastic routine for you to shine on stage.

- **Returning Performers**

Have you already performed with Artz N' Motion and are currently in an adult class? Fantastic! Now that you're familiar with the process, you have the option to select your own music (pending Jane's approval) or have Jane choose the music for you. Just let her know your preference!

Important Notes:

- **Theme Alignment:** Your song must align with the Showcase theme: *"Artz N' Motion goes to Broadway-Curtains up rigs down."*
- **Song Approval:** All selected songs must be approved by Jane.
- **Submission Deadline:** Please submit your top three song choices via Google Form no later than **Saturday, February 28th**. Click this link to the music google form.

Music Edits:

If your music requires editing, please note that a music editing fee will apply.

We're excited to see your creativity come to life on stage!

Music guidelines

If you attend Aerials 1 classes, your music can be no longer than 2 minutes long.

If you attend Aerials 1.5 classes, your music can be no longer than 2.5 minutes long.

If you attend Aerials 2 classes, your music can be no longer than 3 minutes long.

If you attend Aerials 2.5 classes, your music can be no longer than 3.5 minutes long.

Ticket purchase

Each student/family is responsible for selling at least 4 tickets for \$10 each. **We won't stop you at 4!** **You can buy as many as you like.** You must purchase the required 4 tickets by Sunday, April 26th, 2026.

Tickets for the Annual Student Showcase are available for purchase during class at Artz N' Motion.

Pricing is as follows:

- **Pre-Sale:** \$10 per ticket
- **At the Door:** \$15 per ticket

No one is admitted to the student showcase without a ticket. No seats will be saved. First come. First serve. Our show is great fun for everyone. If you are not able to sell your tickets, they make great gifts for anyone who you may want to treat to a fun day out! Our productions are professionally presented and very entertaining. Also, please note: In fairness to the students performing on stage and their families in the audience, no children under the age of three (3) will be admitted to the show. We love babies, but the show is not the place for them. Students work hard all year, and a few minutes of a crying baby can ruin the enjoyment for the parents there to see their child perform and distract the children onstage.

Ticket Payment

Cash is the best option for payment, but I will accept check and Venmo. Invite your family, friends, neighbors, and teachers. Pay me via: cash, check, or Venmo, @JaneMBryan

We encourage early purchases to take advantage of the pre-sale pricing.

Updates

As the season progresses, additional showcase information and updates will be emailed monthly. Make it your responsibility to be informed of this important information. Our goal is to make the showcase an organized, exciting experience for everyone involved. It's a team effort: students, their parents, and the instructors are key players in the show's success.

Costumes

We spend many hours determining the correct costumes for each student. They are of the highest quality possible. Costumes include all accessories, but do not include tights. NOTE: No jewelry (including any facial piercings or ear gauges, underwear, or nail polish (on fingers or toes!) is to be worn with costumes. This includes during dress rehearsals and performances. Exception: Aerialists may wear rhinestone stud earrings.

Costume Care

We recommend that you label all costumes, accessories, and tights with your name. Place the costumes in a garment bag with your name on the outside. Pack accessories in a clear plastic bag (labeled with your name). Please do not wash costumes in your washing machine or iron any costumes. If costumes are severely wrinkled, it is possible that they can be steamed--always consult with your instructor before steaming any costume. Remove any tags that could hang out of the costume or show through the costume fabric.

Costumes

NOTE: To ensure that there are no costume problems, **students should not wear their costumes, accessories, or tights** prior to dress rehearsal or student showcase.

Costumes with Fringe

You will notice a string at the bottom of most fringe skirts or trim, which is to keep the fringe from getting tangled before photos or performance. Please do not pull the string until performance day. Please place fringe skirts on a hanger to keep them from getting tangled.

Tutu Maintenance

Grasp the waist and give it a gentle shake, then use your fingers to “comb” out any pieces of tulle that are wrinkled. To store a tutu, put it on a hanger upside down. To help remove persistent wrinkles, hang the tutu in the bathroom during a shower or use a handheld steamer.

Tights

Purchase new tights for the student showcase, and **do not wear or wash them** before the dress rehearsal or performance.

Tip: Keeping a second pair of tights on hand often provides peace of mind for both students and parents.

