

# Welcome to Eastside Dream Elite!

## Dance/Drill Team Information

This is a quick “cheat sheet” to get you familiar with the Eastside Dream Elite program. EDE started in 2000 and has grown to include many teams in Issaquah, Kirkland, Renton, and Bellevue.

### Requirements

All EDE cheerleaders must fill out the EDE Informed Consent as well as the EDE Info Form (available online). The purchase of an EDE T-shirt (\$15), hair bow (\$14), Dance Team uniform (\$160) and pom poms (\$28) is also required. You can pay with cash, check made out to EDE, Venmo @EDECheer, or online with credit card.

### Attendance

Attendance at practice and is very important. Dance Team practice is on Thursdays from 4:00 to 5:30pm. We will be learning many routines that incorporate all team members. It is difficult to teach and practice formations when not all team members are present. It is also important to be on time to practice because we start with warm-up and stretching. If a participant doesn't warm up properly, their chance of injury increases. Please bring a water bottle to practice and have longer hair up in a ponytail.

### Performances

We usually have one or two outside performances each season. Our big events are performing at a University of Washington women's basketball game (usually January or February), a Seattle U women's basketball halftime (usually January, February or March), and a Seattle Storm halftime (usually May or June). Performances are required, however if you have an extenuating circumstance that prevents participation in a performance you need to let me know *when the performance is scheduled*, not a week or two before the performance.

### Dress

- Hair must be up in a ponytail and off the shoulders.
- Shoes and clothing must be appropriate for dancing. Shoelaces must be tied and tucked in. Practice clothes must be appropriate and provide ease of movement such as shorts or warm-ups with the EDE T-shirt.
- No cell phone use during practice, or the phone will be confiscated!
- Masks are not required at this time however you are welcome to wear one if you would like to.

### Uniform

The Dance/Drill Team uniform is the same as the Power Squad uniform and consists of a top, skirt, briefs,, hair bow and pom poms. See Uniform Order Form. You will also need to have white tennis shoes and low white socks (purchase on your own).

### Communication

I use email to communicate schedule changes, additions, and all other squad information. Please check your email regularly! We will also have occasional parent meetings at the end of practice. Updates are also posted at the EDE Cheer Facebook page.

Here is my contact information:

Coach Anne Christiansen

anne@EastsideDreamElite.com

Phone: 425.246.9636