

Ultimate Canadian Cheer and Dance – Competition Preparation Information

The Night Before Competition

It is a good idea to pack your Cat Pack the night before to ensure you have not forgotten any last minute items. We strongly recommend the following items accompany all athletes to competition include:

- Track suit
- Practice gear
- Hairspray
- Bobby Pins
- Cheer Shoes
- Uniform Top
- Uniform Bottom
- Hair Bow
- White Socks
- Red Lipstick
- Water
- Snacks or a few dollars for snacks as outdoor food is not allowed at most competitions

Items to consider leaving at home:

- All valuables: Digital Cameras, ipods, personal gaming devices, cell phones, expensive clothes/shoes. There is little to no storage space at competition and Cat Packs may be left unattended. Please remember this is done so at your own risk. Family members are a great resource in preventing missing items.
- Jewellery: Can not be worn at competition and should be removed before meeting.
- Food: We try to encourage healthy eating however most competitions do not allow outside food or beverages. Check competition websites for further information.

The Morning of Competition

Please check our website for any last minute adjustments. Competition arrival times will be posted on our website as they come available. Please be advised that it is extremely common for the performance order to change several times in the week before the event. We will post these changes on our website.

Ensure athletes eat a healthy and substantial breakfast as they have a 2 hour prep/warm-up process once they arrive at competition.

Incase of poor weather, please check www.ultimatecheer.ca for details. Competitions are RARELY delayed or cancelled for inclement weather. It is essential to plan enough time to travel to competitions despite the road conditions.

Arrival at the Competition

Arrive at competition with your **hair and make-up done**, wearing your tracksuit and practice t-shirt. You will be meeting your team moms at the *athletes' entrance* at the appropriate time. Please ensure your athlete is as prepared as possible to reduce stress both for the athletes and the team moms. Shortly after meeting with the team moms, coaches will meet the group and begin the warm-up process for the day. Athletes should be in their uniforms at this time, therefore

many athletes find it helpful to have their uniform top on underneath their practice t-shirt to prevent hair from being disheveled.

After dropping off your athlete, please head into the arena and look for other Ultimate Fans to create a UCCD Fan Zone. We would like to have all Ultimate Fans sitting together to create a 'sea of red' with our red fan t-shirts (available from the pros-shop). Bring your rooter poms and signs to show for Ultimate Spirit.

During the Competition

Athletes will be very busy and focused on their routine. Please do not distract from the team in any way (including excessive photos, watching their warm-up or practice routines, offering food or snacks during warm-up, etc.). There will be so much going on and we have been training many months for this one day.

When it is your athletes' (or any Ultimate Teams!) turn to compete, we ask that all Ultimate Fans make their way down to the front of the stage to a designated 'Fan Zone' to cheer on athletes front and centre. This is a great way to show major support and unite the Ultimate Fan for our athletes.

Directly Following the Competition Performance

Coaches usually like to debrief with the team following the performance. Please allow coaches this opportunity if they require it and wait far enough away to give the team their privacy. Meet your athlete at the side of the stage shortly following their performance. At this time, athletes are returned to parent care until awards.

Athletes are REQUIRED to remain at the competition until their awards ceremony is complete. Please meet down on the floor for photos following awards and from there, athletes are free to depart or stay to take photos, socialize, watch more competition performances, etc.

Ultimate Cheer Uniform Policy:

The competitive uniform at Ultimate Cheer is viewed as an honor and should be worn with respect. Skirts and tops should always be worn together and need to be fully zipped up and worn in their entirety throughout the competition and for the **awards** ceremony. We do not want athletes with their skirts unzipped or tops pulled up at any point during the season.

We are so excited for this competition season as we know it will be the best by far. Please contact nicole@ultimatecheer.ca if you have any further competition questions.

Best of Luck!

Nicole Kraumanis – Competitive Program Coordinator

If you are delayed or have an emergency please call and we will pass your situation on to your specific coach. PLEASE NOTE: These are personal cell phone numbers and should only be used in case of emergency.

Nicole Kraumanis – Competitive Programs: 905-706-3109

Taunya 'Smurf' Lucas – Competitive Rec Programs: 647-831-5519

Girls Competition 'Look':



Hair:

- Wet front hair and brush into a high pony tail. All bangs should be clipped back. Hair should be neat and tidy. Look like you're ready to put on a show.
- Place a SECURE elastic around the hair.
- Apply bobby pins to any loose hairs
- Apply hairspray for extra hold
- Put the bow in with the TAILS FORWARD



Make-up:

- If desired, apply natural coloured eye make and mascara to the eye area (grey and brown shadow colours only).
- If desired, some athletes also apply fake eye lashes.
- If desired, apply face make-up and/or blush.
- ALL Athletes MUST apply red lip stick. Choose a colour that matches the Ultimate uniform.