

## WENATCHEE YOUTH CIRCUS Performance Expectations

### Trainers Rules:

1. Hydration – Water is important. Hydrate before shows. Stay hydrated between shows.
2. Eating: No eating in costumes. Eat healthy.
3. Gum: No gum allowed!
4. Footwear: Black Capezio slippers or wrestling shoes (black preferred). Wrestling shoes must be tied and secured on feet at all times during practicing and performing.
5. Costumes: Performer must have appropriate costume for Act. Take care of your costumes. Place your costume in your storage container when done.
6. Show: 1 hour before show is time to do hair and make-up. Performers must be ready 30 minutes to showtime. Performers must set their own equipment 30 minutes prior to showtime.
7. Acts: Trainers decide who is in the Acts!
8. Blue Crew: Anyone on the Performance lot during the show must be wearing a Blue Crew shirt. Costumed performers not in the current Act must stay behind the wagons.
9. Ownership: Do not be afraid to learn about and take ownership of rig or equipment.
10. Shoes: Closed-toed shoes must be worn for set-up and tear-down. No bare feet, sandals, or flip-flops!
11. Respect: The Circus is your family. Treat everyone with respect and work on communication.
12. Packing: Check the What to Bring document and Costume Information document.
13. Cell phones: No cell phones allowed on the performance Lot!
14. Tents: Keep tidy. Pick up your stuff. Costumes in containers.
15. Meals: Performers go first, then adults. Seconds after everyone has been through line. You must be there for all meals. You will not be served out of Cook Shack if you miss a meal.
16. Ring Curb: Be there on time and prepared to pay attention.

During the show performers not in the Act must remain behind the wagons. Please be respectful and supportive of your fellow performers performing their Act by keeping noise level low and not playing with equipment (especially juggling items, globes, costumes, and rigging). Be respectful toward Blue Crew.

### Who or what inspired you to join the Wenatchee Youth Circus?

Remember you are an inspiration to kids of all ages in the audience but also your fellow performers. Be a good role model; help others to be responsible and safe; and share your skills and talents with each other.

### Circus as a “JOB”

We, as a Circus family, are getting paid to perform. This means that all of us have a job! We need to be respectful to our paying guests and give them our best performance.

This also means being respectful to our fellow performers and the adult volunteers traveling with us. If you need help, ask for it. If you see something that needs to be done, help out. If you are asked to help, do it! Teamwork!

As a Circus team, everyone is a performer and a member of Blue Crew. Set-up and tear-down is part of the performance and everyone is expected to help out. We work hard! But, we enjoy each other’s company and take time to have some fun, too!

### Attendance

Communication is important! If a performer is not available for a performance, please communicate with the trainer who is scheduled for that travel venue (listed on the Google Calendar). Absences will be worked around because the “show must go on”.

## **Non-performers**

“Townies” or friends are not allowed on equipment or within the perimeter of the Lot after or between shows. This is a safety and liability issue.

## **Equipment**

Attention to detail is important. Learn what rigging is supposed to look like at set-up and practice. Keep an eye out for loosening knots, stakes pulling, etc. Safety – All eyes on everything. Pre-check – Performers should be pre-checking their equipment before use.

## **Hydration**

De-hydration can become a serious issue during travel especially for performers. Please start extra hydration 1 to 2 days before travel. During the performance schedule, performers are expected to refrain from drinking coffee, pop, or other sugary beverages. Water and Gatorade are available at Cook Shack. Bring a water bottle to fill up or use your Red Cup.

## **Nutrition**

It is especially important for performers to have good nutrition in order to maintain the physical stamina required for set-up/tear-down, practice, and performance. Our cook and volunteers make sure to provide ample meals and snacks to keep everyone well-fueled during circus trips. Please make sure you are eating sufficient calories and a balanced diet. Performers with unique dietary requirements that are not met by the standard Cook Shack menu will need to take responsibility for their own nutritional needs. Any concerns will be addressed by trainers and executive board members.

## **2020 WYC Trainers**

Brandon Brown

Josh Dailey

Meghan McLean-Brown

Kimberly Faulkner

Zack Faulkner

Molly Ochoa

William Tuthill

Charlie Brown