



NRG Dance Convention 2026

Dancers, please get ready to work hard, have some fun, and take your dance experience to the next level! [NRG Dance Convention](#) is going to be an AMAZING weekend! See below for details about the weekend.

DATES: Weekend of January 23-25

VENUE: Loews Atlanta
1065 Peachtree Street NE
Atlanta, GA 30309
[Click here for the hotel website.](#)

DROPOFF: If you are staying during the event to chaperone, there is onsite parking. Fee is \$55 daily for valet and \$40 for self-parking at the hotel. The Vibe will reimburse the daily group chaperones (sign-up in Signup Genius below) for their daily parking fees (send a picture of your receipt to Jennifer Mullins #404-394-0304). **If you are not staying to chaperone, the hotel has a main lobby area where the dancers can be dropped off to meet their group chaperones each day.**

WORKSHOP ROOM ASSIGNMENTS: Cheryl has decided to place dancers by age per NRG guidelines. Please remember, all workshop and scholarship ages are as of January 1, 2026. There are a few instances where a dancer may feel more comfortable staying with her Vibe group, rather than follow the age guidelines. Dancers must speak with Cheryl directly about a level change by **Wednesday, January 21st.**

MINI (ages 7 - 9)

JUNIOR ROOM (ages 10 – 12)

TEEN/SENIOR ROOM (ages 13 - 18)

****WAIVER:** All dancers registered for the workshop **MUST COMPLETE AND DIGITALLY SIGN** a waiver in order to participate. Dancers who have not completed will not be able to participate. This waiver must be signed no later than **THIS Friday, January 9th.** Once you have electronically signed the waiver, you will receive an email confirmation asking you to click a link within the email to CONFIRM YOUR EMAIL ADDRESS. Please make sure you complete this step to submit your waiver.

[Click Here for the waiver: NRG - MyDancer Waiver](#)

CHAPERONES: We will need 8 chaperones for the Mini, Junior & Teen/Senior groups for Saturday & Sunday of the convention. Depending on the hotel capacity and rules, chaperones



will be provided an observer wristband. Chaperones will be responsible for meeting dancers in the lobby area at drop off, dancer check-in, escort dancers on restroom breaks and food breaks as well as bringing dancers to pick-up area at the end of the day. If you are available to assist, [please click here for the Sign-Up Genius](#) to review the important details about this.

OBSERVERS: Observer passes will also be available to purchase at the event (depending on hotel rules and capacity). The observer pass fee is \$60 if purchased onsite. Only paid Observers with an Observer band may observe class.

SCHEDULE: [Click here to view a sample NRG schedule](#) - FINAL Schedule will be sent the week of the event.

*****Schedule times are approximate until FINAL schedule is received***

Saturday (Mandatory)

-ALL dancers should arrive by 7:30 am on Saturday for registration

- *All dancers must check in with their Vibe room chaperone as soon as they arrive.*
- The room chaperones will have the wrist bands to give to the dancers (these are REQUIRED for entry into all workshop classes).
 - **Dancers should participate in all classes from 7:45am and end at 1:00pm**
- **Dancers must keep track of their wristbands overnight.** Dancers are responsible for keeping track of the wristband since it is required for entry into all workshop classes

Sunday (Mandatory)

-ALL dancers should arrive by 7:45 am for their first class at 8:00

- *All dancers must check in with their Vibe room chaperone as soon as they arrive. Remember to bring your wristband.*
- **Dancers should participate in all classes:**
 - Mini room will start at **8:00am and end at 2:00pm**
 - Junior/Teen/Senior rooms will start at **8:00am and end at 2:45pm**
- **After all classes are finished on Sunday, there will be a Closing Show & Overall Scholarship Award Presentation at 2:55pm.** (Closing Show & Awards can also be viewed on the NRG Dance Project Mobile App)

Dancer's Responsibility:



Please bring water, healthy snacks, LUNCH and all shoes in your FootNotes bag for the workshop. **YOU WILL NOT HAVE TIME to leave and purchase food during the lunch break.**

1. **HAIR & MAKEUP:** Please style hair neatly and securely, in the following options to wear to this convention (do not ask Cheryl for any changes to this):

- Straighted Low or Mid Pony (center part) OR
- Braided Low or Mid Pony (center part) OR
- Mid or Low Bun (center part) OR
- Double French braids (center part), braided all the way down.

All hairstyle options need to be **STRAIGHT & SLICK** with no flyaways. **If hair is not straighted it will need to be pinned up into a secure low bun** (center part). Please make sure that your daughter's hair is styled neatly and securely in the morning.

Light makeup should be worn to help dancers look "bright-eyed" for the day.

2. **WHAT TO WEAR:** While participating in the workshops, the girls should wear neatly coordinated dancewear. Fitted crops (long or short) with fitted dance shorts or leggings are great. Or you can wear a leotard with or without shorts or leggings. T-shirts or baggy clothing can **ONLY** be worn during Hip Hop classes.
3. Girls should always wear their **Vibe jacket** when not dancing or competing. FootNotes spiritwear may be worn as well.
4. Keep track of the wristband given to you both days....it is your entry into the workshops throughout the day.
5. Always stay together with your group.
6. Be respectful and obey group moms & chaperones.
7. At arrival, begin to get stretched out and ready for an awesome class experience!
8. Be mindful that you are representing your team and studio and always be kind and courteous to other dancers and studios.

Parent's Responsibility:

1. Please review the "Dancer's Responsibility" list with your daughter.
2. It is a great idea to form carpools as we do not each need to drive to the venue. **Group moms will coordinate these carpools.** Please let your group mom know if you can drive a leg of the carpool, and if your daughter will need a ride. Your group mom will then organize the girls into the cars and communicate the plan to you. We strongly urge you to not let the dancers attempt to setup the carpools on their own. We just need 1 point person coordinating the carpool for each group, for each day.



3. Arrive ON TIME to designated carpool meeting area.

Lastly, please remind the girls to have a great time, soak in as much information as they can, and make the most of this incredible experience!!