All performers are required to wear **nude tights** under their costume unless otherwise noted. If you already have nude tights from a previous showcase, you may use them as long as they are free of holes or runs. If they have any damage, please purchase a new pair. Nude tights can be found at any dance supply store; a list of local dancewear shops is provided below.

Costume-specific guidelines:

- If your assigned costume is a **leotard** or **biketard**, you **must** wear nude tights underneath.
- If your costume is a **unitard** (full-length leotard), nude tights are **not required**.
- If your costume includes **pants**, nude tights are also **not required**.

Dancer's Pointe

201 West Main Street, Hummelstown

360 Dance Fitters

22 N Pitt St, Carlisle

At the Barre

921 Carlisle St., Hanover

You can also buy them on amazon. Here is a [link](#) to the Capezio footless tights.

REHEARSAL & STUDENT SHOWCASE LOCATION

The location of the Rehearsal and Student Showcase is:

Harrisburg Campus of HACC – ROSE LEHRMAN ARTS CENTER

One HACC Drive, Harrisburg, PA 17110

Makeup

All female students are required to wear makeup for the student showcase: red lipstick, pink blush, light eye shadow (or dark for darker skin tones), and mascara. Adult aerialists can wear black eyeliner and false eyelashes. They should be applied by the aerialists prior to dress rehearsal and student showcase. For the men, a little blush works well.

Hair

Traditionally, the showcase hairstyle is announced approximately two months before the event. To stay updated, please ensure you review all monthly showcase emails, as they will include important details and updates. Hair must be a naturally occurring color; dancers may dye and/or highlight their hair, but bright colors that may be distracting to the uniformity of the showcase and clash with the costumes will not be permitted for dress rehearsal, or student showcase performances.

Home Study

To ensure that the students feel confident about their performance, we encourage you to visually rehearse your showcase choreography on a regular basis. You can take a picture of your skills for you to practice.

- In aerial arts, mastering routines requires not only physical practice but also mental rehearsal. Visual practice—mentally running through your aerial routine step by step—can significantly enhance your performance and is a vital tool for artists who cannot always access aerial equipment.

2026 Showcase Flyer

We will provide a flyer to promote the Student Showcase. The 2026 Showcase Flyer will be available in February. Once it's ready, please help spread the word by sharing it with your family, friends, neighbors, relatives, and colleagues. You can email the flyer, print and hang it in your community, or share it on your social media platforms like Facebook, Instagram, and TikTok.

Your support will help make this event a success—thank you!

Planning

The student showcase isn't a one-day activity. Gather costume(s), tights, accessories, and makeup several days in advance so you'll know if something is missing or isn't right. Make a checklist of your routine, listing the costume, tights, and any accessories, and refer to it to make sure you have all your supplies. During the Mandatory Student Meeting on March 27, 2026, at 6pm, we will go over all of these details with you. Use the pages at the back of this book to keep track of this information. Bring at least one extra pair of tights. Also bring extra hair gel, hairnets, hairbands, bobby pins, hairspray, water, oil free snacks, pack a bag of small toys, coloring book and crayons, books, etc to keep yourself occupied.

Recap What to bring:

1. Costume
2. Nude footless tights in the Ziploc baggie
3. Brush and hair supplies
4. Makeup
5. Water
6. Oil free snacks

Showcase Tips

- Always have a second pair of tights available.
- Carry prop in a box or container to prevent them from damage.
- Hang costumes in a garment bag before each performance.
- Place your name in all costumes.

Some other items to bring:

- Baby wipes/Shout wipes (to fix makeup mistakes or wash hands)
- Safety pins, needle, and thread (for emergency costume repairs)
- Clear nail polish (to repair minor holes or runs in tights when there isn't time to change them)
- Your pain reliever of choice
- Band-Aids (the "invisible" kind)

Student Showcase Photography and Videos

Adult students may ask another student to record or take photographs **at the dress rehearsal**. Due to the large number of cameras, no electrical outlets will be available, so be sure your batteries are fully charged. **Please note: No video or photography will be allowed at the showcase.** Our Ushers will ask you to put cameras or phones away.

