



### **New Flyers: The Scoop**

1. Please arrive 15 minutes before your first New Flyers class for initial paperwork, meeting your coach, setting up your journal and orienting to the studio. Don't forget to bring your three ring binder.
2. Please remove jewelry prior to class including rings, toe rings, belly rings, necklaces, and dangly earrings.
3. It is best to avoid lotions and oils on the day of class, as you need skin to stick to the pole.
4. Clean your pole at any time during class using a towel and alcohol provided in spray bottles, particularly when you become "slidy."
5. The poles spin! Please be aware you may become dizzy spinning, and you may bruise from squeezing the pole. It is okay to take a break anytime.
6. It is important to know how to bail on tricks! If you are spinning too fast, please say, "Can someone slow me down?" We will take care of you.
7. Are you left or right side dominant? You may find you are stronger on one side. This is normal, and why we emphasize practicing moves on both sides of your body.
8. If you would like pictures, please ask your coach to snap the photo for you so that you can have the best angle, and are sure that no one else is in the photo.