The Nutcracker Handbook 2026

Presented by CDT:

The mission of Colorado Dance Theatre is to promote the social and physical development of children and provide professional quality performance opportunities for dancers of all ages in Northern Colorado. We accomplish this by providing performance opportunities and educational outreach to our community.

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Rehearsal Rules and Guidelines

These rules and guidelines apply to ALL dancers.

- Nutcracker participants are required to be enrolled at a local dance studio. They must attend a weekly ballet class outside of rehearsals throughout the rehearsal period.
- Dancers must come dressed in dance attire to each rehearsal. Girls must wear leotards and tights, with ballet or pointe shoes. Appropriate dance shorts or skirts are optional. Hair must be in a bun with bangs pulled back out of the face. Boys must wear black shorts, white shirts, and ballet shoes or socks. Please contact your Rehearsal Director with questions. *If a dancer arrives in inappropriate clothing, they will be asked to sit and watch rehearsal. This will count as one absence.*
- Because there is a short time frame in which to rehearse, please do not miss any rehearsals or costume fittings. ANY ABSENCES must be brought to the attention of your Rehearsal Director in advance. Three (3) absences is reason for dismissal.
    - It is the dancer's responsibility to learn any choreography missed during their absence. Please use time outside of rehearsal to learn this and come prepared the following week.
    - Dancers who are out of town during Thanksgiving weekend need to notify their Rehearsal Director. Please consider this one of your absences.
- Party Parents, Grandparents, and other adult party scene roles – ***Please make it a priority to be at the first four (4) rehearsals of the schedule.*** This is the only time to learn and practice your individual dances without other party scene members. Inform your Rehearsal Director if you cannot attend these rehearsals.
- Be respectful of your Rehearsal Director and fellow dancers by arriving ten (10) minutes before the scheduled rehearsal time. This way rehearsals can start and end on time, and dancers can have time to fully warm up for rehearsal.

Backstage Photography Policy

- Taking pictures on cameras or cell phones is prohibited in "Photo Free" zones. These zones are as follows:
    - **All backstage hallways**
    - **The stage wings**
    - **The loading dock/costume area**
- Photos may be taken in the Green Room at any time.
- During the Dress Rehearsal on Thursday, the *Presents*, *Parrots*, and *Angels* will be escorted in costume by a CDT Board member to the front lobby. The CDT board member will take group photos. These photos will be shared on SmugMug for parents to download.
- A CDT Board member will also take a photo of Mother Ginger and her *Clowns* in full makeup on Thursday after they perform.
- Photos may be taken in the dressing rooms, with the understanding that no photos with inappropriate images may be posted or shared online. Please be aware of what is happening behind your selfies!
- **ABSOLUTELY NO PHOTOS ARE ALLOWED FROM BACKSTAGE/STAGE WINGS.**
- A professional photographer will be taking candid shots and group pictures on stage during rehearsals.

Please understand that this photo policy is designed to ensure the safety of all our dancers and crew backstage while allowing parents to capture those special moments that are part of The Nutcracker.

Those in violation of this policy may be dismissed from the show.

Performance Rules and Guidelines

These rules and guidelines apply to ALL dancers.

Parents – please go over these rules with your children before the first day at the UCCC.

