

## Pre-Training and Tryout Checklist

- SIGNED Medical Authorization and Emergency Contact FORM – **You cannot participate without this**
- SIGNED Waiver, Release and Indemnification Agreement FORM – **You cannot participate without this**
- Nice dress and shoes for Rangerette Welcome Tea (interview type dress)
- Casual but nice outfit for official Sign Drop (if you make the team, you are sized for uniforms so please have proper undergarments)
- Daily Practice/Tryout attire (Black Booty shorts ONLY with 2-inch maximum inseam, and ANY color bra top that is fully supported)
- Cover-ups
- Aerobic type tennis shoes for proper support while kicking
- Jazz shoes and/or Dance Paws
- Personal items for grooming
- Items for dorm room such as pillow, sheets (twin), towels, etc.
- All necessary medications, wraps, braces, inhalers, etc. (Inhalers must be with you at all times) medication for sore muscles, ice packs/heating pads.
- Music for solo performance (prefer music on phone and back-up is strongly recommended)
- All props, costume related items and ear buds for Solo performance
- Safety pins, bobby pins, barrettes and ponytail holders same color as hair
- Red lipstick
- Hair rollers or curling devices, hairspray and hair gel
- Snacks, breakfast and food items and bottled water
- Tote-bag or backpack
- Umbrella
- **We no longer wear signs during Pre-Training and Tryouts. We provide your official tryout number. We provide official hang signs for Sign Drop. Please bring ribbon and a hole puncher for sign.**