

## **Legacy Dream Extreme**

### **Venue Address**

Resorts World Arena  
Birmingham  
Perimeter Road  
Birmingham  
B40 1NT

Below are the meet and compete times for all teams competing at Dream Extreme. Your arrival time is the latest you are expected to be present at the venue. Meet time is the time your coach will meet you to go to warm up. All athletes must be present at the competition venue at your stated arrival time, in full uniform/costume with hair and make up completed. Please allow time for parking and getting through security for the venue.

Athlete wristbands are required to gain access to the venue (these will be handed out in athletes final training sessions). We will not be responsible for lost or forgotten passes, which may incur an additional fee. Spectators should have sourced their own spectator tickets.

On arrival, please report to your team captain for registration (noted in the WhatsApp group). Please make sure you are ready at your meet time and have made toilet visits etc in good time. All team members are expected to support all SA Academy teams throughout the competition day. Academy spectators should aim to find an area together which will be used as the meet location point for all teams. Where possible, we ask all SA supporters to wear SA apparel or blue to the event in support of the teams.

This event is running with three arenas throughout the day; Freedom arena, Glory Arena and Honour arena. Please note your awards may not take place in the same hall that you competed in. A venue map will be posted on the WhatsApp group to help you navigate the arenas. Early arrival will be important to help you navigate the event and make sure you are in the correct competing halls for your performances.

## Saturday 23rd March - Doors open 7am

### Freedom Arena

<b>Team</b>	<b>Arrival</b>	<b>Meet time</b>	<b>Coach meeting</b>	<b>Performance</b>	<b>Awards</b>
Opal	9:15am	10:15am	Floss	11:16am	11:27am
Teal	4:45pm	5:45pm	Floss	6:47pm	8:54pm

### Honour Arena

<b>Team</b>	<b>Arrival</b>	<b>Meet time</b>	<b>Coach meeting</b>	<b>Performance</b>	<b>Awards</b>
Aquamarine	7:00am	7:35am	Beckie R	8:38am	9:45am
Topaz	7:00am	7:55am	Sharon	8:58am	9:45am
Ocean	7:50am	8:50am	Becky W	9:55am	11:27am
Cobalt	7:55am	8:55am	Becky W	9:59am	11:20am
Indigo	8:10am	9:10am	Becky W	10:13am	11:27am
Moonstone	8:50am	9:50am	Sharon	10:55am	11:27am
Royal	11:40am	12:40pm	Beckie R	1:41pm	3:03pm
Steel	12:35pm	1:35pm	Becky W	2:37pm	4:07pm

## Sunday 24th March - doors open 7am

### Freedom Arena

<b>Team</b>	<b>Arrival</b>	<b>Meet time</b>	<b>Coach meeting</b>	<b>Performance</b>	<b>Awards</b>
Navy Girls	8am	9am	Bek L	10:01am	11:55am
Aqua	12:10pm	1:10pm	Floss	2:12pm	4:03pm
Mystique	2:25pm	3:25pm	Floss	4:28pm	7:05pm
Neon	3:20pm	4:20pm	Soph	5:21pm	6:07pm
Electric	4:00pm	5:00pm	Fletch	6:00pm	7:05pm

### Glory Arena

<b>Team</b>	<b>Arrival</b>	<b>Meet time</b>	<b>Coach meeting</b>	<b>Performance</b>	<b>Awards</b>
Sky	7:00am	7:30am	Fletch	8:31am	10:17am
Turquoise	7:15am	8:15am	Floss	9:17am	11:55am
Midnight	12:45pm	1:45pm	Soph	2:46pm	5:53pm
Tanzanite	2:15pm	3:15pm	Fletch	4:18pm	6:07pm

### Honour Arena

<b>Team</b>	<b>Arrival</b>	<b>Meet time</b>	<b>Coach meeting</b>	<b>Performance</b>	<b>Awards</b>
Periwinkle	7:30am	8:30am	Livvie	9:32am	11:55am
Baby Blues	8:15am	9:15am	Amy	10:18am	12:45pm
Blueberries	10:40am	11:40am	Liv	12:42pm	3:08pm
Pandora	1:00pm	2:00pm	Sharon	3:00pm	4:58pm
Bubblegum	1:00pm	2:00pm	Amy	3:04pm	4:58pm

## **Awards**

Awards for all teams are listed below. Please note, awards do not take priority over your meet times for crossover athletes if there are any schedule clashes. Athletes must attend awards in their competition uniform or dance costume with no cover ups.

