

Pro Team Research

DIRECTIONS: Select 1 or 2 of your "top" teams that you plan to audition for. If possible select 1 pro team and 1 semi-pro team (as a backup.) For each team and/or general topic, research the below items. Print out, screen shot, and/or save research as a PDF to keep for your records or include the web address below in the "Website/Link" column, share with a friend(s) who is auditioning (i.e.. Your accountability partner), and/or post on our Facebook Page. Store information in your binder and/or electronically. *** Be sure to add Action Items on your work plan based on your research and your needs.
NOTE: *If you want, divide and conquer! Work with your Accountability to complete the research.*

Research Sources: YouTube, Google, Pro/Semi-pro team websites; current cheerleaders; Ultimate Cheerleaders; Pageant websites; press releases, Images on Google, news articles, etc.

TEAM:

| # | Research Item | Owner | Results/Notes | Website/Link |
|--|---|-------|---------------|--------------|
| General Research/Preparation (Knowledge) | | | | |
| 1 | Take Sideline P.R.E.P with Sideline Prep | | | |
| 2 | Confidence Building Techniques | | | |
| 3 | Suggestions on how to "stand out" | | | |
| 4 | How to get judges to notice you | | | |
| 5 | General audition tips | | | |
| 6 | Team requirements to audition (age, employment, transportation, education level, etc.) | | | |
| 7 | What is the average/overall size of the girls on the current team? Is there a weight/size requirement? If not, look at pictures of the current ladies to assess their size. | | | |
| 8 | Number of girls on team (Number of girls "retiring") | | | |
| 9 | Contact information for team / Social Media outlets (Sign up for newsletters; Follow / like the dance teams) | | | |
| 10 | Forced retirement? (How long can you stay on the team? What's the average tenure of the current team?) | | | |
| 11 | Are there Prep Classes/boot camps/workshops/etc. held by the dance team? If Yes, dates/times? | | | |
| 12 | Format/requirements of Prep Classes/boot camps/workshops/etc. | | | |
| 13 | Audition Costs (Prep class/workshop attendance, dance classes, attire, dance shoes, lashes, makeup, Registration costs, etc.) | | | |

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| 14 | Time commitment to audition (Prep classes, boot camps, workshops, practicing on your own, getting the look you need, exercising, preparing meals, etc.) | | | |
| 15 | Audition components/elements | | | |
| 16 | Length of audition process | | | |
| 17 | Number of rounds during audition & Type of rounds | | | |
| 18 | Team Costs (Costs once on the team?) | | | |
| 19 | Time commitment once on the team (Practices, appearances, games, calendar trips, working out, length of season, etc.) | | | |
| 20 | Types of Sponsors? (<i>This is a CLUE about what is important to the team!</i>) | | | |
| Nutrition (Glamour) | | | | |
| 21 | Based on what you discovered for item #7 above, what should your nutrition goal(s) be? | | | |
| 22 | Determine/estimate the number of calories, type of foods, portion sizes, schedule, etc. of your current meals | | | |
| 23 | Research the number of calories, type of foods, portion sizes, schedule, etc. of what your meals should be | | | |
| 24 | Take Sideline Nutrition with Sideline Prep | | | |
| 25 | Determine your meals for each week / Develop meal plan (Or use meal plan from Sideline Nutrition) | | | |
| 26 | Does the team provide nutrition tips? | | | |
| 27 | Commit to yourself to make your "new" eating regimen a life style change | | | |
| 28 | Options/stores/sponsors for nutritionists, meal plan preparation, pre-prepared meals, etc. [Check out Sideline Prep's Sponsors @ http://sidelineprep.com/sponsors/] | | | |
| Fitness (Glamour) | | | | |
| 29 | Based on what you discovered for item #7 above, what should your fitness goal(s) be? | | | |
| 30 | Research different types of fitness routines (with a focus on HIIT workouts) | | | |
| 31 | Take Sideline Fitness with Sideline Prep | | | |

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| 32 | Determine your workout schedule for each week (OR use the workout regimen from Sideline Fitness) | | | |
| 33 | What is the workout regimen of team? | | | |
| 34 | Research Improving flexibility techniques (based on what you discover with item #44 below) - incorporate stretching into workout regimen | | | |
| 35 | Commit to yourself to make your "new" workout regimen a life style change | | | |
| 36 | Options/stores/sponsors for gyms, personal trainers, group fitness classes, etc. [Check out Sideline Prep's Sponsors @ http://sidelineprep.com/sponsors/] | | | |
| Dance / Kicks (Style) | | | | |
| 37 | Type of dance/Dance style by team (videos) | | | |
| 38 | Dance technique requirements | | | |
| 39 | Level of difficulty of dances | | | |
| 40 | Is a freestyle round required during auditions? (Refer to #15 above) | | | |
| 41 | Is across the floor technique required? (Refer to #15 above) | | | |
| 42 | Does the team dance with poms? | | | |
| 43 | Will you need to use poms at auditions? | | | |
| 44 | Are high kicks important? | | | |
| 45 | Tumbling needed or required? | | | |
| 46 | Cheerleading Jumps needed or required? | | | |
| 47 | Ways to improve dance ability | | | |
| 48 | Techniques for remembering/picking up choreography | | | |
| 49 | Take Sideline Moves with Sideline Prep | | | |
| "The Look" (Glamour) | | | | |
| 50 | Save a picture of the current dance team | | | |
| 51 | Save pictures of dance team members (similar to your complexion and/or the look you want) | | | |
| 52 | Overall look of team | | | |
| 53 | Ethnic makeup of the team | | | |

