

# VF PERFORMER PREPARATION GUIDE

## ***“50 Shades of Slay”***

**Saturday, February 15, 2025**

**Showtimes: 6:00 & 9:00**

Nissi's Entertainment, 1455 Coal Creek Dr Unit T, Lafayette, CO 80026

### **Deadlines and Dates:**

**Sunday, December 8, 10pm**

Performer Agreement & Performer Fee- Solo & Groups

**Wednesday, Dec 11 at 5:30p.m.**

**Monday, Dec 16 at 5:30 p.m.**

**Thursday, Dec 19 at 5:30p.m.**

**Thursday, Dec 19 at 6:30p.m.**

Virtual Orientation

**(mandatory** if you've performed 2 or fewer times; only need to attend one of the above sessions)

**Sunday, December 15 - Sunday, February 9**

Attendance Compliance Dates, *(Please see the new requirement in the Groups form; all group performers have to have at least 8 classes done by January 12)*

**Sunday, December 15**

Claim your song (see #4 below)

**Sunday, January 12**

Attendance compliance checkpoint (see#5 below)

**Tuesday, January 21, 10pm**

Video Submission Form Due

Performance Details & Music Form Due

**Friday, January 31**

Set Lists Finalized

**Sunday, February 9**

**Dress Rehearsals**

Boulder 1:30pm

Fort Collins 4:30pm

Performer Guest List Form Due

by 10:00 p.m.

**Saturday, February 15**

Showcase! 6:00 & 9:00

## **Theme:**

### **“50 Shades of Slay”**

Unleash your desires and dive into the provocative world of "50 Shades of Slay", a captivating pole dance, aerial arts, and burlesque show that oozes seduction, strength, and unapologetic self-expression. Prepare to be mesmerized as the Vertical Fusion performers take the stage with daring acrobatics, bold storytelling, and sizzling hot routines that blur the line between power and play. From cheeky performances that defy gravity to intimate moments that will ignite your imagination, "50 Shades of Slay" is a feast for the senses. This is more than a show—it's a celebration of confidence, creativity, and the art of owning your power and slaying the stage. Whether you're here for the artistry, the athleticism, or the allure, one thing is certain: "50 Shades of Slay" will leave you breathless, inspired, and craving more.

## **Sign Up Checklist:**

The following action items are required! Refer to the numbered bullets that follow, for details and links related to the action items in the checklist. Be sure to track your completion of action items using the checklist below to ensure your spot in the showcase is secured.

- Read and Save the Performer Prep Guide (Save the guide for quick reference!)
- Fill out the Performer Registration form
- Pay Your \$40 Performer Fee
- Pay your \$20 Performer Fee for any additional performances
- Groups: Sign up and pay for the group number via Momence (this is in addition to your Performer Fee)
- Sign Up/Download Slack and Join our Channel
- Claim your Song (solos & duets) and add to Spreadsheet; make sure song is licensed

### **1) Sunday, December 8, 10pm: Performer Agreement & Performer Fee- Solo & Groups-**

**a)** Fill out the corresponding **Performer Registration & Agreement** form (if you are doing multiple performances fill out a form for each. For example, a solo and a group; or a solo and a duet etc.)

Solo: <https://forms.gle/27aSzDzEJBp2Yq2h9>

Group: <https://forms.gle/xuBgmX1YgPpDMosy6>

**b)** Pay your performer fee/s and see notes below

Performer fees must be paid through the Vertical Fusion BOULDER Momence system. Please use this link:

First/Single performance (\$40):

<https://momence.com/Vertical-Fusion-Studios/product/Showcase-Performer-Fee-%2440/56648>

Additional performances (\$20 each):

<https://momence.com/Vertical-Fusion-Studios/product/Additional-Showcase-Performance-Fee-%2420-per/56649>

- You must pay a performer fee by the agreement deadline or else your submission is considered incomplete.
- Every performer is required to pay a PERFORMER FEE: \$40 for single/first performance; \$20 for each additional performance including group routines.
- If we have enough room for a performer or duet to perform their piece in both shows, you only pay a single performance fee for that act. Sign-up fees are forfeited if you are non-compliant or if you withdraw from performing for reasons other than illness/injury. If you are compliant and fulfill your performance obligations, you will receive a single general admission ticket for one guest for a single show.
- For Duets and Group numbers, EACH MEMBER must submit a performer agreement and each member must sign up and pay for the group series in the respective studio's Mومence system. For example, you must pay the \$40 Performer fee AND pay the group number tuition as well.

