

# 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 through the Bellevue Parks Department and has grown to include many teams:

- 1) Basketball Squad, Fall/Winter only, beginning level
- 2) Dream Team Cheer Squad, offered year round, beginning to intermediate level, offered in Bellevue, Mercer Island, Kirkland, Renton, Issaquah, and Ballard
- 3) Dance/Drill Team, offered year round, beginning to intermediate+ level
- 4) Power Squad, offered year round, intermediate+ level
- 5) Red Squad, offered October-March. This is our competition team (through MI Parks)
- 6) Highland Squad, for people of all ages with developmental disabilities
- 7) Classes – Tumbling classes, Ninja Tumbling, and stunting class

### Requirements

All EDE cheerleaders must turn in the EDE Informed Consent (two-sided), as well as Parks Waiver form (Bellevue and Mercer Island teams). The purchase of an EDE T-shirt (\$12), hair bow (\$13) and red skort (\$22) is also required. You can pay with cash, check made out to EDE, or 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. Also, please bring a water bottle to 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 June). If for any reason you can't attend a performance you need to let me know *when it 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 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 and red skort. Pom poms, and 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.

### Communication

I use email to communicate schedule changes, additions, and all other squad information. Please check your email regularly! Performance information is available at the EDE website, [www.EastsideDreamElite.com](http://www.EastsideDreamElite.com).

Here is my contact information:

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