Dress Rehearsal

Participation in the dress rehearsal is mandatory. **All students must participate in the dress rehearsal in order to perform in the student showcase.** There are no exceptions to this policy, including school-related events. The dress rehearsal allows the students to become familiar with the auditorium surroundings and feel comfortable with their performance, costume(s), and being onstage. Lighting, music cues, props, and all other logistics for an organized and professional performance are rehearsed so that the students make the best impression possible. **The scheduled dress rehearsal is Thursday, May 28, 2026.** No electrical outlets will be available, so be sure your batteries are fully charged.

Why a Dress Rehearsal?

Often students question the importance of dress rehearsal. In fact, the key to a successful performance is dress rehearsal. Here's why:

- The stage is different than the classroom and is often intimidating to the student.
- The stage lights can be frightening and disorienting.
- Modifications to the choreography can be made at dress rehearsal. A student who misses the rehearsal will not have the chance to practice any of the changes onstage.
- Students have the chance to practice their stage entrances and exits and get used to being in such a large space.
- Confidence is critical to a successful performance. The dress rehearsal offers our students the chance to feel ready for the show.
- The dress rehearsal is the only opportunity to record or take photos of the show.
- We run an organized and timely dress rehearsal; your help with the process will guarantee professional production. Please arrive at least 10 minutes before the scheduled rehearsal time.

Student Showcase

Students will remain backstage for the entire performance, and no performing students will be allowed in the audience at any time. After the finale, students will be dismissed escorted back to their rooms for pickup by one parent.

Dressing Room Etiquette

Students must respect other students' space and property in the dressing rooms. The students will spend more time in the dressing rooms than onstage, so please do your best to keep them organized and clean. Students are welcome to bring something to do while they wait. We are not responsible for any loss. This includes cell phones, iPods, tablets, hair straighteners, etc.

Audience Etiquette

Enthusiastic applause is encouraged! Children should not bring handheld electronic games or other devices with sounds and/or lights that could be a distraction for other audience members. Parents and teens should not use their cell phones during the performance. The light from these devices is very distracting to other audience members. Because we present a professional performance, we ask that everyone remain seated during the entire performance. If you do leave the auditorium during the show, you will be allowed back into the auditorium only between aerial performances. This rule is strictly enforced. Children must remain seated for the entire performance. Allowing children to run around or otherwise disrupt the performance is not fair to other audience members. The use of video or photography (with or without flash) is strictly prohibited during the showcase. It is important that you pass this policy on to your recital guests.

Finale

All students are required to participate in the finale, when all students get one more chance to come up on stage and take a bow. All students will remain in their last performance costume for the finale.

Student Showcase Performance and Ticket Fees

I would like to take a moment and explain why we have showcase and ticket fees. Quite simply, we must cover the costs associated with putting on the showcase. We not only are paying to use the theater on the day of the showcase but for the dress rehearsal as well. Like everything, costs have risen over the past couple of years. Even with increased costs, we have kept our fees well below

what the local dance studios charge for recital and costume fees. We hire a professional videographer and photographer each year and it has been a great success. We are just barely able to cover those costs through sales. Of course, there are many other expenses such as rigging, insurance, printing, etc. which are not addressed here. The bottom line is that we need to make sure that these costs are covered so that we can continue to have the beloved annual student showcase. So, we rely heavily on ticket sales to cover costs. With that being said, we don't want any students to not be able to participate due to costs. If you feel that this may be a hardship for you, please let Jane know.

Volunteer Information

This year, we are looking for volunteers to help make the event a success.

We are currently in need of the following:

- **1 Volunteers for Hair Styling**
- **1 Volunteers for Makeup**
- **2 Volunteers to Hand Out Programs at the Door**
- **3 Stage Crew** (to assist with setting up, maintaining, and dismantling the equipment)

If you're interested in volunteering, [click this link and fill out the google form with your preferred role no later than February 22nd](#). We'll provide all necessary details and guidance to ensure everything goes smoothly.

Anyone interested in volunteering to help with the student showcase is welcome. There will be a **mandatory volunteer orientation on Friday, May 15, 2026, at 6:00 PM**, prior to the dress rehearsal, and all must abide by the policies set forth by Artz N' Motion Aerial Studio. The showcase weekend is a hectic experience; all volunteers must always work in a cooperative manner. Our backstage crew work very hard to put an efficient system in place, and we ask that all volunteers rely on their experience and follow their instructions.

