

REFLECTIONS ART CONTEST



Dance Rules



Dance Includes:

- Ballet, contemporary, modern, hip hop, jazz, tap, folk dance, religious dance, dance groups, flags and batons, ice skating, and gymnastic floor routines or any other form of dance

This Year's Theme Is "I Matter Because..."

A theme is a fancy way of saying what your art is about. You can think about it anyway you'd like. Let your mind soar! If you're having trouble getting started, try finishing the sentence, "I Matter Because..."

How does your dance remind you of the theme? (Tip: You might want to write down or remember some of these ideas. You'll use them later in the artist statement.)

Technical Stuff To Know:

- Video can't be longer than 5 minutes and no more than 1,000MB file size.
- File format must be AVI or MP4.

Tips for Success:

- Use a tripod to hold the camera still.
- Tell your dancers where to stand so they don't block each other.
- Hit record and wait 2 seconds before starting the action. At the end of the dance, wait 2 seconds before hitting stop.
- Quiet all extra noises like fans, Alexa, TV and, background talking
- Test recording for the lights and sound. Make sure there is plenty of light where you are filming. Make sure you can see the dancers clearly and that background music is just right.

Make Sure That:

- Your dance idea is original and made by only you, except for other dancers.
- If using background music, include the name of music on the entry form.
- Write your **artist statement!** A thoughtful artist statement = big points in the contest! Explain what your dance is about, and what "I Matter Because..." means to you.

Due Date:

- Entries are due Tuesday, October 27th !

- Ask an adult to send a digital copy of your dance and the signed [Entry Form](#) to reflections@adamselementary.org

What Happens After I Turn in My Dance?

- Your dance and artist statement will be on display in a virtual art gallery.
- Adams will select a few entries to represent the school in the Seattle Reflections Contest.