1. **Entire cast must sign in upon arrival.** (Children need to be signed in and out by an adult.)
2. **No eating in the dressing rooms**. Only water is allowed for drinking. Remember to tidy up the dressing room, throw all trash away, and hang up costumes **BEFORE YOU LEAVE**.
3. **All food must be brought to the Green Room for consumption**. Please, do not bring messy, stain causing items. **PLEASE KEEP THE AREA CLEAN**.
4. **No eating in costumes**. The costumes must remain clean and stain-free.
5. Costumes are to be removed between stage appearances!
6. **No sitting in costumes**. Wrinkles and creases look bad on stage.
7. **No running or yelling backstage**. Please bring quiet activities to entertain yourself during rehearsals and performances – books, cards, board games, etc.
8. **Only production personnel for the event** are allowed to sit in the theatre during rehearsals. If you want or need to stay with your child, please sign up as a backstage volunteer.
9. **No watching rehearsals or performances from the wings (off-stage area).** Volunteers who help with children's entrances and exits ***must wear all black so that you are not seen by the audience***.
10. **Backstage parents,** your participation is invaluable and greatly appreciated during our rehearsals and performances! You will be responsible for getting your group into their costumes, make-up (if necessary), and on and off the stage. Specific details will be provided to you closer to the show. When you are backstage, please stay with and assist your entire group and not just your child.
11. **There will be no cameras allowed on stage or in the wings unless authorized by the CDT Board of Directors.** (Please refer to the Backstage Photography Policy section.)
12. The hallways backstage must be kept clear for quick changes and tech personnel**.** If you would like to take a group photo in costume, please do so immediately after your dance **during dress rehearsal only**.
13. No show participant may watch rehearsals from the UCCC auditorium.
14. **Absolutely no talking** once you have entered the stage area.
15. **NO GUM.** Absolutely no gum on stage or in dressing rooms. Gum is dangerous to the dancer chewing it and can be dangerous to fellow dancers should it fall out of the mouth. Not to mention how unprofessional it looks! It can also be a concern around costumes… so just to be safe, **leave the gum at home.**
16. **NO extra people in the backstage wings.** Adults should only be backstage for the specific times they are escorting young dancers on and off of the stage. We have many dancers who need to make fast entrances/exits and costume changes, and a crew that needs to do their job. Non-essential extras backstage get in the way and could be a hazard to the show.
17. Costumes are NOT to be worn in the Green Room. While dancers are not on stage, costumes must remain in the dressing rooms and properly stored on hangers or in bins.

Costume, Hair and Makeup Requirements

For Rehearsals: Girls must have hair in a bun, bangs pulled back and secured.
For Stage: Ballet buns must be covered by an invisible hair net.

<table>
<tr><th rowspan="2">Role</th><th rowspan="2">Hair</th><th colspan="2">Dancer provides…</th><th rowspan="2">Makeup</th></tr>
<tr><th>Tights/Socks</th><th>Shoes/Leotard/Shirt</th></tr>
<tr><td>Clara & Senior Company</td><td rowspan="4">French twist or mid-head bun with part in line with left eyebrow</td><td rowspan="4">Seamed professional mesh tights (classical pink)</td><td>Clara: White or nude leotard
Arabian: foot undies
Chinese: pink ballet shoes</td><td rowspan="5">Foundation (pancake makeup recommended), powder, blush, eye shadow (neutral shades), eyebrow pencil, eyeliner (brown or black), fake eyelashes, strong lip color</td></tr>
<tr><td>Icicles</td><td>Pointe shoes</td></tr>
<tr><td>Candy Canes & Party Girls</td><td>Senior: pointe shoes
Junior: pink ballet shoes</td></tr>
<tr><td>Maids, Celestial Stars</td><td>Pink ballet shoes</td></tr>
<tr><td>Party Women</td><td>Fancy 1800's hairdo</td><td>Tights</td><td>Black character shoes (no narrow heels)</td></tr>
<tr><td>Nutcracker Prince</td><td rowspan="3">Neatly styled hair</td><td>Professional-weight white tights</td><td>White ballet shoes</td><td rowspan="3">Foundation, powder, blush (neutral shade), black eyeliner, eye shadow (brown or gray), natural-colored lipstick</td></tr>
<tr><td>Drosselmeyer, Grandfather, Party Men</td><td>Dark socks</td><td>White long-sleeve dress shirt, black dress pants, black oxford-style shoes</td></tr>
<tr><td>Fritz & Party Boys</td><td>Black or gray socks</td><td>Black ballet or jazz shoes</td></tr>
<tr><td>Party Sisters</td><td>Ringlet Ponytail</td><td>Pink tights</td><td>Pink ballet shoes</td><td>Foundation, blush, eyeliner, strong lip color</td></tr>
<tr><td>Soldiers & Soldier Doll</td><td>Girls: High bun
Boys: Neat hair</td><td>Girls: Pink tights