Please do not bring guests, including children, with you while you are volunteering.

As a token of our appreciation, each volunteer will receive **1 complimentary ticket** to the showcase.

Showcase Policies

Video and Photography

Enjoy watching the show. No photography or video recording of the show. We have hired a professional photographer and videographer. More details to come...

Please note: No video or photography will be allowed at the student showcase.

Auditorium Rules

No eating, drinking, or smoking is allowed in the auditorium.

Backstage

Family members and friends are not permitted backstage or in the dressing rooms during rehearsals or the showcase.

PROGRAM ADS & GOOD LUCK ADS

Each year, Artz N' Motion publishes an annual program for family & friends attending the student showcase. The program includes the performer's bio, apparatus, level, and the schedule of the showcase. The program is viewed by hundreds of attendees! Program and "Good luck" ads are available for purchase. All students have the opportunity to purchase and sell ads, but participation is not required. The digital program will be in **color**, while the printed program will be in **black and white**. All ads must be submitted and paid for in full by Friday, April 3, 2026. Ads received after that date will not make the cutoff to the printer. Reserve your space for a Student Showcase Program & Good Luck Advertisements!!

How to Submit Your Program Ad

Reserve your space for a Student Showcase Program Ad!!

Email your ad to: artznmotion@gmail.com

- Ads should be submitted as black & white camera-ready art (at least 300 DPI)
- Submit ads by emailing artznmotion@gmail.com the print ready art as PDF, JPEG or EPS are all acceptable file types. No word documents. *Be sure the ad is the correct size.
- Deadline for submission is Friday, April 3, 2026.

Payments:

Cash – Checks payable to: Artz N' Motion

Credit card through Mindbody

_Business Card **\$25** 3.5" x 2.25"

_¼ Page Ad **\$40** 3.5" x 4.75"

_½ Page Ad **\$60** 7.5" x 4.75"

_Full Page Ad **\$110** 7.5" x 10"

SEE THE ATTACHMENT on page 17 OR CLICK THIS [LINK](#) to fill out the Commercial Ad google form.

Complete the google form and payment to: Artz N' Motion **no later than Friday, April 3, 2026.**

Attn: Programs 1235 S. Harrisburg Street, Suite E, Harrisburg, PA 17113

How to Submit Your Good Luck Ad

Reserve your Good Luck ad for the Student Showcase!

Submit good luck lines by clicking [here](#) and filling out the google form.

DUE DATE: FRIDAY, April 3, 2026.

GOOD LUCK ADS

Good Luck Ads are notes of good luck to your aerialist, tumbler or dancer(s). They are listed in alphabetical order in a section of the student showcase program. This is your opportunity to wish your favorite performer the best of luck. Good Luck ads do not include images or pictures. If you wish to include an image, use the Advertising Ad form.

COST: \$5.00 per message, max 100 characters

Line is not to consist of more than 100 characters. Students' first and last names will appear on the ad and are included in the 100-character limit. If you would like to submit more than one happy ad, please fill out one form per ad.

Example of ad: Good Luck Jane Smith! We are proud of you for flying in your first showcase! We love you! Mom & Dad (100 characters) =\$5.00

Flower Sales

We're excited to share that we've partnered with one of our aerial moms this year! This means no last-minute trips to the grocery store on Showcase Day. Any flowers you pre-order will be conveniently available at the Rose Lehrman Theatre before the event, ready for your arrival on **Friday, May 29th** or **Saturday, May 30th**.

Stay tuned—more details on how to place your order and additional logistics will be shared soon!

Why Visual Practice Matters in Aerial Arts

Aerial routines often involve complex sequences of movements, transitions, and timing that demand a blend of strength, flexibility, coordination, and memory. While physical repetition builds muscle memory and strength, visual practice sharpens neural pathways, enabling you to refine your routine even when you're not physically training. This technique is especially crucial when you can't access aerial equipment regularly, such as during time away from the studio or at home.

