

# Welcome to Eastside Dream Elite!

## Dream Team Cheer Squad 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), red skort (\$32), and pom poms (\$28) is also required. You can pay with cash, check made out to EDE, Venmo @EDECheer, or online with credit card. You will also need to have white tennis shoes and low white socks (purchase on your own).

### Attendance

Attendance at practice and is important. We will be learning many routines that incorporate all team members. It is 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. Please no jewelry at practice.

### 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 your coach know *when the performance is scheduled*, not a week or two before the performance. Absolutely no jewelry is allowed during performances.

### Dress

- Hair must be up in a ponytail and off the shoulders.
- Shoes and clothing must be appropriate for cheering. Practice clothes should 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!

### Uniform

The only required uniform for Dream Team is an Eastside Dream Elite T-shirt, hair bow, red skort, and pom poms. Bags, hair ribbons, and other accessories are available as well, however these are optional. You do not need to buy a full uniform for Dream Team. See Uniform Order Form for options.

### Communication

I use email to communicate schedule changes, additions, and all other squad information. Please check your email regularly! Some updates are available at the EDE website, [www.EastsideDreamElite.com](http://www.EastsideDreamElite.com). Updates are also posted at the EDE Cheer Facebook page.

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