

# Akrosphere Showcase Survival Guide



Hello, Akrosphere family! It's that magic Showcase time again! If this is your first Showcase, then here is a bit of information for you that will help you feel comfortable as your child goes through their first Cirque performance! If this is not your first Showcase, then simply view this guide as a notice of all the "where am I supposed to be when" type things.

*Please note that all updates to our showcase information is sent out via email...keep checking that inbox!*

Feel free to email [info@akrosphere.com](mailto:info@akrosphere.com) if you have any questions! Email is by far the easiest and fastest way to reach us. The lovely and talented Lyndsay Brown is our Executive Administrator and Studio Family Mentor (among many other things)! She is usually the one reading and responding to incoming email. Be sure to shower her with love, as she is an amazing person!

Make sure you like our Facebook page and join our studio Facebook group at [www.facebook.com/akrosphere](https://www.facebook.com/akrosphere); also check us out on instagram at [@akrosphere\\_circus](https://www.instagram.com/akrosphere_circus)

It's Showcase time...aaaaaaaand HERE WE GO!

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# WHAT TO WEAR

## Your showcase costume!

Here at Akrosphere, we strive to make things easy for our families, and paying exorbitant amounts of money for a costume to be worn once doesn't fit into that mold. Therefore, we ask that you wear a **SOLID** colored leotard and **BLACK LEGGINGS** as your showcase costume.

If you do not own a solid colored leotard we do have some available for purchase in the Akrosphere store, and there are lots of dance stores and online retailers at your disposal as well. REMEMBER, it must be high-backed like you normally wear for your class dress code!



## PARTICIPATION

All students are expected to participate in our Student Showcases. This is an exciting and rewarding experience when students demonstrate their talents and abilities. Performing in this manner develops confidence, self-esteem and a sense of accomplishment.

There is a dress rehearsal week- the week prior to showcase that will run JUST like showcase week.

***IMPORTANT NOTE: Should a student show up to the showcase performance without the EXACT appropriate attire, they will be given the appropriate attire from Akrosphere inventory and your account will be charged for all items. There are no exceptions.***

# HAIR

All students **MUST** wear their hair secured back from their faces, in either ponytails, buns, or braids. Students may not, under any circumstances, wear their hair down to perform in the showcase.

# MAKE-UP

We do not require our students to wear stage make-up for our Showcases. Should you choose to wear make-up: Choose lipstick that will not run or smear onto aerial fabric or other apparatuses. Emphasize your eyes with eye-liner and mascara so they do not "get lost" under the bright stage lights.





## CALL TIME

Call times (the time students are expected to be at the studio) are 90 minutes before each showcase. Please do not drop off your child before then as the building will be locked.

## TICKETS

Families will receive 2 complimentary tickets for each show day your child is performing. Example: If your child is performing in 2 classes for the Monday Showcase, and also performing in 1 class for the Tuesday showcase, then your family will receive 2 tickets for Monday and 2 tickets for Tuesday.

Additional tickets are available on [our website](#) OR at the door on a first come first served basis, and may be purchased for \$10 each, cash only at the door.

## RUN TIME

Shows last approximately 60-90 minutes.

## SHOWCASE T-SHIRT

Each participating student will be given a commemorative t-shirt celebrating their hard work at Akrsosphere for the year!

Shirt size must be submitted through the parent portal by April 1st!

Additional shirts can be purchased for \$30/each through the [Showcase Home page](#) until April 1st!

## SHOWCASE GIFTS

Your child's hard work, courage, and dedication deserve a special keepsake! We have our [Worlds of Wonder Bear](#) on presale until April 6th.

Every breathtaking performance deserves a grand finale! Surprise your child with a fresh, long-stemmed rose, wrapped beautifully to celebrate their incredible day with our [Performers Rose](#) on sale until May 4th.

# WHAT TO EXPECT

The showcase is a very special time for students to show what they have been learning in class.