The Science Behind Visual Practice

Research in sports and performance psychology has demonstrated the power of mental rehearsal. Studies show that the brain activates similar neural pathways during mental practice as it does during physical practice. For example:

1. **Neural Activation:** When you visualize performing a skill, your brain fires signals to the same areas that would activate during the actual performance. This process reinforces neural connections, improving your ability to execute movements with precision.
2. **Motor Skill Retention:** Mental rehearsal enhances motor skill retention. Athletes who combine visual practice with physical training often outperform those who rely solely on physical practice.
3. **Confidence and Focus:** Visualization reduces performance anxiety and increases confidence. Seeing yourself succeed in your mind helps build mental resilience and a focused mindset, critical components in aerial performance.

How to Practice Visualization for Your Aerial Routine

1. **Create a Clear Mental Picture:** Sit or lie in a quiet space. Close your eyes and vividly imagine yourself performing your routine, from mounting the apparatus to executing each pose and transition. Engage all your senses—see, feel, and even hear the movements.
2. **Break It Down:** Visualize the routine in sections. Focus on challenging transitions or new moves, ensuring every detail feels clear and controlled in your mind.
3. **Include Timing and Breath:** Imagine the rhythm of your movements and coordinate them with your breath. This will help you maintain fluidity during the actual performance.
4. **Revisit Frequently:** The more often you mentally rehearse your routine, the more ingrained it will become in your memory.

Making the Most of Time Away from Equipment

When you're at home or away from the studio, it may be impossible to hang from silks, climb a rope, or swing on a trapeze. However, this doesn't mean your training has to pause. Visual practice allows you to continue improving, maintaining your connection to the routine and ensuring that when you return to physical practice, you'll perform with greater confidence and competence.

Remember, aerial arts are as much a mental discipline as a physical one. By dedicating time to visual practice, you're not only honing your skills but also preparing your mind and body to work in perfect harmony when you step back into the air. Bottom of Form

Save the Date: It's a Wrap Party!

After the curtain falls on our showcase's closing performance, it's time to celebrate! Let's honor the incredible performers, tech crew, and production team who have worked tirelessly to make this showcase a success. Join us for an evening filled with **Fun! Music! Food!** [RSVP by clicking this link](#) and let us know how many will be attending and what dish you'll be bringing.

Who: Performers and their families

Where: Artz N' Motion, 1235 S. Harrisburg Street, Suite E, Harrisburg, PA 17113

When: Monday, June 1, 2026, 6:00 – 8:30 PM

What to Bring: A covered dish to share

Artz N' Motion Photo and Video Release Form

To ensure compliance, we kindly ask that this completed release form be returned no later than January 25, 2026.

Photo RELEASE FORM

Please be advised that your child will be photographed and video-recorded during the 2026 Student Showcase.

Photo and Video Release Agreement

I, the undersigned, hereby grant permission for Artz N' Motion to:

Photograph, videotape, and/or record the voice and sounds of my child.

Use any or all such photographs, recordings, and reproductions thereof in:

- Motion pictures
- Video productions
- Broadcasts
- Publish products
- Related advertising, displays, or exhibitions

Furthermore, I grant and assign to Artz N' Motion all non-exclusive rights to distribute, utilize, and display these materials in perpetuity, by any method or medium. This includes but is not limited to:

- Theatrical and non-theatrical uses
- Radio and television broadcasts
- Videocassette and electronic platforms
- Printed products and related advertising

This agreement applies globally and in perpetuity. I acknowledge that no compensation will be provided for the use of these materials.

Authorization:

Name of Participant: _____

Address: _____

Email: _____

Telephone: _____

Date: _____

Signature of Parent or Guardian: _____

Printed name of Parent or Guardian: _____

Performer's Student Showcase Checklist: #1

Please plan to complete one checklist per performance during the Mandatory Meeting in March.

Student Name:

Class:

Head Coach = Teacher:

Performer = Song Name:

Rehearsal Time (May 28):

#in Showcase (May 29 or May 30):

Dressing Room:

Costume Includes:

Accessories:

Alterations Needed:

Tights Color/Style:

Hair:

Makeup:

Foundation and Powder

Red Lipstick

Pink Blush

Light Eye Shadow

(or dark for darker skin tones)

Black Mascara

Older Dancers Only:

Black Eyeliner

False Eyelashes

Boys:

Blush

Very light lipstick (if needed)

ARTZ N' MOTION STUDENT SHOWCASE RULES & RESPONSIBILITIES

I _____ agree to the following:

Practice

Performers are required to attend the necessary spring showcase classes for the full spring season of aerial classes from February 2026 to May 2026 at Artz N' Motion.

