

THE
SIDELINE
ATTRACTION – ATTIRE
CHEAT SHEET

Getting Your Pro Cheer look – via Your Attire!

By GeNienne Samuels &
The Sideline Prep Coaches

Sideline Attraction – Attire Cheat Sheet

Below are a few “KEY POINTS” to focus on from the Sideline Attraction Training... as it relates to your Attire. At the bottom of this cheat sheet, document additional notes and take-aways. Be sure to update your Ah-Ha’s and Goal Worksheet accordingly based on things you want to remember and OFIs you need to improve. Let’s do it!

KEY POINT:

Sometimes ladies underestimate the importance of their **LOOK**. We often don’t want to admit that someone’s appearance could be more important than her dance ability. So to be safe, perfect both your **LOOK** and your **DANCE!**

- GeNienne Samuels, Sideline Prep

Cheat Sheet

Take a moment to ensure you understand each of the key points below... if not, go back and listen to the training:

- Start working on your look early. Use Sideline Prep as a resource to help you!
- Your “Look” is the #1 (sometimes #2) most important aspect in the pro cheer world.
- Your “Look” involves many components: Attire, Accessories, Shoes, Hair & Makeup, Fitness Level, and Confidence & Poise
- Areas you need to consider when achieving the pro cheer look with your attire include:
 - Attire: Prep Class/Audition; Fitness; Little Black Shorts; Swimsuit; Interview; Cocktail Dress
 - Shoes: Prep Class/Audition; Swimsuit; Interview; Cocktail Dress
 - Accessories: Panty Hose; Bras/Padding; Jewelry
- It’s important that you look like the other ladies on the team... You want to stand out but NOT stick out. You still want to have your own unique look.
- Use this 5 Step Process to determine the best colors, cuts, and fit for you:
 1. Know your body type: Rectangle, Pear, Hour Glass or Cone?
 2. Know your skin tone & undertone: Warm or Cool?
 3. Know your eye and hair color
 4. Borrow & Steal
 5. Trial & Error
- Be sure to consider items #1 - #3 above when selecting a cocktail dress too!
- When in doubt, for audition attire...
 - Go with the look and feel of the team. Wear what they wear!
 - For your Audition Top, wear a Halter Top. Ensure proper support and that everything stays in.
 - For your bottoms, wear black shorts – with a “V” in the front and comes up on the sides of your legs
- For shoes, make sure you can walk and/or dance comfortably in them. Function is key!
- Don’t forget the small details – Your Accessories! Panty hose, jewelry, bra, boob enhancers, etc.
- If you are on a budget... get creative. Make your own outfit; Borrow from a friend; Rent; Buy & then Bedazzle
- Don’t forget to look at the team’s Sponsors. This is a HUGE inside tip on what the team likes! If you can, use their Sponsors and get firsthand advice from them!

FINAL POINT:

As we move through life from elementary to middle to high school and then collage, things seem to be more black and white in the sports world. Decisions are normally made based on performance, scores, and results – Period. However, in the Pro Cheer world, it goes beyond skill. Your look, your poise, & your personality matters.

ADDITIONAL TAKE-AWAYS:

PS – If you have any take-aways that you think should be added to this Cheat Sheet, let us know! Either email us or include your idea on Feedback Form for this training. THANKS!

BOOM!

You are On Your Way to Having the Pro Cheer Look!!