



STORM ALLSTARS ICC SUMMER JAM 2013 INFO PACK



The Competition

We all want to have a great day and enjoy ourselves but the main reason we are going is to compete! Please make sure you read and understand the following information as it's here to help make the day as relaxed as possible and to best prepare you for the competition.

Travelling: Everyone must wear their new WHITE STORM t-shirt and shorts with grey jog pants or tracksuit bottoms (IF you don't have these, black) on the coach to the competition. Bows should already be in and hair and make-up done apart from glitter and pink lipstick. See guidance see pictures and info below.

Appearance:

- o Hair – High Ponytail with curls or volume, with a large quiff and bow facing forwards.
- o Make-up- Normal make up glitter and lipstick will be done on the bus.
- o Fake tan must be done the night before and not on the morning of comp especially flyers.

Meeting time: The luggage tag lists all the times when you need to meet and get ready for the comp. You will need to change, get made up, go to the toilet, and generally prepare yourself before this time.

Warm up: You will have a short time to go through your routine on a practice mat. We will walk to the warm up venue, stretch, and then quickly go through your routine. Warm up time is very limited so please concentrate and listen. Bring lots of water as we don't want anyone to get dehydrated.

Important: You're performance is the most important thing when at the competition and do not be intimidated by other teams. There will be teams there that have more advanced skills than us, there will be teams there that have poorer skills. Concentrate on what you need to do and not let others affect your performance and just go out, show your skills, and let the judges decide who is best.

Weekend Itinerary

We will leave Sheffield **7.45am** and the journey will take just over 2 hours. We won't be stopping so please make sure you've got snacks and water with you and you've been to the toilet before we set off!! We will then walk across to the hotel to get our wristbands which must be worn at all times and find a designated meeting point.

Competition Running Order

This can be found on our website and on the facebook group. The time relevant to you are listed on your luggage tag that needs to be attached to your bag or on a lanyard all day.

Before and After Comp

I know Blackpool's a great place and you'll all want to explore, which is absolutely fine and encouraged but please remember why we're there! Please don't eat a huge meal at lunch time or stuff yourself with sweets and sticks of rock before we compete, I don't want anyone being sick on the mat, this has happened at comps before! After we compete for the 2nd time, please stay in the venue and watch the higher level teams. **Feel free to get out of your uniforms however these will need to be back on the awards at 7.45pm.**

Competition Rules

- o Always be conscious of others and try and make sure the whole team has a great trip, not just you.
- o Listen to the coaches/designated leaders and do exactly as they say when they say it.
- o Be polite and courteous to all other teams, competition staff and the general public. Remember you represent yourselves, your coaches, and STORM.
- o You are responsible for being in the right place at the right time. Whenever the meeting time is, you need to be at that location, ready to go, before the departure time.
- o All cheerleaders are responsible for their own uniform and bags.
- o You MUST remove all visible piercings and jewellery regardless of whether you've just had it done or it's a bracelet you've not taken off for years..... It all needs to be removed!!
- o No drinking or smoking whatsoever: if you do, it will be your last competition with us.
- o Always make sure that someone knows where you are at all times and that you don't go anywhere on your own.

Packing List

£10 for coach (or £5 if deposit paid)		STORM White or black t-shirt	
Packed lunch/snacks/water		STORM Aztec or pink shorts	
Medication		Grey joggers (black if not owned)	
Camera (optional)		All in a rucksack/small holdall	
Hair Brush/Spray/Bobbles/Grips		A smile and good sense of humour	
Make Up/glitter		White trainer socks	
Support bandages		Uniform top & skirt folded neatly!	
Plain white (clean!) trainers		Bow	
Trainers to wear to venue		Money for spectator tickets (approx. £12)	
Lanyard if you have one		Uniform Undergarment (electric)	
Watch		Charged mobile phone	

Important Info

Norbreck Castle Hotel

Queens Promenade
Blackpool
FY2 9AA
01253 352341

Contact Info – Terrie: 07970776795 (Electric)
Jess: 07581591028(Apex)
Aimee:07800773698 (Utopia)

Only in an emergency call Vickie on 07944488112

Bus Company – Grays Travel Ltd 01226 743109

