



## Check List for Tacoma - Power Cheer Nationals 2010

March 6<sup>th</sup> to 7<sup>th</sup>

**Make sure you're 100% prepared for this trip!!**

- ❑ Arrive at G Force Gym for **3:00pm on Friday, March 5<sup>th</sup>** if you're on the Chartered Bus. You are responsible for your own ride to and from the Gym. We are not expected to arrive until late on Sunday - between 10 and 11pm. The athletes will call you once we're at the border.
- ❑ Don't forget your **Border Crossing Form** (which you keep on YOU), your **passport & Additional Travel Insurance** beyond your BC Medical. You can get additional Travel Insurance at any Insurance Agency for a couple of dollars per day. If something happens to your child and we need a hospital visit, it could be VERY EXPENSIVE. Anyone that gets on the bus will need to show us both Passport & Insurance coverage.
- ❑ **Spending Money:** Breakfast is not included on this trip and teams will be going out for dinner on Saturday night.
- ❑ **Arrival Times:**  
**Check [www.powerathleticscheer.com](http://www.powerathleticscheer.com) for the schedule around a week before.** Parents traveling with athletes are asked to ensure that their child is free from TEAM commitments and ask permission to leave premises with your child from Coach.
- ❑ There will be no "OUT" privileges on Friday night after arriving to the hotel. After check in, athletes will unpack & get ready for bed. Room Checks will be at 10:30pm on Friday night. Saturday night will be Team Dinners.
- ❑ My cell phone number (Liz Gigante Ulrich) is (778) 241 4436. I would prefer a text to avoid any international fees. If I don't answer, please leave a text message.

<p><b>Courtyard Marriott Tacoma Downtown</b> 1515 Commerce Street Tacoma, WA 98402, United States (253) 591-9100</p>
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### **PACKING LIST for your Black Team VAS Bag:**

- ☑ Team Uniform: (Top, skirt & bloomers) & Competition Hair Bow & Shoes
- ☑ Team Vancouver **Kinda a Big Deal** ELITE VAS All Star T-shirt & Team Blue Shorts
- ☑ Vancouver **Elite** Team jacket, sweat pants and hoodie to be in VAS gear as often as possible. You may only support other VAS Teams in VAS apparel!!
- ☑ 2 Pairs of ALL white LOW, ANKLE height socks with no markings!!
- ☑ New Make up for the 2010 Look!!
- ☑ Munchies & food for your room to keep food cost down (**No meat, fruit, dairy or Veggies**).
- ☑ Bathroom Supplies - Split and share with room mates to save space and bring less.
- ☑ Any tape, Tylenol, Advil, ankle or wrist braces that you use.

**Thank You - VAS Staff**



**BORDER CROSSING INFO & FORM**

**Power Cheer Nationals  
Cheerleading Championship**

Tacoma, Wa Event Dates – Sat March 6<sup>th</sup> & 7<sup>th</sup>

**This is required for Sports Teams & Groups entering into the USA ...**

For your convenience, this Form that serves Dual purpose:



The following athlete is a member of the Vancouver All Star Cheerleading Club that is traveling to The **Tacoma Convention Center, Tacoma, WA** to compete at the "Power Athletics Cheer National Cheer & Dance National Championships". The members of this club traveling on the chartered bus are departing Canada on Fri, March 5<sup>th</sup> and returning late Sunday evening on March 7<sup>th</sup>. The Group Leader(s) are Liz Gigante Ulrich, Racheal Curry, Chelsey Moore, Jeanette Agilles, Jaya Panwar, Sara Wright & Ashley Impellezzere.

**To whom it may concern:**

I, \_\_\_\_\_ (full name of parent/guardian), am the lawful parent/guardian of \_\_\_\_\_ (full name of child), born on \_\_\_\_\_ (date of birth of child) at \_\_\_\_\_ (place of birth of child). My child, \_\_\_\_\_ (full name of child), has my consent to travel with the Group and Group Leaders listed above for the weekend trip to Bellevue Washington for a cheerleading championship.

**Please fill out your personal information:**

Apartment and Street Number \_\_\_\_\_

City, Province, Country \_\_\_\_\_

Telephone and Fax Numbers (work and residence) \_\_\_\_\_

\_\_\_\_\_

Print Full Name

\_\_\_\_\_

Date

\_\_\_\_\_

Signature

Part 2

◆-----◆  
*Only fill out if traveling with one of your parents & keep it on YOU*

If you are traveling with only **ONE** of your parents or legal guardians, have the parent **NOT** traveling, fill out this portion of the form. If neither parent is attending, leave this portion blank...

I give my wife / husband \_\_\_\_\_ permission to take my son/daughter, \_\_\_\_\_ to Tacoma, WA for the Spirit Cheer National Cheerleading Championship as outlined in the information provided in this form. I understand that my son/daughter is a minor and have no doubt that he/she will be returning with my wife / husband on the evening of Sun, March 7<sup>th</sup>, 2010.

\_\_\_\_\_  
Print Full Name

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

***Please keep this form on you. Do NOT hand it in to the Coach!***