### **Awards - Saturday**

Topaz & Aquamarine - Saturday awards 1 - Glory Arena - 9:45am

Cobalt - Saturday awards 2 - Freedom Arena - 11:20am

Opal, Moonstone, Ocean, Indigo - Saturday awards 3 - Glory Arena - 11:27am

Royal - Saturday awards 6 - Glory Arena - 3:03pm

Steel - Saturday awards 7 - Freedom Arena - 4:07pm

Teal - Saturday awards 12 - Glory Arena - 8:54pm

### **Awards - Sunday**

Sky - Sunday awards 1 - Glory Arena - 10:17am

Periwinkle, Turquoise, Navy Girls - Sunday awards 3 - Freedom Arena - 11:55am

Baby Blues - Sunday awards 4 - Glory Arena - 12:45pm

Blueberries - Sunday awards 6 - Honour Arena - 3:08pm

Aqua - Sunday awards 7 - Honour Arena - 4:03pm

Pandora, Bubblegum - Sunday awards 8 - Honour Arena - 4:58pm

Midnight - Sunday awards 9 - Honour arena - 5:53pm

Tanzanite, Neon - Sunday awards 10 - Glory Arena - 6:07pm

Mystique, Electric - Sunday awards 11 - Freedom Arena - 7:05pm

### **Hair and Make-Up (Cheer teams)**

Hair for all cheer teams is a high ponytail (straight or curly depending on natural hair type). Please make sure fringe and baby hairs are scraped back and secured.

Ponytails should be as high as possible (preferably a palms width from the hairline).

Scrunchies should be wrapped twice around the ponytail and secured with an extra bobble/hair pins. Athletes with hair length above the shoulders are permitted a half up half down style. Fringe should still be pinned back where possible.

All athletes must wear a red lipstick (not optional). Please use a lip stain, lip pencil or matte lipstick that won't smudge. Eye make-up is optional for all tiny, mini & youth teams. Junior and senior should aim for a smoky bronzed eye. Fake eyelashes are permitted but please make sure you use a strong eyelash glue and choose an appropriate length for competing.

## **Hair and Make-up (Dance teams)**

Topaz & Moonstone - Ponytail placed in centre of head with middle parting

Ocean & Aquamarine - Low ponytail with middle parting

Cobalt - High ponytail

Royal - Ponytail placed in centre of head with middle parting

Indigo - High bun (Alexia low ponytail with middle parting)

Steel - Low ponytail with a bubble braid & middle parting

All hairstyles must be slicked back with hair product such as gel or hairspray, with no baby hairs left loose around the face. Hairstyles should be sufficiently secured with bobby pins/hair grips and 2 bobbles used for ponytails to ensure they don't come loose whilst dancing.

All dancers must wear red lipstick. Matte lipsticks or lip stains are advised to avoid smudging. Eye makeup needs to be a smoky eye using a brown/gold/bronze colour palette. Bronzer should be used to warm up & give colour to the face, as stage lights can wash out facial features. We recommend that all dancers wear eye makeup and bronzer, however this is optional for Tiny/Mini dancers.

## **Uniforms/Costumes**

Please make sure any bra straps are appropriate for competition uniforms/dance costumes and aren't visible. White trainer socks only are permitted for cheer, with no visible colours or ankle socks allowed. All jazz & lyrical dancers must wear tan dance tights.

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.

## **Competition Checklist**

- Competition uniform/Dance costume
- Cheer trainers
- Jazz/hip hop shoes
- Scrunchies
- White trainer socks
- Costume accessories
- Athlete wristband
- Make up
- Hair spray
- Hair grips
- Asthma Inhalers
- Cover up
- All jewellery removed