

First-Time Performer Prep Checklist

Confidence isn't something you have—it's something you practice

Use this as a **guide, not a rulebook**. You are not preparing to be perfect—you're preparing to be present.

Mindset Prep

- ☐ Choose a story or emotion you genuinely connect with
 - ☐ Remember: *your level is not the point—your intention is*
 - ☐ Reframe nerves as energy, not danger
 - ☐ Practice saying: “I don’t need to impress anyone.”
-

Music & Structure

- ☐ Pick music you love enough to trust
 - ☐ Identify a clear beginning, middle, and end
 - ☐ Know where your energy rises and softens
 - ☐ Mark 1–2 intentional pauses (they feel powerful on stage)
-

Movement & Choreography

- ☐ Choose movements you can perform **confidently**
 - ☐ Prioritize transitions and flow over difficulty
 - ☐ Practice facial expression and breath—not just tricks
 - ☐ Rehearse getting on and off the apparatus with intention
-

Costume & Practical Prep

- ☐ Test your costume in practice (movement + comfort)
- ☐ Make sure it supports your story, not distracts from it

- ☐ Pack backups: grip aid, hair ties, outfit tape
 - ☐ Do at least one full run-through in costume if possible
-

Performance Practice

- ☐ Run your piece once without stopping—even if it's messy
 - ☐ Practice finishing strong no matter what happens
 - ☐ Visualize the final pose and applause (seriously—it helps)
 - ☐ Remember: the audience wants you to succeed
-

Day-Of Reminders

- ☐ Eat, hydrate, and arrive early
 - ☐ Warm up your body *and* your breath
 - ☐ You belong here—no justifications needed
 - ☐ Confidence is not the absence of fear
 - ☐ Confidence is choosing to step on stage anyway
-

Final Boarding Call

You do not perform because you're confident.
You become confident **because you performed.**

At Altitude, the stage is not a test—it's a training ground.
And every time you step into the light, you build a skill that lasts far beyond the spotlight.

-Tricia



Altitude Aerial Arts Frisco TX

 **Communication Hours** M-F 3p - 8p Sat 9a - 2p Sun varies

 214-494-0580 | Calls only

 info@altitudefitnessfrisco.com

 www.altitudefitnessfrisco.com

 8855 Preston Trace Blvd, Frisco TX 75033

POLEAERIAL
Jump Your Fitness