

THE
SIDELINE
PHOTO SHOOT
P.R.E.P SHEET &
PACKING LIST

How to Prepare for Your Pro Cheer Pictures!!

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Sideline Photo Shoto Packing List

This document outlines recommended items that you should take with you to your photo shoot. Be sure to complete the items in the "Action Items to Prepare for Your Photo Shoot" section. If during your research, you uncover something that should be included on the packing list, add the item(s) to this list. The success of your shoot partly depends your on advanced preparation.

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Action Items to Prepare for Your Photo Shoot

- Conduct thorough research BEFORE your photo shoot to ensure you know the desired "look" of the dancers on the team & the picture requirements. (Do they want full body or a headshot... what size image should you turn in? Should you wear a swimsuit?)
- Select a current team member that resembles your desired look and print copies of her picture(s) so you can show the makeup artist and your Sideline Prep Coach.
- Take notice of how the dancers pose in their team photo, individual pictures and/or swimsuit calendar. Use these poses as a guide.
- Using the pictures you found when looking at team photos, individual pictures and/or swimsuit calendars, PRACTICE posing. Pose in a way that accents/shows off your assets and hides your problem areas. If you need additional guidance, consider signing up for [Sideline Model](#).
- Determine the outfits, shoes, jewelry, etc. you plan wear during your shoot. Go shopping, if necessary.
- Take a "beauty day" to polish your overall look: Nails (clear or French manicure), hair, spray tan, wax/shave, eyebrows, etc.
- When in doubt of outfits, shoes, jewelry, or anything, feel free to email us (Sideline Prep) pictures and/or questions for feedback and input.

REMEMBER: Get a good night's rest before your photo shoot so you look your best! Be sure to pack the night before. Check off the below items as you place them in your bag.

Photo Shoot / Model Packing List

Below are the items you should pack for your photo shoot. Be sure to ask what the model/photo shoot attire should be.

NOTE: In some cases, models do NOT wear panty hose for the photo shoot. Ask to be sure.

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|---|--|
| <input type="checkbox"/> Appropriate attire (ask ahead of time) – Swimsuit, cocktail dress, audition attire, etc. | <input type="checkbox"/> Lotion (Don't want dry skin on camera!) |
| <input type="checkbox"/> Back up outfits | <input type="checkbox"/> Makeup/foundation (just in case) |
| <input type="checkbox"/> Appropriate shoes (boots, heels, etc.) | <input type="checkbox"/> Cover up, warm ups, etc. |
| <input type="checkbox"/> Accessories/jewelry, if appropriate | <input type="checkbox"/> Deodorant |
| <input type="checkbox"/> Boob pads | <input type="checkbox"/> Safety pins |
| <input type="checkbox"/> Black or tan convertible, halter &/or strapless bra | <input type="checkbox"/> Lashes |
| <input type="checkbox"/> Props (football, basketball, poms, etc. if necessary) | <input type="checkbox"/> Tanning products |
| <input type="checkbox"/> Tattoo make up | <input type="checkbox"/> _____ |
| | <input type="checkbox"/> _____ |

NOTE: Keep in mind that at some photo shoots, you will have limited time with the photographer. So be comfortable with your poses and have a "plan of attack" for your outfit changes.

Smile Pretty at Your Photo Shoot and Good Luck!!