

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 booty shorts (2 inch max) and black thick-strapped sports bra top for Fitness Night & Tryouts
- _____ 7. Casual clothes for official Sign Drop
- _____ 8. Personal items for grooming
- _____ 9. Items for dorm room such as pillow, sheets (twin), towels, etc.
- _____ 10. All necessary medications, wraps, braces, inhalers (must be with you at all times), medication for sore muscles, ice packs/heating pads.
- _____ 11. Music for Talent Night (may be on CD, phone or iPod and back-up is recommended)
- _____ 12. All props, costume related items and ear buds for Talent Night
- _____ 13. Black markers
- _____ 14. White poster board for 2 or 3 name signs unless you have signs made prior to pre-training.
- _____ 15. 1 or 2 rolls of clear contact paper to cover tryout # or name sign
- _____ 16. Safety pins (all sizes, however large Baby safety pins are recommended for name sign)
- _____ 17. Barrettes to pull hair up for tryouts
- _____ 18. Red lipstick
- _____ 19. Plenty of bobby pins
- _____ 20. Ponytail holders (brown)
- _____ 21. Hair rollers or curling devices, hairspray and hair gel
- _____ 22. Snacks, breakfast items and bottled water for the dorm
- _____ 23. Tote-bag
- _____ 24. \$175.00 payment for pre-training (**EXACT CASH ONLY**)
- _____ 25. SIGNED Medical Authorization and Emergency Contact FORM (you cannot participate without this)
- _____ 26. SIGNED Waiver, Release and Indemnification Agreement FORM (you cannot participate without this)