

# FC Winter Wonderland - Saturday 8th December

Doors open: 7:30am

<b>Team</b>	<b>Arrive by</b>	<b>Meet</b>	<b>Perform</b>	<b>Awards</b>
Thunder	Doors open	7:40am (Beckie)	8:30am	11am
Avalanche	Doors open	7:55am (Floss)	8:46am	11am
Supreme (Jazz)	Doors open	8:00am (Amy)	8:50am	11am
Pinnacle	Doors open	8:25am (Ellie)	9:14am	11am
Intensity	Doors open	8:25am (Ellie)	9:22am	11am
Cyclones	Doors open	8:35am (Lauren)	9:26am	11am
<b>Illusion</b>	<b>7:55am</b>	<b>8:55am (Sharon)</b>	<b>9:46am</b>	<b>11am</b>
Supreme (Lyrical)	8:55am	9:55am (Amy)	10:42am	11am
Spirit	10:45am	11:45am (Floss)	12:32pm	2pm
Snowflakes	11:00am	12:00pm (Fletch)	12:52pm	2pm
Synergy	11:50am	12:50pm (Amy)	1:40pm	2pm
<b>Elite</b>	<b>2:10pm</b>	<b>3:10pm (Floss)</b>	<b>4:00pm</b>	<b>8:30pm</b>
Energy	2:45pm	3:45pm (Floss)	4:36pm	8:30pm
Extreme	4:00pm	5:00pm (Floss)	5:52pm	8:30pm
Cru5h	6:00pm	7:00pm (Floss)	7:52pm	8:30pm

## Arrival Instructions

Above are the meeting and competing times for all SA Academy teams. Please note, there have been some schedule changes since these timings were given to you with your tickets (noted in red). Where possible please be present to support all teams. Each team is given an arrival, meeting and competing time. Please note, the arrival time is the absolute LATEST you are expected to be at the venue. It is important that athletes arrive within plenty of time to familiarise themselves with the arena and prepare both physically and mentally for their performance.

A seating plan is in place for this event and we have been allocated seating in stands N and O. Seating plans will also be placed around the venue when you get there to help you locate our blocks. On arrival at the venue, please meet your team captain by the seating area to register yourself. Anyone who is reported as arriving late may risk losing their place on the team for future competitions. You must arrive in uniform with hair and make up completed. You will then meet your designated coach to go to warm up for your performance.

Venue Address:

Crowne Plaza Hotel & Resort  
Colchester Road  
Tolleshunt Knight Maldon  
CM9 8HX

## **Hair and Make up**

Please ensure you are wearing white trainer socks (no ankle socks). Make sure any bra straps are not visible under the uniforms, straps should be clear, if any. Ponytails should be as high as possible to prevent bows from falling out; as a good measure, the pony should be a palms width away from your forehead. Use hair grips to secure bow in place. Hair should be slicked back - no wispy bits or fringe hanging around the face. Please avoid using loose glitter as eyeshadow as this can fall into the athletes eyes and be uncomfortable for them whilst performing. All jewellery should be removed before entering warm up. Coaches are not responsible for any lost personal items that are brought into the warm up area.

All Cheer teams: Straight ponytail (back combed at base of ponytail to add volume), silver/smoky eyeshadow and red lipstick

All Dance teams: Same as showcase hair and make up

## **Competition Curfews**

As an Academy we have always had a strict curfew in place for all athletes prior to competing, which is included in the code & conditions signed at the start of the season. It has come to our attention that at the last few events, many athletes have not observed this curfew, as parents have stayed up late drinking in social groups or organised social gatherings/parties. Can we please remind you that competition weekends require 100% focus and require the athletes to be as rested as possible prior to competing. Athlete curfews are as follows: all tiny/mini/youth athletes should be in their hotel rooms resting by 9pm latest and 10:30pm for all junior/senior athletes. This rule will be more firmly implemented this season and may lead to losing your place on the team for those that don't observe these rules.