



Competition Etiquette for Storm Athletes

1. Wear proper attire when arriving to competition - black leggings & track jacket. If you do not have a track jacket please wear a Storm hoodie. In winter, layer accordingly.
2. Have your hair and makeup done by meeting time. It is best if this can be done at home.
3. Be punctual.
4. Maintain a positive attitude at all times.
5. Please stay in uniform throughout entire event. For open teams, half tops must be covered outside of the warm up and competition mat areas.
6. There should be no public displays of affection while in uniform.
7. Do not talk poorly of any other teams, gyms or athletes.
8. Cheer on all Perfect Storm teams as well as all other teams.
9. Remain seated until a performance is completed. Show respect for all routines and use the breaks between to move in and out of your seat or use the washroom.
10. Handle wins and losses with class and dignity.
11. Please stay for the awards for your entire event and show respect to the teams getting awards after you.
12. Make sure you have all garbage, clothing, and bags picked up after the competition ends.
13. Have fun!

Competition Etiquette for Storm Parents

1. Double check your athlete has remembered all uniform parts, shoes, and bow.
2. Know the time you need to be at event. Allow for line ups for parking and poor weather conditions.
3. Be aware of the meeting points at competitions.
4. Wear purple Storm gear and a smile!
5. We encourage you to share videos so you can watch routines.
6. Make lots of noise when the MC announces team names!
7. Clap and make noise through the entire routine! Give your athletes lots of support
8. Yell the storm cheer in the music for every Storm team:
"Pride Passion Perfection be warned, you can't out run (clap clap) the Storm!"
9. Clap during the dance.
10. At the end of the routine let them know how great they did.
11. Be positive when discussing and watching other gyms and programs. Demonstrate good sportsmanship at all times.
12. Cheer loud for all Perfect Storm teams!
13. Remain in your seat until a performance is completed. Show respect for all routines and use the breaks between to move in and out of your seat.
14. If you have any questions about the judging, please direct them to gym management. Please know that the coaches and owners are on top of this.