We have a **Dress Rehearsal/ Tech week** that takes place the week before the showcase- this week will run the EXACT same way as showcase. This means that you will drop your students off 90 minutes before their showcase time. 5:30pm for weeknights and 9:30am for Saturday performances (Circus Kids & Saturday Classes).

This means the week BEFORE showcase your students will be rehearsing from 5:30pm-8:30pm for weeknights and 9:30am-12:00pm on Saturdays for Circus Kids. \*We may be done a little early, but want to make sure all students have time to film their performances.\*

**PERFORMANCE WEEK** will be run exactly the same way as dress rehearsal week only this time parents, friends, and family will be invited into the gym to watch the MAGIC! Student's call times will still be 90 minutes before their performance and we will open the doors for seating 30 minutes before showtime. (6:30pm on weeknights and 10:30am on Saturday.)

Seating is first come first served, but parents are welcome to line up outside the doors to wait for doors to open. (We had a whole tailgating party last year!)

Classes will be called up in show order to perform to their selected piece of music. Once they are finished they will be given a designated area to sit until the showcase is concluded.

# PHOTOS

We do not allow photographs to be taken during our performances for safety reasons, as it is a distraction to the performers.

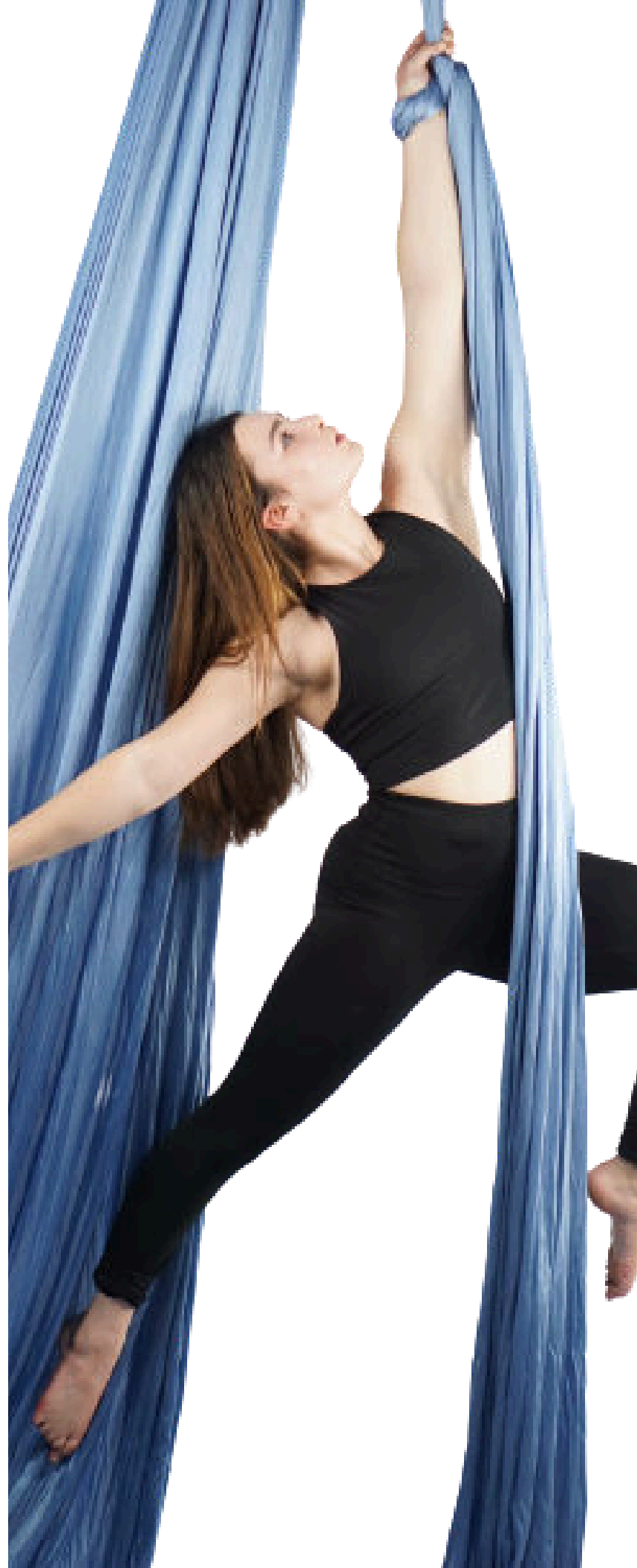
# VIDEOS

Your student will be professionally filmed during the dress rehearsal/tech week the week prior to showcase. A professionally edited DVD Keepsake of your child's performance will be available for you.

We do not allow videos to be taken during our performances for safety reasons, as it is a distraction to the performers.

# DVD DOWNLOADS

A professionally filmed and edited download of all Showcase performances will be made available to each enrolled family. The cost of your download is **included** with your studio tuition...so all you have to do is download it! (A separate company performance DVD will be made available to our company members.) All information regarding downloading your copy of your performances will be emailed to you once the editing is finished and the videos are ready...so once again, keep checking your inbox!



