

THE DO'S AND DON'TS AT COMPETITIONS

DON'TS

1. ARRIVE LATE AND WONDER WHY THERE ARE NO SEATS
2. GET UP FROM YOUR SEAT WHEN A TEAM IS PERFORMING
3. BRING NOISE MAKERS
4. PHOTOGRAPH TEAMS IN WARM UP OR ON DECK
5. COMMENT ON OTHER TEAMS OR DANCERS
6. BE RUDE TO EVENT PERSONEL
7. UPSET YOUR DANCER THE DAY SHE COMPETES
8. STAY IN THE LOCKER ROOM
9. ASK YOU DANCER TO SIT WITH YOU IN THE STANDS
10. LEAVE THE EVENT EARLY
11. REMOVE MAKE UP
12. TAKE YOUR HAIR OUT
13. GO THE AWARDS FLOOR WITH GUM
14. EAT ON THE AWARDS FLOOR
15. EAT SLOPPY FOOD WHILE IN COSTUME
16. FIGHT OVER THE TROPHIES
17. LEAVE YOUR STUFF UNATTENDED
18. SAVE SEATS
19. NOT HAVE SLEEP OVERS THE NIGHT BEFORE THE EVENT
20. BE NEGATIVE OR MEAN :{
21. SIT ON THE FLOOR IN FRONT OF OTHER PROGRAMS TEAMS
22. CONTACT THE EVENT PLANNERS FOR ANY REASON

DO'S

1. EAT HEALTHY THE DAY BEFORE AND OF THE EVENT
2. GET YOUR COSTUME/TEAM WEAR TOGETHER 2 DAYS AHEAD
3. PACK LOTS OF HEALTHY SNACKS
4. BRING MONEY TO SHOP
5. MAKE SIGNS TO SUPPORT YOUR TEAM
6. DECORATE YOUR CAR TO SUPPORT
7. STAY WITH YOUR TEAM
8. ARRIVE EARLY AND GET SET UP IN LOCKER ROOM
9. LABEL EVERYTHING
10. BRING YOUR MUSIC
11. STRETCH BEFORE YOU ARRIVE AT THE EVENT
12. STAY POSITIVE
13. CHECK AND RECHECK YOUR GEAR
14. STAY TO THE END OF THE EVENT FOR PHOTOS AND SCORE

SHEETS

15. TAKE PHOTOS WITH THE TROPHIE AND FRIENDS AFTER THE EVENT
16. APPLAUD FOR ALL TEAMS
17. CONGRATULATE ALL TEAMS
18. STAY WITH YOUR TEAM ALL DAY
19. MEET NEW SCF FAMILIES AT THE EVENT
20. BRING YOUR HOMEWORK FOR DOWN TIME
21. LEAVE THE EVENT AS EXCITED AS WHEN YOU ARRIVED
22. GET TO THE FLOOR WHEN A SCF TEAM IS DANCING
23. SUPPORT OUR SISTER HIGH SCHOOLS
24. VIDEO TAPE OUR ROUTINES
25. GET YOUR PHOTOS TO SUPER DAD FOR WEB SITE
26. PLAN AN "AFTER EVENT" MEETING PLACE TO CELEBRATE

27. MEET WITH EVERYONE AT THE END OF THE EVENT FOR
PROGRAM PHOTO