

FC BOURNEMOUTH Information

Venue Address

Bournemouth International Centre
Exeter Road,
Bournemouth,
BH2 5BH

Below is the meet and compete times for all teams competing at FC Bournemouth. All athletes must be present at the competition venue at your stated arrival time, in full uniform with hair and make up completed. A team mom will be appointed where you will check in and register on arrival. All team members are expected to support all SA Academy teams throughout the competition day. Please make sure you are ready at your meet time and have made toilet visits etc in good time. All jewellery should be removed, including clear plugs and hair bands on wrists. We will not be responsible for any jewellery that has to be removed in the warm up room. All Mini & Youth teams will need to meet their coach in the Windsor foyer and all Junior & Senior teams meet in the SA room at their allotted meeting time.

SA Room

We have purchased the use of a room for the duration of the competition. This will be for athletes/dancers only. If you want to help your child change, then please do this in one of the toilets. This room is situated on the ground floor at the back of the Windsor foyer and is called 'Windsor Bar 1'.

Saturday 2nd July - Doors Open 7:00am

Team	Arrival	Meet time	Coach meeting	Performance	Hall
Snowflakes	7:00am	7:40am	Floss	8:36am	Purbeck
Spirit	8:15am	9:15am	Floss	10:09am	Windsor
Synergy	9:45am	10:45am	Floss	11:39am	Purbeck
Extreme	10:50am	11:50am	Floss	12:48pm	Windsor
Energy	2:05pm	3:05pm	Floss	4:03pm	Windsor
Supreme J	2:25pm	3:25pm	Beckie	4:21pm	Purbeck
Supreme L	3:21pm	4:21pm	Beckie	4:48pm	Purbeck

Sunday 3rd July

Team	Arrival	Meet time	Coach meeting	Performance	
Thunder	Doors open	6:50am	Beckie	7:45am	Purbeck
Storm	Doors open	6:50am	Beckie	7:51am	Purbeck
Fusion	Doors open	7:30am	Floss	8:27am	Windsor
Aurora	7:15am	8:15am	Beckie	9:12am	Purbeck
Avalanche	7:35am	8:35am	Becky W	9:33am	Purbeck
Illusion	8:33am	9:33am*	Beckie & Sophie	10:24am	Purbeck
Blizzard	8:33am	9:33am	Beckie	10:27am	Purbeck
Eclipse	9:30am	10:30am	Becky W	11:24am	Purbeck
Vengeance	10:35am	11:35am	Floss	12:30pm	Windsor
Intensity	11:05am	12:05pm	Beckie	1:00pm	Purbeck
Pinnacle	11:25am	12:25pm	Amy	1:18pm	Purbeck
Crush	12:50pm	1:50pm	Floss	2:45pm	Windsor
Elite	1:50pm	2:50pm*	Floss	3:33pm	Purbeck

* Illusion & Blizzard meet in Purbeck to watch Avalanche, those in Avalanche will then get changed into Illusion costumes asap in the toilets just outside Purbeck. Beckie will take those in Blizzard & Illusion only down to warm up and Sophie will wait for the Avalanche girls to change before taking them back to warm up.

* Elite meet in the Windsor foyer.

Awards Schedule

All awards sessions will be held in Tregonwell Hall which is situated next to Purbeck.

Saturday

Snowflakes	10:45am
Spirit	11:45am
Youth 1 Supreme Champion	12:15pm
Tiny/Mini 1 Grand Champion	12:15pm
Synergy	1:45pm
Extreme	1:45pm
Youth 1&2 Grand Champion	1:45pm
Youth/Junior 3-5 Grand Champ	2:15pm
Supreme Jazz	5:15pm
Supreme Lyrical	6:00pm
Jazz Supreme Champion	6:00pm
Lyrical Supreme Champion	6:00pm
Int Open Dance Grand Champ	6:00pm
Energy	6:30pm
Junior 1 Supreme Champion	7:00pm
Junior/U17 1 Grand Champion	7:30pm

Sunday

Thunder	9:00am
Storm	9:00am
Aurora	10:30am
Avalanche	10:30am
Fusion	11:00am
Illusion	12:15pm
Blizzard	12:15pm
Eclipse	TBC
<i>Snr/Int Open 4 Grand Champion</i>	<i>1:45pm</i>
Intensity	2:15pm
Pinnacle	2:15pm
<i>Jazz Supreme Champion</i>	<i>2:15pm</i>
<i>Hip Hop Supreme Champion</i>	<i>2:15pm</i>
<i>Lyrical Supreme Champion</i>	<i>2:15pm</i>
<i>Tiny/Mini Dance Grand Champion</i>	<i>2:15pm</i>
<i>Yth/Jnr Dance Grand Champion</i>	<i>2:15pm</i>
Vengeance	3:30pm
<i>Snr/Int Open 3 Grand Champion</i>	<i>3:30pm</i>
Crush	4:45pm
Elite	5:15pm
<i>Snr/Int Open 5-7 Grand Champion</i>	<i>6:45pm</i>
<i>Jnr/U17/Snr/Open 2 Grand Champ</i>	<i>9:45pm</i>

Hair and Make-Up (Cheer Teams)

Hair for all cheer teams is a high ponytail (straight hair, where possible). Please make sure fringe and baby hairs are scraped back and secured. Ponytails should be as high as possible. Scrunchies should be wrapped twice around the ponytail and secured with an extra bobble (video of how to do so previously posted on WhatsApp groups). Make up is optional for all athletes. Eyeshadow for tiny, mini and youth teams can be silver. Eyeshadow for junior and senior teams should be a natural (brown/bronze/gold) smoky eye (please avoid loose glitter) and red lipstick. If you opt to wear red lipstick, then please use a lip stain that does not transfer.

Hair and Make-Up (Dance Teams)

Make up: Bronze/Brown/Gold smoky eye and red lipstick.

Hair: Thunder, Intensity & Pinnacle will have a high ponytail. Please make sure baby hairs are scraped back and secured. All other dance teams will have a low ponytail with a middle parting. Again, please make sure there are no loose hairs hanging down around the face.

Competition Checklist:

Competition uniform	Hair Spray
Dance costume	Hair Grips
Cheer trainers	Asthma Inhalers
Jazz Shoes	Cover up
Hip Hop shoes	All Jewellery removed
Scrunchies	
White trainer socks	
Dance tights	
Athlete wristband	
Make up	