

## 2022 OSAI Dance Supply List

### All OSAI Students

- Please refer to page 13 of the Student Handbook for a list of general items each OSAI student should bring.
  - Personal computers (including tablets) are *NOT* allowed at OSAI. For classes that require computers, OAI will provide them for you. We also suggest that you leave other valuable electronics at home.
  - For the donor thank-you note writing session (required as part of your scholarship):
    - **STAMPS** – You will need **at least seven** First Class or “Forever” stamps. Please note that some stationery will require additional postage if it does not use a standard-sized envelope.
    - **STATIONERY or NOTE CARDS** – Bring at least ten. No lined notebook paper, please!
    - **ENVELOPES** – Bring at least ten. Use envelopes that match your stationery, if possible.
    - **RETURN ADDRESS LABELS (optional)** – You will be asked to write **your** return address on the envelope.
    - **TEMPLATE LETTER (recommended)** – To ensure that you are prepared to complete your thank-you notes in the allotted time at Quartz Mountain, we highly recommend you begin drafting a template letter at home.
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### Dance Students

- 1) Journal or notebook
- 2) Please research and familiarize yourself with the following modern dance pioneers: Isadora Duncan, Ruth St. Denis, Ted Denis, Francois Delsarte, Pearl Primus, Doris Humphrey, Merce Cunningham, Katherine Dunham, Martha Graham, Alvin Ailey, Paul Taylor, Charles Weidman, Twyla Tharp, May O’Donnel, and Lester Horton (see document below).
- 3) Rehearsal Appearance:
  - Students are expected to wear proper dance attire during classes at OSAI. Hair should be in a bun or French twist and should be secured so that it does not fall out or need to be fixed during class. Bring adequate numbers of rehearsal clothing for two weeks of class. No torn up tights, garments, booty shorts, baggy sweats, dirty shoes, unkempt hair, jewelry (small earrings ok), or gum chewing will be allowed. *Please note: Laundry facilities are not available at Quartz Mountain; please refer to page 13 of the Student Handbook for more information.*
  - **Females:**
    - Transition tights for rehearsals
    - Pink ballet slippers with elastic attached
    - For dancers en pointe: Serviceable pointe shoes with ribbons and

elastic attached

- Ballet performance attire:
  - Pink / skin tone tights
  - Black camisole leotard (no strappy backs, no colors)
  - Black chiffon wrap skirt
- Modern dance performance attire:
  - Flesh tone body tights (either [this one](#) or [this one](#) from Discount Dance)
  - Flesh tone leotard (either [this one](#) or [this one](#) from Discount Dance)

- **Males:**

- Dance belt
- Transition tights for rehearsals
- Ballet performance attire:
  - White t-shirt
  - Black tights
  - Black ballet slippers
- Modern dance performance attire:
  - Mariia Crown Dance Leggings in Cocoa (available on [Discount Dance](#))
  - Mariia Crown Short Sleeve Dance Tee in Cocoa (available on [Discount Dance](#))
  - Male dancers will wear a dance belt under performance attire.

4) **OPTIONAL** – The following items have been recommended by OSAI dance alums:

- Kneepads
- Foot “undies”
- Epsom salt
- Extra towels
- Antiseptic cream/gel
- Bin/tub for soaking feet
- Athletic tape, bandages, and/or surgical tape
- Yoga mat, if you already own one (otherwise, one will be provided for you)

