



Panther Cheer Athletics Inc.  
www.panthercheerathletics.com  
778-297-8437  
info@panthercheerathletics.com

**Pac West Nationals  
Saturday & Sunday, March 10-11, 2018**

- Venue** Oregon Convention Centre – 777 NE ML King Blvd, Portland, OR
- Parking** Pay parking for the event is available. For more information, visit:  
<https://www.oregonccc.org/visitors/parking-and-directions>
- Admission** **The box office accepts CASH ONLY**  
Adult: \$25 US for a one-day pass and \$45 US for a 2-day pass  
Child (6-12)/Seniors (65+): \$20 US for a one-day pass and \$35 US for a 2-day pass  
5 and Under: FREE
- Food** **No outside food or drinks are allowed in this venue, including coffee!** Athletes are allowed to bring a water bottle and snack inside the venue; they must be inside their bag. There will be a concession at the venue.

**Schedule: Saturday, March 10th, 2018**

Team	Coaches	Saturday Meet Time	Saturday Compete Time
Y. Gladiators 2.0 (Lv 1)	Sheridan	<b>7:15am HOTEL LOBBY</b>	9:17am HALL B
Sr. Immortals (Lv 4)	Taryn, Michelle	<b>8:15am HOTEL LOBBY</b>	10:57am HALL C
Jr. Commanders (Lv 3)	Stephanie, Chelsey	<b>8:15am HOTEL LOBBY</b>	11:49am HALL C

**Schedule: Sunday, March 11th, 2018**

Team	Coaches	Sunday Meet Time	Sunday Compete Time	Awards
Y. Gladiators 2.0 (Lv 1)	Sheridan	<b>7:15am HOTEL LOBBY</b>	9:17am HALL B	11:00am HALL A
Sr. Immortals (Lv 4)	Taryn, Michelle	<b>8:15am HOTEL LOBBY</b>	10:57am HALL C	1:00pm HALL A
Jr. Commanders (Lv 3)	Stephanie, Chelsey	<b>8:15am HOTEL LOBBY</b>	11:49am HALL C	1:00pm HALL A

**Notes:**

- ❖ Please see detailed itinerary for a daily breakdown. Coaches will communicate changes/updates to this schedule as needed directly to athletes while in Portland.
- ❖ Athletes may not enter the competition without their shoe tag, which must be on their shoe, on their foot.
- ❖ When you drop off your child at the meet time, they will stay with their coaches until after they have competed on the mat. **Parents are not allowed to enter the athlete/warm up area.**
- ❖ Please see detailed Portland Itinerary (emailed out) for more details.
- ❖ Video Taping is allowed at this event, *however you are NOT allowed to LIVE FEED the routine on Facebook or any other medium.* The event is also being professionally videotaped and photographed. You can order a videotape/DVD at their booth.

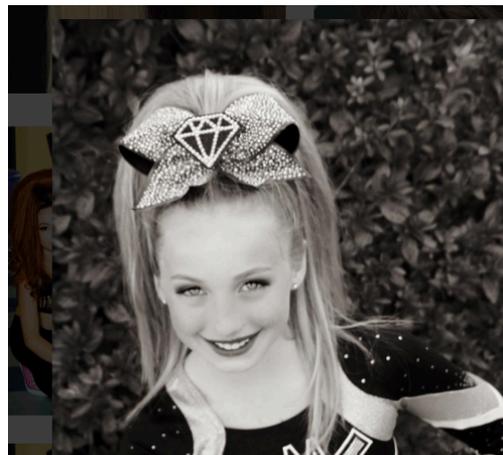


### **Uniform**

- ❖ Competitive uniforms consist of your uniform and competition bow, WHITE ankle socks and WHITE cheer shoes.  
\*\*Anyone who has ordered a new uniform this year will be notified directly when they are ready for pick up.
- ❖ When athletes meet their coach (see times above), **they must be competition ready**. Athletes are asked to arrive to their meet time in full uniform, with hair done and make-up applied (Junior, Senior & Open teams ONLY). If any Tiny, Mini or Youth athletes arrive with make-up, they will be asked to take it off.
- ❖ All athletes are expected to be in full uniform for awards. We request that athletes please do not make any adjustment to their hair, makeup, bow, or uniform between when they compete and their awards ceremonies.
- ❖ When wearing only the uniform top, the uniform skirt is the only appropriate bottom. If you need to wear pants, we ask that you please put on a panther T-Shirt, sweatshirt or track jacket.
- ❖ When wearing the uniform skirt, ONLY athletic shoes may be worn (no UGGs, moccasins, flip flops etc.).
- ❖ If any of our staff notices these policies not being adhered to, they will inform the athlete and ask them to make the necessary adjustments.

### **Hair**

- ❖ Athletes are asked to arrive to their meet time with hair already done.
  - Prior to putting hair into ponytail, all hair should be straightened with a hair straightener.
  - Athletes will put all their hair into a high front ponytail and bangs should be pulled back/braided and away from the face. It is best to do 2 ponytails (see [THIS video on our Families page](#) for more info).
    - \*\*Hair should be secured with a separate hair tie from the one attached to the bow.
  - Once the straightened hair is up in the high ponytail, the bow should be placed so that the ears face forwards when viewed from the front. Place the elastic of the bow between the ponytail elastics & the head; this ensures that the bow will not fall out.
  - After the bow is in place, the base of the ponytail must be teased/backcombed for volume.
  - Once the ponytail has been teased, ensure to smooth out the top layer of hair for a polished look.
- ❖ Hair must be completed before you can appear in your uniform. Here are some examples of what finished hair should look like:





### **Make-up**

- ❖ Only athletes on Junior, Senior & Open teams may wear make up. If any Tiny, Mini and Youth athletes show up with make-up, they will be asked to take it off.
  - Make up includes: smoky eye (black and a shimmery white/light silver), mascara (black), blush (lightly applied), lipstick ([NYX Lip Lustre Glossy Lip Tint](#) in colour Antique Romance). False eyelashes are optional and should look “natural”.
  - The lipstick is for sale in the office - please email us (info@panthercheerathletics.com) if you need to purchase one. The cost is \$11.00 including taxes/shipping.
- ❖ Here is an example of what your finished makeup should look like:



### **Behaviour**

- ❖ Panther athletes and families are known throughout the BC cheer community for always being polite, kind, and respectful toward the event producers, staff, athletes, coaches and parents from other clubs. We ask that you please join us in “The Panther Way”, which is supportive of each and every cheerleader who has chosen to compete in our sport.
- ❖ **Remember you never know who can hear or see you; please refrain from any form of negativity (comments, gestures, etc.), especially about any of the athletes. Think how you would feel if someone else was speaking ill about you, your athlete or your program.**

Emergency contacts (to be used only on the day of the event) if you cannot reach your coach:

Taryn (All Star Director): 778-839-3818

*\*\* Text messages tend to work better than phone calls due to the level of noise at these events\*\**