### GROUP NUMBERS ARE AS FOLLOWS:

- **Boulder**

- All Levels Pole Group Number with Rende  
<https://mومence.com/s/109174736>  
Sundays 2:00 – 3:30 p.m. starting Dec 15
- VF Boulder Instructor Group with Mel  
<https://mومence.com/s/109175114>  
Sundays 4:00 – 5:30 p.m. starting Dec 15

- **Longmont**

- Chairlesque with Ashley  
<https://mومence.com/s/109126208>  
Sundays 3:30 p.m. starting Dec 15
- VF Longmont Instructor Group with Kayla  
<https://mومence.com/s/109126759>  
Saturdays 11:30 a.m. starting Dec 21
- ~~Beginner Low Flow Pole Group with Mix~~ FULL  
<https://mومence.com/s/109177987>  
Sundays 5:00 p.m. starting Dec 15

- **Fort Collins:**

- Smolder Group with Angela  
<https://mومence.com/s/109185377>  
Sundays at 4:15 p.m. starting Dec 15
- Chair/Twerk Group with Christine  
<https://mومence.com/s/109186054>  
Mondays at 7:00 p.m. starting Dec 16
- Beginner Pole Group with Vanessa

<https://momence.com/s/109186081>

Thursdays at 8:30 p.m. starting Dec 19

Doing more than one number? An agreement must be submitted for each performance.

## 2) Update Personal Calendar with Deadlines and Important Dates

- We try to do our best to provide reminders of deadlines and important dates but it is up to each performer to know them and meet them! We highly recommend that you create reminders for deadlines/dates in your personal calendar. We understand that life gets busy and things come up but it puts a hardship on administrators to manage non-compliance and enforce policies.
- Non-compliance Fees: For every missed deadline or deliverable, performers will incur a fee of \$8.00 which will automatically be charged to your card on file. The following compliance components will be audited: Incomplete or missing forms, missed deadlines, and attendance deficits. Note that Group number participants are allowed **only one missed session**. There will be a \$10 penalty for each additional absence. It is at our discretion to dismiss habitually non-compliant participants from the show in addition to charging non-compliance fees. In cases of non-compliance/dismissals, no refunds will be given. By submitting your agreement form and proceeding with the intent to perform, means you understand and agree to these policies.

## 3) Slack App: Download and Join Group

Slack App: Download app and accept email invitation for performer workspace

- Download the Slack App and look in your email for an invite to the Showcase Performer Slack workgroup #interstellar-performer-group. Using this app is a requirement for performing.  
Android: <https://slack.com/downloads/android>  
iPhone: <https://slack.com/downloads/ios>
- If you're doing a group number, you will need to join both the main performer group and also a second group that is just for your group. Watch for email invites for both.

## 4) Claim Your Song Form

- Claim your song and theme using the Google sheet linked below no later than Dec 15, 10:00 p.m. Be sure to first search the sheet to make sure your song hasn't already been claimed. If you claim a song and then want to change it, please update your original entry. If someone claims the same song or similar songs, precedence will be given to the person who claimed it first.
- See "Music Licensing" under section 6 below to ensure you have rights to use your song!

[https://docs.google.com/spreadsheets/d/1MDMo1GwBjPeOS3iBD3coHONQhQtBw-5zZ8H4OOUTMog/edit?usp=drive\\_link](https://docs.google.com/spreadsheets/d/1MDMo1GwBjPeOS3iBD3coHONQhQtBw-5zZ8H4OOUTMog/edit?usp=drive_link)

## 5) Dec 15 – Feb 9: Attendance Compliance Dates

- Class Attendance: As a Performer, you are required to attend at least 2 classes at Vertical Fusion (any location) per week for at least two months prior to dress rehearsal. NO EXCEPTIONS! This is a requirement of our insurance company that factors into liability coverage so absolutely no exceptions will be made.
- Private lessons may be done in lieu of classes; 1 private lesson equals 2 classes.

- Open Pole, guest workshops, and free classes DO NOT count towards this requirement.
- An attendance report will be generated and reviewed for compliance on **Jan 12** and we will follow up with those who are at risk of being non-compliant (at least 8 classes should be completed by our first audit). Anyone with less than 8 classes will need to submit an attendance compliance plan and may be asked to do an additional check-in for progress.
- Anyone non-compliant by dress rehearsal will be dropped from the show.
- Should a performer experience a minor illness or injury, s/he/they should notify us ASAP and they must understand that they will be expected to catch up to be compliant.
- Group number participants are allowed only one missed group session; you must make up the class to ensure you are compliant with attendance requirements.
- There will be a **\$10 penalty** for each additional missed group session and it is at our discretion to drop non-compliant participants from the show. In cases of non-compliance/drops, no refunds will be given.
- Please note that Boulder/Longmont students who wish to perform on lyra/sling will have to either take privates in Boulder or attend classes at VF Fort Collins to be compliant with attendance requirements.