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| 54 | Hair styles of dance team (similar to your complexion) | | | |
| 55 | Makeup of dance team (lip color, eyes, dramatic?, etc.) | | | |
| 56 | Makeup of specific dancers (similar to your complexion) | | | |
| 57 | Are cheerleaders allowed to wear jewelry? | | | |
| 58 | YouTube: How to apply makeup for your eye color | | | |
| 59 | YouTube: How to apply lashes | | | |
| 60 | Methods to cover up tattoos (optional) | | | |
| 61 | Take Sideline Attraction with Sideline Prep | | | |
| 62 | Options/stores/sponsors for hair salons, tanning, nails, teeth whitening/straightening, eyebrows, lash strips or lash extensions, skin care, make up, make up artists, etc. [Check out Sideline Prep's Sponsors @ http://sidelineprep.com/sponsors/] | | | |
| Audition & Practice Attire (Glamour) | | | | |
| 63 | Prep Class Attire of team - in general | | | |
| 64 | Prep Class Attire of team (similar to your complexion & build) | | | |
| 65 | Audition Attire of team - in general | | | |
| 66 | Audition Attire of dancers (similar to your complexion & build) | | | |
| 67 | Finals attire of team (dress, swimsuit needed?, heels, jewelry, etc.) | | | |
| 68 | Attire for interview round (if applicable) | | | |
| 69 | Pictures of outfits that you like for each round of auditions (top, bottoms, shoes, etc.) | | | |
| 70 | Dance shoes of team | | | |
| 71 | Take Sideline Attraction with Sideline Prep | | | |
| 72 | Online stores/sponsors/businesses that provide audition and/or practice attire | | | |
| 73 | Online stores/sponsors/businesses that have dance shoes | | | |
| 74 | Options/stores/sponsors for panty hose, earrings, warm-ups/sweat suits, bras, boob pads, socks, etc.) [Check out Sideline Prep's Sponsors @ http://sidelineprep.com/sponsors/] | | | |

| Interview Skills (Knowledge) | | | |
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| 75 | Is an interview round part of the audition process? (Refer to #15 above) - If no, it's suggested that you still prepare for an interview just in case. If not, skip to #79 | | |
| 76 | Tips on effective interviewing | | |
| 77 | Interview questions asked at Pro Cheer team interviews - from ANY team | | |
| 78 | Attire for interview round | | |
| 79 | Is an Introduction or Intro Speech part of the audition process? (Refer to #15 above) - If no, it's suggested that you still prepare a intro speech just in case | | |
| 80 | Sample biography pages of at least 1 girl from each of the teams you are researching (to use as a model to create you bio!) | | |
| 81 | Take Sideline Interview from Sideline Prep | | |
| | Research the following so you can incorporate the "right"/relevant points into some of your interview question responses and/or Intro Speech: | | |
| 82 | Mission/Vision of the cheer organization | | |
| 83 | Types of promotions/charity events the organization/dance team participates in/supports | | |
| 84 | General information about the team (record, coach, players, etc.) | | |
| 85 | General information about the sport | | |
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| Audition Packet/Application (Knowledge) | | | |
| 86 | Print the application / audition sign up form & review. Craft DRAFT responses | | |
| 87 | What questions are asked? | | |
| 88 | Is a resume required? | | |
| 89 | Picture required? (If so, are there specifications? Full body? Attire? Can you submit more than one picture?) | | |
| 90 | Research photographers that have experience taking audition pictures (Consider using Sideline Prep's Photographer) | | |
| 91 | When does it need to be turned in? | | |
| 92 | Take Sideline Application with Sideline Prep | | |

| Modeling (Style / Knowledge) | | | | |
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| 93 | Tips on walking the runway | | | |
| 94 | Videos of models walking the runway | | | |
| 95 | Videos of ladies/candidates "walking the runway" during auditions | | | |
| 96 | Attire for model/photography portion of the audition process | | | |
| 97 | Tips on how to pose for pictures | | | |
| 98 | Pictures of poses of team (Standing) | | | |
| 99 | Pictures of poses of team (on the ground) | | | |
| 100 | Take Sideline Model with Sideline Prep | | | |
| Additional Topics | | | | |
| 101 | My personal image: Google yourself - What pops up? | | | |
| 102 | My personal Image: Clean up ALL social media and/or make accounts private | | | |
| 103 | Make Connections: Contact a former or current member of the dance team - ask questions, set up a call/meeting, get advice, etc. | | | |
| 104 | Make connections: Find a mentor to help you along the way (Sideline Prep &/or a current or former member of the dance team) | | | |
| 105 | Meet with a Sideline Prep Coach for a Final Assessment prior to auditions | | | |
| 106 | Attend team's prep Classes/boot camps/workshops (for the team you plan to audition for and any other team(s)) | | | |
| 107 | Attend/find videos of team's Auditions (for the team you plan to audition for and any other team(s)) | | | |
| | <i>Insert</i> | | | |