# SHOW DATES TO REMEMBER



April 27- May 1, 2026

LIGHTS, CAMERA, CIRCUS!

**DRESS REHEARSAL Week**

MAY 4-9, 2026

LIGHTS, CAMERA, CIRCUS!

**TIME TO PERFORM!**

MAY 9th & May 31st, 2026

Company Showcase: TIME TO BE INSPIRED

# SHOW SCHEDULE: Spring Showcase

May 4-9, 2026

## MONDAY May 4th

5:30pm student call time

6:30 house opens (audience can enter)

7:00pm show

### **PERFORMING CLASSES: All Monday classes**

*Monday 5p Silks - Level 1*

*Monday 5p Aerial Straps*

*Monday 6p Lyra - Level 1 & 2*

*Monday 6p Cyr Wheel - Level 1*

*Monday 7p Lyra - Level 3*

*Monday 7p Cyr Wheel - Level 2+*

## TUESDAY May 5th:

5:30pm student call time

6:30 house opens (audience can enter)

7:00pm show

### **PERFORMING CLASSES: All Tuesday classes**

*Tuesday 5p Aerial Sling/Net - Level 2*

*Tuesday 6p Aerial Sling/Net - Level 3*

*Tuesday 6p Silks - Level 2*

*Tuesday 7p Silks - Level 3*

*Tuesday 7p Rope - Level 1 & 2 & 3*

*Tuesday 8p Silks - 4 & 5*

# SHOW SCHEDULE: Spring Showcase

May 4-9, 2026

## WEDNESDAY May 6th:

5:30pm student call time

6:30 house opens (audience can enter)

7:00pm show

**PERFORMING CLASSES: All Wednesday classes (EXCEPT Circus Kids)**

*Wednesday 5pm Aerial Sling- Level 1*

*Wednesday 6p Silks - Level 1*

*Wednesday 7p Silks - Level 2*

*Wednesday 7p Trapeze - Level 2*

*Wednesday 8p - Lyra 4*

*Wednesday 8p Trapeze- Level 3 & 4*

*Michael's Recurring Private Lessons*

## THURSDAY May 7th:

5:30pm student call time

6:30 house opens (audience can enter)

7:00pm show

**PERFORMING CLASSES: All Thursday classes (EXCEPT Circus Kids) PLUS Saturday classes listed below**

*Thursday 5p Cloud Swing - Level 1*

*Thursday 6p Silks - Level 1*

*Thursday 6p Aerial Sling/ Net - Level 4*

*Thursday 7p Cloud Swing - Level 2 & 3*

*Thursday 8p Cloud Swing - Level 4 & 5*

*Saturday 11am- Silks 2*

*Saturday 1p- Silks 1*

*Saturday 2p- Adult Class*

## SATURDAY May 9th:

9:30am student call time

10:30 house opens (audience can enter)

