

Pre-Training and Tryout Checklist

- _____ 1. Daily Practice attire (Restrictions listed in Pre-Training document)
- _____ 2. Cover-ups
- _____ 3. Aerobic type tennis shoes for proper support while kicking
- _____ 4. Jazz shoes and/or Dance Paws
- _____ 5. Dress and shoes for Sunday Rangerette Welcome Tea
- _____ 6. Black leotard and black booty shorts for Tryouts (3-inch max on length)
- _____ 7. Black booty shorts, black thick-straped bra top, & flesh colored tights for Fitness Night
- _____ 8. Casual clothes for official Sign Drop
- _____ 9. Personal items for grooming
- _____ 10. Items for dorm room such as pillow, sheets, towels, etc.
- _____ 11. All necessary medications, wraps, braces, inhalers, etc. (Inhalers must be with you at all times)
Medication for sore muscles, ice packs/heating pads.
- _____ 12. Music for Talent Night (may be on CD, phone or iPod and back-up is recommended)
- _____ 13. All props, costume related items and ear buds for Talent Night
- _____ 14. Black markers
- _____ 15. White poster board for 2 or 3 name signs unless you have signs made prior to pre-training.
- _____ 16. 1 or 2 rolls of clear contact paper to cover tryout # or name sign
- _____ 17. Safety pins (all sizes, however large Baby safety pins are recommended for name sign)
- _____ 18. Barrettes to pull hair up for tryouts
- _____ 19. Red lipstick
- _____ 20. Plenty of bobby pins
- _____ 21. Ponytail holders (brown)
- _____ 22. Hair rollers or curling devices
- _____ 23. Tote-bag
- _____ 24. \$160.00 payment for pre-training (**EXACT CASH ONLY**)