

Cheer bag checklist:

- Cheer uniform (top and shorts/trousers)
- Cheer bow
- Black and yellow season 3 t-shirt
- Black leggings/bottoms
- Cheer shoes
- White trainer socks
- Spare hair grips
- Hair spray
- Hair bands
- Knickers/pants
- Ivy & Allstars- clear strap bra
- Silver glitter eyeshadow
- Black eyeliner
- Black mascara
- Red lipstick
- Hair brush
- Bottle of water
- Medication
- NO JEWELLERY! Please leave this at home- any athletes with any form of jewellery will not be allowed to perform.
- Small hand towel.

All athletes will need to arrive with their hair and makeup done, and cheer uniform top under season t-shirt. Except Honey Beas who will need to arrive in full uniform underneath.

Below are photos of how we would like hair and makeup.



High ponytail so bows can sit like Minnie mouse ears.
No quiffs this year.
Teased loose curls.

Silver glitter eyes.
Red lips
Fake tan- optional.

If you need help, please ask a coach in advance.