#### 6) Jan 21, 10pm: Deadline for:

- **Video Submission**
- **Performance Details & Music Submission**

#### Video Submission:

- By this date it is expected that you have at least half of your piece choreographed (ideally around 2 minutes).
- Please videotape yourself performing what you've created thus far in one video that is not separate clips edited together. The only exception is if you are in a setting wherein only one pole is available and therefore, your spin and static passes must be recorded separately or other similar logistical reasons (i.e. not enough room at home for floor work).
- Your piece does not have to be perfected by this date, but you should be able to give a **solid** demonstration of what your concept is and what your choreography will be.
- Please incorporate as much of your costume, makeup, props, etc. as possible. Please be sure your video has good lighting and that your music can be easily heard.
- If the video does not meet standard of readiness, you may be asked to submit a second video to show satisfactory progress within a week and/or you may be dismissed from the show.
- Upload your video to YOUTUBE or VIMEO and then submit the link for your video using this form: <https://forms.gle/CYXVhvoJiRqdzDgZ9>

#### Performance Details:

Required for all **solo** performers! **Duets:** only one member is required to submit this form. **Groups:** The group facilitator is the only person required to submit this form.

Add your performance details and the MP3 of your song using this form:

<https://forms.gle/pGfVN5R9cNEwASfJ8>

#### Music Licensing

You are responsible for ensuring the song you have chosen is licensed under the ASCAP, SESAC, and BMI music licensing organization. If it is not listed as a licensed song, you will have to choose a

different song. If you have chosen a cover, the original artist must be licensed, not the cover artist. Music licensing orgs are listed below. Use these links to search for your song/artist.

ASCAP: <https://www.ascap.com/repertory#/>

SESAC: <https://www.sesac.com/repertory/search>

BMI: <http://www.bmi.com/licensing> (upper right corner)

## 7) Friday, January 31: Set Lists Finalized

After all videos are submitted, show time assignments are drafted and published via Slack for performer feedback. After show time assignments are finalized, order of performance is drafted and published via Slack for performer feedback. Set lists will be finalized no later than January 31. Since set lists are contingent upon all videos being submitted, it is imperative that your video be submitted on time. It is highly recommended that your friends/family do NOT purchase show tickets until your show assignment is finalized as ticket exchanges and refunds ARE NOT allowed by the venue.

NOTE! The show(s) that you are assigned to will be determined by the show producer (Mel) based on video submissions, apparatus type, and theme/style. Every performer must be available to perform in both shows, however, this **does not mean that you will** perform in both shows. It simply means that you are *available* to perform in whichever show you are assigned to. On occasion, there is opportunity for performers to perform their solo/duet in both shows, however, if you only want to perform only one time, be sure to indicate that in your agreement form.

## 8) Sunday, Feb 9:

### **Dress Rehearsal, Boulder 1:30pm, Fort Collins 4:30**

Dress Rehearsal is MANDATORY. Please sign up to perform ONLY if you can attend dress rehearsal (either location). Please come in full costume, full makeup, and with all of your props etc.

### **Performer Comped Guest Form Due by 10:00 p.m.:**

Each performer regardless of how many acts they are in, receives ONE ticket for ONE guest to ONE show. Please note that your guest will not receive any sort of confirmation; their name will be at will call after an admin has confirmed your submission.

