

Winter Blackout - Power Up

Venue Address

The Sports Connexion
Leamington Road
Coventry
CV8 3FL

Below are the meet and compete times for Tanzanite competing at Winter Blackout on Sunday 18th January.. Your arrival time is the latest you are expected to be present at the venue. Meet time is the time your coach will meet you to go to warm up. All athletes must be present at the competition venue at your stated ARRIVAL time, in full uniform with hair and make up completed. Please allow time for parking and getting through security for the venue.

Athlete wristbands are required to gain access to the venue (these will be handed out in athletes final training sessions). We will not be responsible for lost or forgotten passes, which may incur an additional fee. Spectator tickets ordered through the academy will also be handed out during the final training session.

On arrival, please report to the assigned team mom for registration (noted in the WhatsApp group). Please make sure you are ready at your meet time and have made toilet visits etc in good time. Academy spectators should aim to find an area together which will be used as the meet location point for all teams. Where possible, we ask all SA supporters to wear SA apparel or blue to the event in support of the teams.

Saturday 18th January

| Team | Arrival | Meet time | Performance | Awards |
|-------------|----------------|------------------|--------------------|---------------|
| Tanzanite | 9:10am | 10:10am | 11:10am | 1:15pm |

Awards

Athletes must attend awards in their competition uniform with no cover ups, cheer shoes and hair still in place. After the awards you will be free to take pictures with the banner/trophy and then must return it to the team mom to be brought back to the academy.

Hair and Make-Up

Hair for all cheer teams is a high curly ponytail. Please make sure fringe and baby hairs are scraped back and secured. Ponytails should be as high as possible (preferably a palms width from the hairline). Bows should be secured with extra bobble/hair pins. Volume can be added to the top of the ponytail to help secure bows in place. Athletes

with hair length above the shoulders are permitted a half up half down style. Fringe should still be pinned back where possible.

All athletes must wear a red lipstick (not optional). Please use a lip stain, lip pencil or matte lipstick that won't smudge. Eye make-up is optional for all U12 and under teams. U14 and above should aim for a smoky bronzed eye. Fake eyelashes are permitted but please make sure you use a strong eyelash glue and choose an appropriate length for competing.

Uniforms/Costumes

Please make sure any bra straps are appropriate for the competition uniform and aren't visible. White trainer socks only are permitted for cheer, with no visible colours or ankles socks allowed.

All jewellery should be removed, including clear plugs and hair bands on wrists. We will not be responsible for any jewellery that has to be removed in the warm up room.

Competition Checklist

- Competition uniform
- Cheer trainers
- Bow
- White trainer socks
- Athlete wristband
- Make up
- Hair spray
- Hair grips
- Asthma Inhalers
- All jewellery removed