

Pre-Training and Tryout Checklist (Revised 6-4-20)

- _____ 1. Daily Practice attire. There are NEW restrictions; Sports Bra tops and Booty shorts ONLY (no color restrictions)
- _____ 2. Cover-ups
- _____ 3. Aerobic type tennis shoes for proper support while kicking
- _____ 4. Jazz shoes and/or Dance Paws
- _____ 5. Black booty shorts (2-inch max inseam) and black thick-strapped sports bra top for Tryouts
- _____ 6. Casual but nice outfit for official Sign Drop (if you make the team, you will size for uniforms)
- _____ 7. Personal items for grooming
- _____ 8. COVID-19 safety items (EVERYONE is REQUIRED to bring a mask). We recommend you bring hand sanitizer, Lysol type spray or wipes, personal thermometer to EVERY rehearsal.
- _____ 9. All necessary medications, wraps, braces, inhalers, etc. If you require an inhaler, it must be with you at all times. Medications for sore muscles, ice packs, heating pads, etc. as needed.
- _____ 10. Safety pins
- _____ 11. Barrettes to pull hair up for tryouts
- _____ 12. Red lipstick
- _____ 13. Plenty of bobby pins
- _____ 14. Ponytail holders (brown)
- _____ 15. Hair rollers or curling devices, hairspray and hair gel
- _____ 16. Snacks, breakfast and food items and bottled water
- _____ 17. Tote-bag and earbuds
- _____ 18. Umbrella
- _____ 19. SIGNED Medical Authorization and Emergency Contact FORM (You cannot participate without this)
- _____ 20. SIGNED Waiver, Release and Indemnification Agreement FORM (You cannot participate without this)

WE ARE NOT WEARING PIN or HANG SIGNS this summer. We will provide your Tryout #.

WE ARE NOT having a Welcome Tea this year, so you DO NOT have to bring an outfit for that event.