11:00am show

**PERFORMING CLASSES: All Circus Kids classes will perform- other Saturday classes perform on Thursday**

*Wednesday 5p Circus Kids*

*Thursday 5p Circus Kids*

*Saturday 12pm Circus Kids*

# LEVELING UP AT AKROSPHERE

Here at Akrosphere, we hold ourselves to high standards. Our leveling system is significantly more difficult than most other leveling systems in the Southeastern United States. Why do we do this? Because many of our students are striving towards careers in the circus arts with international companies and schools.

What does this mean for you? Well, for example, it may take longer to get out of Level 1. Our leveling system remains compliant with the international standards of levels at facilities like National Circus School of Montreal, National Circus School of Quebec, National Institute of Circus Arts in Australia, and the like.



The following is a typical progression for students:

- Level 1: 1-2 years of circus training on your apparatus at a serious facility.
- Level 2: 2-3 years of circus training on your apparatus at a serious facility with a general understanding of the discipline, technique, and form.
- Level 3+: 4 or more years of circus training on your apparatus with heavy emphasis on the discipline, technique, cleanliness, and form

You may move faster than this; if so, congratulations! But please do not be discouraged if it takes a while to move to the next higher level. We promise our coaches will continue to challenge you and give you new information at your current level until you are ready to move to a different class.

## THINGS TO REMEMBER as you watch others perform:

Learning circus arts is incredibly hard. A skilled performer will make everything they do look easy—that's their job. However, that can make it confusing for you, the student, because everything feels hard. That's just how it is. If circus was easy, it wouldn't be so cool.

Circus class is not a contest. Everyone has different strengths, and learns at a different pace, and some people pick up new skills quicker than others. Don't sweat it. Open gym is included in your tuition, so use it to practice!

The most important thing to get out of a circus class is accomplishing your own goals. It doesn't matter what those goals are; to just have fun, to get strong, to have a "cool hobby". Just remember why you're doing what you're doing. Don't get discouraged if it takes longer than you'd like...keep a positive attitude and love the journey!



## Advancement Criteria

At Akrosphere, we look at much more than just “ticking skills off a list”. In addition to a student being able to complete everything in the Level curriculum, they must also demonstrate:

- **Flexibility:** Particularly important for aerial and acrobatics acts and apparatuses
- **Strength:** Increasingly important for safety as students move into more difficult skills, and acts that are longer in length
- **Artistry and Form:** It’s not just “can you...”, it’s also “how”. Technique is one of the keys to safety.
- **Commitment and Healthy Attitude:** Being present and fully committed (even in warm-ups and conditioning / stretch time) with a good attitude goes a long way at Akrosphere!

## Things to do:

- Anything physical that you can do outside of class, including cardio, will help you. Cardio helps your stamina so you don’t “fall out” toward the end of class!
- Circus work really targets the upper body and core, so putting your focus on building strength in those areas will help your training immensely. For core work, hollow body holds, crunches, or leg lifts will help you. For upper body, pull-ups are hands down the most helpful training you can do. (If you can’t do pull ups, try negatives, or horizontal pull-ups under your dining room table!) Having a pull-up bar in a doorway at home is pure gold when it comes to building that aerial strength!
- Make sure that every exercise you do has proper form and engagement to prevent injury. Stretching at home will help you as well. Balancing both strength and flexibility keeps your body healthy.
- Write down all the exercises and stretches you learn in class in your training notebook. Then you can do them at home.
- If you are a student in our level classes, then come to Open Gym! It is a great place to practice those skills (remember it takes 10,000 hours to be a “master” at something!). Open gym is also a wonderful time to do some strength training on your apparatus...think Lyra pull-ups, or no-legs rope climb (for you crazy strong types!).