Boys: black socks</td><td>Girls: Black leotard
Boys: Black tank top
All: black ballet or jazz shoes</td><td>Foundation, powder, blush, black eyeliner, natural-colored lipstick</td></tr>
<tr><td>White Mouse & Mice</td><td>Mid-head bun</td><td rowspan="4">Pink tights</td><td>Leotard, pink ballet shoes</td><td rowspan="3">Light foundation, <u>Face-paint provided by CDT</u></td></tr>
<tr><td>Clowns</td><td>Two French braids</td><td>White leotard, pink ballet shoes</td></tr>
<tr><td>Parrots</td><td>Mid-head bun</td><td>Pink ballet shoes</td></tr>
<tr><td>Angels</td><td>Single French braid</td><td>White tank or camisole leotard, pink ballet shoes</td><td>Foundation, powder, blush, eyeliner, strong lip color</td></tr>
<tr><td>Presents</td><td>Girls: High pony tail(s) in ringlets
Boys: Neat hair</td><td>Girls: pink tights
Boys: (provided by CDT)</td><td>Girls: Leotard, pink ballet shoes
Boys: tank top, black ballet shoes</td><td>Girls: Follow directions for angels
Boys: Follow directions for party boys</td></tr>
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Makeup Application

This is a step-by-step guide for putting on makeup for the dress rehearsals and performances.
Not all applicable for Parrots, Mice, or Clowns.

Please note: Children's makeup should be put on with a light hand. The makeup is used so that their features are not completely washed out under the stage lights. However, we would like the children to still look like children.

1. **Clean** – Always start with a fresh clean face
2. **Moisturizer** – Apply a light moisturizer to face, neck and chest-to costume area
3. **Concealer** – Color should be two or three times lighter than your foundation. Or use white under-base if your foundation is very light. The concealer should be used to white out blemishes or under-eye circles and to soften smile lines and wrinkles.
4. **Foundation** – Apply over the concealer to the entire face, before putting on your costume. Use a neutral, natural looking base to match your skin.
5. **Powder** – Neutral or translucent powder should be applied after rouge or before blush. Powder all over, and then remove excess with a powder brush.
6. **Blush** – Create a subtle triangular shape underneath the cheekbones, in rust or brown colors for men and non-blue reds or coral for women. (A blue-red often turns purple under stage lights.)
7. **Eye shadow** – Use a three-part application: a color line (medium shade), a contour line (darker shade), and a highlight line (lighter shade). Choose neutral colors like brown or charcoal. Do not use green, purple or blue (except for Parrots whose makeup is done for them backstage). *Don't try to match the color of your eyes.*
   i. First, apply the color line (medium shade) close to the lashes.
   ii. Then, apply the contour line (darker shade):
      - Slightly above the color line if the eyes protrude,
      - A bit higher if the eyes are small, or
      - Midway between upper lid and brow if the eyes are deep set.
   iii. The highlight line (lighter shade) may be the foundation base color and is applied above the contour line to brow. Overall, the effect must be gradual and smooth shading from eyelashes to the eyebrow.
8. **Eyebrows** – Draw on with short, soft strokes above the natural brow line. Block out droopy or hairy brows with a foundation base.
9. **Eyelashes** – Apply false eyelashes about ¼ inch from the inside corner to the outside corner of the eye – you may prefer to open the eye line by raising the outer corners upward.
10. **Eyeliner** – The top line should be applied directly above the eyelashes and extend about ¼ inch out and up from the outside corner of the eye. The bottom line is applied below the natural lid and is most frequently just a straight line from the inside corner. If the eyes are very large and do not need to be "opened", the line may be placed directly on the lower lid to meet the outside corner.
11. **Lipstick** – Women use a strong color and men use a neutral color. Use a darker color pencil to outline the lips. Outlining permits a change in shape and enlarges or makes the lips smaller. Blot, re-powder, and reapply lipstick. Lip-gloss should NOT be used since it catches flying hair and smudges on costumes.

After the show, remove your makeup thoroughly with a makeup remover and/or gentle cleanser (i.e., Cetaphil). Please remember that children have especially sensitive skin.

Contact Information

Title	Name	Phone #	Email Address
Co-Producers	Board of Directors		info@coloradodancetheatre.org
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Parent Liaison	Kelly Scott Raisley	970-396-5652	info@coloradodancetheatre.org
Website & Social Media Coordinator	Elizabeth Higgins		program@coloradodancetheatre.org

For current information regarding *The Nutcracker*, please visit our website:

www.coloradodancetheatre.org

Colorado Dance Theatre, Inc.