



Hair and Make Up Instruction

Make Up (please reference application video on csecheer.com)

Make Up must be applied heavy to look good under the stage lights. This is stage make up. In no way should this make up look natural. Please remember this is a performance costume. If your athlete arrives to a competition with light make up Team Parents will instruct them to find a bathroom and reapply.

Items you will need to purchase for make up (Please bring these items to all competitions)

- Foundation (that matches your skin tone)
- Blush (that matches your skin tone)
- Eyeliner (felt tip)- BLACK
- Mascara-BLACK
- Brush Set
- Optional Items- False Lashes or 3D Mascara

Hair

Hair will be worn in a high pony tail at the crown of the head, bangs sprayed and pinned back, with loose curls (no tight hair sprayed ringlets) unless instructed otherwise by Team Parents or California Spirit Elite Coaching Staff. If your athlete arrives with straight hair a Team Parent will instruct them to find a bathroom and curl.

Items you will need to purchase for hair (Please bring these items to all competitions)

- MEGA HOLD Hairspray
- ROCK YOUR HAIR spray can be purchased at Pro Shop (limited supply)
- Hair Tie
- Gel
- Bobby Pins
- Curling Iron or Curling Wand (curlers are fine if that is what works for your daughter)

Uniform

Your uniform should be kept clean and fit according to California Spirit Elite standards. If at any time in the season your athletes uniform does not fit you may be required to get alterations or purchase a new uniform pieces.

Items you will need to purchase for uniform:

- No Show WHITE Socks
- Nfinity Titan Shoes

If you have any questions on hair, make up, or uniforms please contact chris@csecheer.com

Competition Rules and Expectations

Sportsmanship

California Spirit prides its self in being a family oriented well respected program. Anyone who exercises bad sportsmanship like conduct at competition or in the gym is subject to removal from the program

NO Tolerance Policy

No athlete shall drink alcohol or use any form of drugs including cigarettes while in California Spirit attire or at a California Spirit function. You will be subject to immediate removal. Comments about other teams or programs will not be tolerated.

Image Policy

While attending competitions, all athletes must be wearing appropriate attire; sports bras, uniform half tops and any other revealing attire must be covered by correct California Spirit Elite T Shirt or the CSE Warm Up unless on the competition floor. Once you arrive to the venue you are representing CSE. If athletes forget warm up uniform or required t-shirt they will be charged an "Appearance Fee" of \$25 to their California Spirit Elite account

All athletes are to arrive competition ready to meeting times unless instructed otherwise by Team Parent or California Spirit Elite Coaching Staff. Competition ready means FULL HAIR AND MAKE UP! Athletes must be prepared for competition. Uniform must be clean, including shoes.

Nails must be plain. No nail polish in crazy colors (French manicure ok) Nails whether real or acrylic must be trimmed to the length of the fingertip. If athletes forget uniform parts, shoes, or do not arrive as instructed they will be charged an "Appearance Fee" of \$25 to their California Spirit Elite account

Travel Policy

When informed of travel schedule, coaches will explain departure dates and arrival times, as well as, departure times. It is expected that these dates and times are adhered to and all athletes are at practices prior to major competition. We will notify you well in advance if we are adjusting competition times or travel times.

Travel competitions should never be considered a family vacation. All athletes are remain available throughout the whole weekend. If we need to call extra practice or make adjustment to the routine the athlete will be required to attend those practices.

Competition Policy

Athlete who arrive more than 15 minutes late will be charged a late fee of \$15.

Members are required to attend all competitions. *This means through their awards ceremony.* If parents are unable to stay for the whole competition, other arrangements must be made so that the member can stay. California Spirit may charge a "Missed Competition Fee" in the event that your athlete no shows to a scheduled competition including possible removal from the team or program.

Team Parents

Your Team Parents will be the first person you meet with at a competition. If you are going to be late, you or your athlete must notify your Team Parent IMMEDIATELY. Please take the instructions given from them as the word of the coaches. If you are having issue with your Team Parent please let Coach Linda know immediately.

Examples of Competition Hair and Make Up