Performer Guest List Form: <https://forms.gle/bTNwkamuUVBqfUHc9>

## 9) Saturday, Feb 15: Showcase!

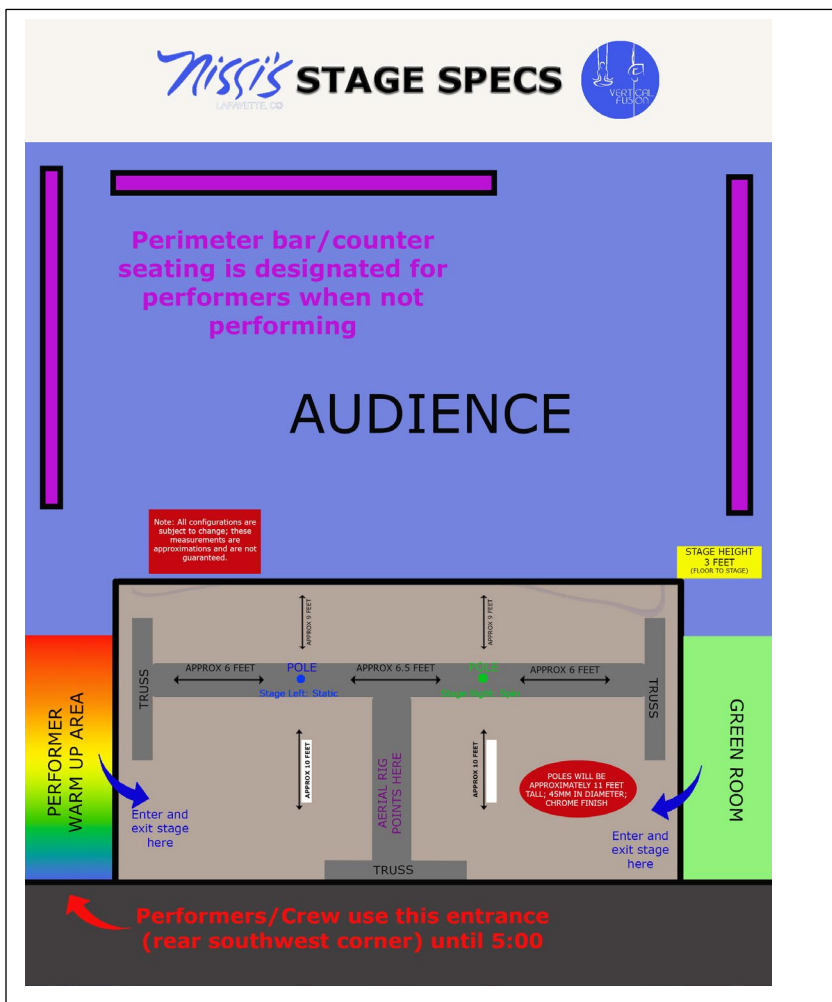
We will publish the “**Day of Show Guide**” on the Monday before the show via Slack. It will have important details regarding what time to arrive, stage manager, venue policies, facility specs, etc.

## 10) Choreography/Performance Rules:

- Remember that grip products cannot be applied to your apparatus—they can only be applied to your body. iTac and similar grips that leave a residue on apparatuses are prohibited.
- It is highly recommended that your friends/family do NOT purchase show tickets until your show assignment is finalized as absolutely NO ticket exchanges or refunds can be made.
- The content of your performance must align with the values and mission of Vertical Fusion. This includes song lyrics.

- Please be mindful of props and special effects. The following items are prohibited:
  - Confetti or similar debris-inducing props/effects
  - Any prop/effect that changes the surface conditions of the stage/apparatuses (i.e. water spilling on stage, glitter explosions, oil, chocolate syrup, etc.) without approval
  - Absolutely no weapons are allowed; toy replicas of weapons must be clearly marked as fake and approved by Mel (i.e. bright orange tip on toy guns)
  - Props/Effects may not be thrown at or into the audience without approval
  - Trusses/Apparatuses may not be used for installing props/effects or used by performers other than as intended unless approved
  - Extensive set-up and taking down or cleaning up of props/effects is discouraged; exceptions must be approved
- Please be sure to review the stage specs pictured below and choreograph accordingly.

### Stage Specs:



### Quick Reference Links:

#### Performer Forms:

Solo: <https://forms.gle/EbafhQTgmvvN2YWW9>

Group: <https://forms.gle/MnFNe55cxoJ8KEE1A>

**Performer Fees Link:**

First (\$40):

<https://momence.com/Vertical-Fusion-Studios/product/Showcase-Performer-Fee-%2440/56648>

Additional (\$20 each):

<https://momence.com/Vertical-Fusion-Studios/product/Additional-Showcase-Performance-Fee-%2420-per/56649>

**Claim Your Song Form:**

[https://docs.google.com/spreadsheets/d/1MDMo1GwBjPeOS3iBD3coHONQhQtBw-5zZ8H4OOOUTMog/edit?usp=drive\\_link](https://docs.google.com/spreadsheets/d/1MDMo1GwBjPeOS3iBD3coHONQhQtBw-5zZ8H4OOOUTMog/edit?usp=drive_link)

**Video Submission Link:**

<https://forms.gle/S97sCWL6GyFd2iVP6>

**Song Licensing Links:**

ASCAP: <https://www.ascap.com/repertory#/>

SESAC: <https://www.sesac.com/repertory/search>

BMI: <http://www.bmi.com/licensing> (upper right corner)

**Performance Details Form:**

<https://forms.gle/QppMHK3ccSg6j33S9>

**Performer Guest List Form:**

<https://forms.gle/TMtZsT6bQ1EiAY9d6>