I agree that attendance to the student showcase classes are extremely important and will advise my instructor ahead of time if my aerialist will be absent. Artz N' Motion has built in make-up sessions should you happen to miss a class because of illness, work, school, etc. A student who misses class can make it up in any student showcase class that is being held during the week.

Fees

I agree to the payment of the performance fee of \$55.00 incurred as a participant of the Spring Showcase, due 1/18/26. Initials: _____

I agree to the payment of the costume fees of \$45.00 incurred as a participant of the Spring Showcase, due 2/8/26. Initials: _____

I agree to the payment of at least 4 tickets fee of \$40.00 incurred as a participant of the Spring Showcase, due 4/26/26. Initials: _____

I acknowledge that the performance, costume, and ticket fees are non-refundable. Initials: _____

I agree that at the Rose Lehrman Arts Center, only Artz N' Motion staff and/or confirmed volunteers may enter changing rooms or warm up areas. Friends, Parents, and audience members must remain in the auditorium and lobby area. Initials: _____

I agree that I will not take photographs or videos of any kind in the theater at the Rose Lehrman Arts Center due to standard rules. Details regarding professional pictures and videos will be available. Initials: _____

Thank you for actively helping your fellow performers achieve a safe and successful showcase by following the rules and responsibility. We appreciate all you do to keep Artz N' Motion a fun and support aerials training facility! If you have questions, please contact Jane Bryan at 717-648-7987 – artznmotion@gmail.com

Signature of Students _____ Date _____

I decline to participate in the Spring Showcase 2026

Signature of Students _____ Date _____

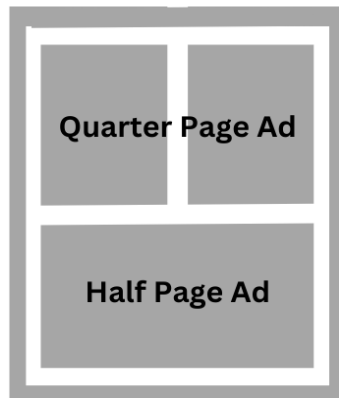
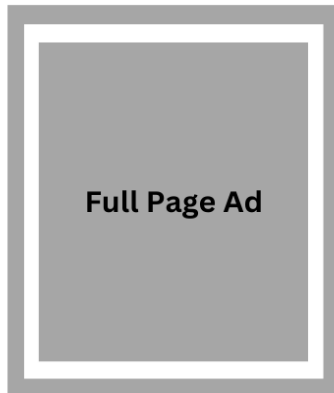
2026 “ARTZ N’ MOTION GOES TO BROADWAY” STUDENT SHOWCASE

Program Ads

We are preparing a program available for family & friends attending the Student Showcase in May, 2026. The program includes the performer’s bio, apparatus, level, and the schedule of the showcase. The program is viewed by hundreds of attendees!

Advertisements & Good Luck Ads:

Reserve your space for a Student Showcase Good Luck Ads & Advertisements!! All ads must be submitted and paid in full by Friday, April 3, 2026. Ads received after that date will not make the cutoff to the printer.



- ___ Business Card **\$25** 3.5” x 2.25”
- ___ ¼ Page Ad **\$40** 3.5” x 4.75”
- ___ ½ Page Ad **\$60** 7.5” x 4.75”
- ___ Full Page Ad **\$110** 7.5” x 10”

- Ads should be submitted as black & white camera-ready art (at least 300 DPI)
- Submit ads by emailing artznmotion@gmail.com the print ready art as PDF, JPEG or EPS are all acceptable file types. No word documents.*Be sure the ad is the correct size.
- Deadline for submission is Friday, April 3, 2026.
- PAYMENT ACCEPTED: Cash - or Checks Payable to: Artz N’ Motion - Credit Card

[Click this link to fill out the Advertising Form](#)

Complete form and payment to: Artz N’ Motion

Attn: Programs 1235 S. Harrisburg Street, Suite E, Harrisburg, PA 17113