



Photo Session Tips

Makeup: Girls - wear either "evening" or team "competition" makeup so you don't look washed out. Make sure you get enough sleep the night before the shoot so you will look "fresh" for your photo session.

Hair: Your hair should be worn down and lightly sprayed with hairspray. Remember to bring your brush and hairspray to the photo shoot!

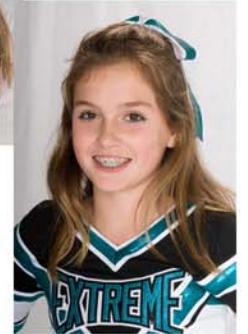
Skin: For legs and arms use a moisturizer so your skin looks soft, not dried out. Use a light base or powder on your face if your skin is oily. This will help to eliminate over exposed areas or "hot spots."



Posing: Be creative. Think of poses you like from your competition or dance routine.

Practice posing in front of a mirror at home or with friends at the gym. Look through your Cheerleader magazines for posing ideas.

Most of all, SMILE, and HAVE FUN during your photo session!



Cheer, Dance, Modeling, Seniors, Swim Team, Family Portraiture

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