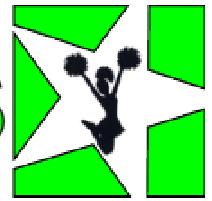




FIRST IMPRESSIONS



www.first-impressions.org.uk

TEAM RULES

**YOU REPRESENT THE TEAM AT TRAINING AND AWAY AT COMPETITIONS
YOU AND YOUR SUPPORTERS MUST BEHAVE IN AN APPROPRIATE MANNER AT ALL TIMES**

For training:

- Hair:** Hair should always be tied up securely.
- Attendance:** You are expected to attend every training session. You must let Leanda or Lisa know if you are unable to attend for any reason.
- Routines:** Please be patient - we are lucky to have three trainers, but it does take time to set individual routines. There will be a chart to show who has had which routines set.

For competitions:

- Hair:** Bun nets, hair pins and hair elastics should match hair colour.
- Costume:** Do not eat / drink in costume without full tracksuit covering the costume.
Bring safety pins to every competition.
Ensure you have the correct underwear – strapless/backless bras and high leg briefs.
Solo / duet costumes should not have a skirt.
Team costumes will no longer be loaned for duets/trios.
Team hangers / clothes rack are not for individuals costumes.
- Paperwork:** Competition entry forms will be on the website for you to print and complete.
Please read and refer to your paperwork and the boards.
You are responsible for making sure you are at the correct arena in plenty of time.
Give ID cards back as soon as you are finished with them.
- Timing:** Beware timings are approximate and competition events can start early or run late.
- Pack-up:** Do not bring open drinks to competitions (cans, pouches etc). Try to choose plastic bottles with lids instead. Drink Slush/coffee away from those in costume.
Pick up and tidy up litter as you go.
- Support:** You are all expected to support every team member in every event.
You represent the team even when you are staying in your accommodation.

Communication:

- Website:** Please read the News section regularly for updates.
Check the guestbook for reminders / updates – letters home cost time and money!
Use the guestbook for general questions – if you don't know others probably don't either.
It is your website – please email Terry photos and ideas for website updates.
- Partners:** You are responsible for communication with your duet partner and parents to make sure you have matching costumes, make up and hair for a competition.

- Every person, whether competitor, official or supporter is expected to conduct him or herself in an exemplary manner at all times. Competitors are expected to compete in accordance with the spirit of the rules, to accept all decisions without question and to be a credit to the team. Please be aware that the team is responsible for the conduct of supporters who should therefore follow the same principals.
- The use of foul or abusive language or the showing of dissent, whether by word or action, is not acceptable to the team. In addition to any actions imposed by the NBTA, the Management of the team reserves the right to take its own additional measures against persistent or serious offenders.
- All kit and other equipment supplied remains the property of the team. Non-returned items will be charged for.
- Membership of the team is consequent upon any person's unreserved acceptance of this Code.