

How to prepare for Dance Marathon

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Guest Writer



Dance Marathon is *this* Friday!
I've done Dance Marathon for the past 2 years, so here are my helpful tips to make the marathon the best 24-hours of the school year!

Don't drink caffeine the day of/during

Bring several pairs of shoes and socks

Snacks
Granola bars and fruit are always a good idea!

Get plenty of sleep the night before the marathon

Wear comfy clothes

Water bottle
We have a saying at Dance Marathon: Hydrate or Die!

Costumes for Theme Hours
Start preparing your costumes ahead of time!

Money for in-event fundraisers

Chargers

A great attitude because we are dancing For The Kids!

Friends to come and visit

Deodorant, toothbrush, medication (and other toiletries)
You'll be busting a move all night, so you'll want to freshen up every so often!

DANCE MARATHON 2017 THEME HOURS

- 9PM - Jersey Hour**
- 12AM - Would You Still Be My Friend If I Wore...**
- 2AM - Skype Interview Hour (business on top, comfy on bottom)**
- 6AM - Camp Counselor Hour**
- 10:30AM - Smitten with the Mitten Hour**
- 1PM - Fairytale Hour**

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