

# Festival Tips & Hints

*Below are just a few insights from those who attend conventions/festivals/galas regularly.  
Companies mentioned are examples; there are many other companies out there.*

## ELECTRONICS:

- **Recording for Personal Use:** Most festivals allow audio-taping (tape recorder, mini-disc) during the evening program and for recording the completed teach. There are 5-10 minutes blank cassette tapes on the market that are perfect for recording one routine at a time (on each side). Generally, videotaping is only allowed during instructor demos. Some private weekends will allow some limited general dance video-taping, but it is best to ask first.
- **Hard of Hearing:** There are some wonderful advancements that assist in hearing the music & the cuer. The dancer wears a hear device & battery pack and another unit is attached to the sound system or the speaker wire. Check out: Coffeen Audio (bcoffeen@juno.com), Hilton Audio (<http://www.ccnet.com/~hiltonap/>), Supreme Audio (<http://www.supreme-audio.com/>).
- **Records:** If you like the routine & wish to purchase a record, ask the guest instructor, many times they carry copies for sale with them (prices range from \$3-\$10). If not, they should be able to suggest where it can be purchased, i.e. Palomino ([www.palominorecords.com](http://www.palominorecords.com) 1-800-328-3800), Watson (robts45sj@juno.com).

## CLOTHING:

- **Number:** Bring an outfit for each session (day or evening). For the CRDA Gala bring 3 outfits (1 for each evening & 1 for Saturday daytime teach) & maybe one extra outfit for emergencies. If you plan to dance a lot, wear something that will be cool in the evening, even in the dead of winter, you will get hot on that dance floor. If we may be so bold, we also recommend a change of underwear for each session.
- **Type:** We are not going to touch what style of outfit to wear – personal preference is always the most comfortable for you. If you sweat a lot, try a lighter fabric, short sleeves, lighter weight petticoat, no petticoat, shorter pettipants, or longer pettipants if your legs sweat. If you want the “standard guideline” check with the ROUNDALAB books or their web site <http://www.roundalab.org> or with your local teacher.

## SHOES:

- **Dance Shoes:** Do wear dance shoes if you have them, they are lighter and balanced to support you better than regular shoes. Different types of dance shoes shift your weight to better accommodate different types of rhythms - a smooth dance (waltz, foxtrot...) shoe will typically put your weight partially over your heels, while a latin (rumba, cha, jive...) shoe will put your weight more over the ball of your foot (most sandals).
- **Alternate Dance Shoes:** Bring a comfortable pair of dance shoes (or even tennis shoes) for when the feet get tired and/or for the teach sessions. If you want to devote a pair of tennis shoes to dancing, consider having a cobbler put on a chrome suede sole – this gives you nice traction but will still giving you ease of movement (gets you away from the suction rubber on regular tennis shoes). You may need to call several cobblers to find out who can do this, as not all will know what you are talking about.

- **Loose Shoes:** If shoes feel loose (leather shoes stretch with age & use) try putting an insole or two in them.
- **Shoe Bag Sample Check-List:** Shoes, Shoe Brush for the soles, Insoles, Shoe Laces, spare Nylons, Bandages, Moleskin & small pair of scissors, Ace Bandage (I like the new self sticking ones), Safety Pins, Ibuprofen (or other), Antacid (papaya, Tums, Rolaids), Breath Mints/Freshener, Water Bottle.

### SORE FEET:

- This is typically due to swelling of your feet. Help ease this by soaking your feet in cold, or ice water. Back in the old days, we even went as far as dunking our feet in the toilet & flushing several times – cold water & a gentle massage (okay, this was before water saving toilets & we worried much about germs).
- Elevate your feet when you are not dancing (during session breaks) or put them on a pillow at night.
- Use insoles for added cushion (regular, gel, water, or magnetic all work nicely); for magnetic insoles, the higher the gauss the better & also more expensive. Inexpensive ones are available at Target, Wal-Mart, & K-Mart, while more expensive (stronger) ones are available at places like the Better Back Store.
- Another trick, but there are consequences – put a little cold water on the insole before putting your foot into the shoe. This helps keep swelling down for a little while, but will tend to eventually stretch out leather shoes (this could be good or bad).
- Sore spots from rubbing shoes: Put a little piece of moleskin on the sore spot.

### OTHER ACHES & PAINS:

- Use the shower to warm up or cool down your muscles – whichever feels better.
- Hit bottle - use NSAIDS (ibuprofen, Tylenol, aspirin...).
- Bring on the sports creams (if your skin can tolerate them).
- You might also want to try magnets put directly on the sore spots – if you are extremely tense in the sore region, this may not work. Con your partner into a brief massage or hang out under a massaging showerhead before applying the magnets. See shoe section for places to purchase magnets.

### AFTER PARTYING:

- Change of Cloths: Some people are more comfortable bringing a change of clothes for the after parties. For ladies, slipping on a pair of pants can be a nice relief from the skirt, petticoat, nylons, and Pettipants. You can change in most restaurants, at the dance hall, in the car, host's bathroom...
- Treat: If you wish, it is nice to bring a treat (healthy or not) or drink to share if you will be partying in someone's room or RV.
- Alternate Partying Places: Plan to meet in a restaurant or bar if you want more selection.