

# Preparing Your Team Contract

Rey Lozano Choreography



## Skills

Teams should be prepared with the basic fundamentals and highest level of their abilities prior to their choreography session. Several skill practices are suggested prior to the day of choreography.

## Cheerleaders

Cheerleaders should have practiced with and know who their stunt groups are. Drills in timing for jumps, motions, dance, standing and running tumbling would help teams learn their choreography more efficiently. A team's motions and dance sequence will be influenced by their level of ability.

## Dancers

Dancers should be prepared to demonstrate their level of team and individual dance skills. The routine choreography will be based on team skills and any individual dance speciality tricks.

## Strength and Conditioning

Choreography sessions are hard on the body due to the constant repetition of choreographed sections. Experimentation is necessary to ensure the optimum visual effects. Team members should be prepared for at least two 5 hour days of learning their choreography.

Teams should be in proper aerobic and anaerobic condition. How a team is athletically prepared will determine the type of routine they will receive.

Over practicing prior to the choreography session is not advantageous nor is scheduling the time of choreography right after teams have been selected or having returned from vacations.

## Nutrition

What a team eats during a choreography session is integral to obtaining a great routine. A team doesn't get tired. Rather, a team loses focus, concentration, and energy because of food choices.

**Good Carbohydrates for Energy:** Quaker Oats Nature Valley Oatmeal Bars, Bananas, Grapes, Apples, Oranges, Sweet Potatoes, Beans

**Good Proteins And Fats for Energy:** No Oil Dry Roasted Nuts and Grains, Lo-Carb Protein Bars, Chicken, Turkey, Tuna, and String Cheese.

**Good Hydration For Energy:** Non-Carbonated Water

**Foods that Rob Teams of Energy and Raise Their Sugar Levels:** Sweets, Cookies, Juice, Sugar/Fructose Drinks, Caffeinated Drinks, High Carb Nutrition Bars, Candy.

## Attitude

How a team approaches their choreography session greatly influences the outcome of the routine. A team will get a much better routine if they are positive, fun, and willing to experiment.

Rudeness, backtalking, rolling of eyes, and an unwillingness to approach the choreography session in a positive manner will not be tolerated. The team or individual will be given one warning to the coach. The team or individual will be asked to leave if their rehearsal skills do not improve.

## Rehearsal Conditions

The outcome of a routine is greatly influenced upon the team's and choreographers' ability to focus. Room temperature, Noise levels, Parent/Other Teams Practicing Distractions, Dance Floor or Mat conditions will effect the type of routine you will receive.

I have read the above items in Preparing Your Team For Choreography: Team \_\_\_\_\_

Coach Signature \_\_\_\_\_ Date \_\_\_\_\_ Rey Lozano \_\_\_\_\_ Date \_\_\_\_\_