



Music Submission Directions for Dance and High Kick Championship 2011

1. Go to www.pompon.com/dance or <http://intensedance.com/competitions.html>
2. On the right side of the page under the “Important links” header click “Submit Dance and High Kick Music Here”
3. You will be taken to the “You send it Dropbox” page
4. On the website page fill out your name, email address, and subject lines
Example:
Name: Intense Dance Varsity High Kick – Jillian Troher
Email: Jillian@pompon.com
Subject: Dance and High Kick Championship Music
Message: Attached is music for Intense Dance Varsity for both Hip Hop and High Kick categories
5. Beneath the message box you click the “select file” button which will bring up a box where you will be asked to select the music file that you want to upload; Note: files must be saved on your computer in order to be uploaded correctly
6. Once you locate the music file you want to use for competition double click on the file and it will begin to upload on the webpage
7. You will now click the green “send it” button to send the file
8. You will see the page say sending in progress; Do Not exit the page until the file is completely uploaded
9. The page will now say “Upload Success”
10. Once you see “Upload Success” your music file will be delivered to Mid American Pompon and Intense Dance
11. A confirmation email will be sent to the email address that you have provided when uploading the file
12. If there is any issue or concern with the file after it has been received the coach will be contacted by Jillian

If you have any questions or problems please email Jillian@pompon.com

Please Note that your team’s music will not be able to be viewed or heard by anyone other than Mid American Pompon and Intense Dance