



GAME DAY PREP

CHEERING YOU ON WHILE YOU PURSUE YOUR DREAM,  
ONE DAY AT A TIME

It Won't Be Easy, But It Will Be Worth It.

For Immediate Release

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### **Former Houston Dynamo Girl Hosts Workshop to Help Dancers and Cheerleaders Pursue their Dreams**

HOUSTON, TX August 20, 2018 – Nicole R. Smith, a member of the original 2007 Houston Dynamo Girls dance team, is organizing the first ever Game Day Prep 365 Audition Workshop designed to inspire, educate, and provide dancers with insider tips on how the professional and semi-professional sports cheering and dance cheering audition process works.

The one-day long workshop will take place on Sunday, September 23 at Hunter Dance Center from 9 a.m. to 4 p.m. Hopefuls can expect to learn and perform NFL and NBA audition-styled choreography and will be coached and critiqued by a panel of judges comprised of current, former professional and semi-professional dancers, cheerleaders, and industry-fitness and pageant experts.

Workshop participants will also receive tips and tricks on game day hair-styling and makeup techniques, health and fitness, insider audition secrets, giveaways and an inspirational talk by Nicole R. Smith.

Smith has experienced her fair share of audition cuts and is in a unique position to teach and coach others through the arduous audition process. “I started this workshop because I know how it feels to have the wind knocked out of you,” she said when asked why she felt compelled to coach others. “I want to encourage women to stand up, dust themselves off and try again. This workshop is the pain relief ointment for audition cuts.”

The Game Day Prep 365 Audition Workshop was inspired by Smith’s recently published book,

“Game On! Relentlessly Pursue Your Dreams.” The book tracks the ups and downs of her personal audition journey, and provides practical, proven tips on how to set goals and overcome challenges. Tips from the book are incorporated into the workshop.

Hopefuls can register for the workshop by visiting: [www.gamedayprep365.com](http://www.gamedayprep365.com). The Early Bird registration price is \$75 and the deadline to sign up is August 26, 2018. Space is limited.

### **About the Author**

Nicole is a Panamanian-American, single mother, dancer, published author and motivational speaker. She attended Oral Roberts University on a Division I Full-Ride Track Scholarship. After graduating, she started her own non-profit dance organization. Her experience in Sports and Entertainment, Radio, TV and the Performing Arts has spanned nearly 20 years. She has danced and cheered for four Professional and Semi-Professional sports teams, and her heart's desire is to provide others with tools to overcome life's challenges while pursuing their dreams.