

## FC Internationals 2024

### Venue Address

Bournemouth International Centre  
Exeter Road  
Bournemouth  
BH2 5BH

Below are the meet and compete times for all teams competing at FC Internationals. 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. Coaches will update with the meet location 30 minutes before the meet time in the WhatsApp groups. All athletes must be present at the competition venue at your stated arrival time, in full uniform with hair and make-up completed.

Athlete wristbands and spectator tickets 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.

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. Where possible, we ask all SA supporters to wear SA apparel or blue to the event in support of the teams.

### Friday 5th July - Doors open 9am

<b>Team</b>	<b>Arrival</b>	<b>Meet time</b>	<b>Coach meeting</b>	<b>Performance</b>	<b>Venue</b>	<b>Division</b>
Bubblegum	9:57am	10:57am	Amy/Tia	11:52am	Purbeck	Small/medium mini level 1
Turquoise	10:41am	11:41am	Floss	12:36pm	Windsor	X-small youth level 1 B
Aqua	5:25pm	6:25pm	Floss	7:20pm	Windsor	International Open level 4
Navy Girls	6:40pm	7:40pm	Soph/Fletch	8:35pm	Purbeck	Int Open Non-tumbling level 2
Mystique	6:52pm	7:52pm	Floss/Amy	8:47pm	Purbeck	International U16 level 2

### **Saturday 6th July - Doors open 7am**

<b>Team</b>	<b>Arrival</b>	<b>Meet time</b>	<b>Coach meeting</b>	<b>Performance</b>	<b>Venue</b>	<b>Division</b>
Midnight	7:21am	8:21am	Soph/Fletch	9:16am	Windsor	Small Junior level 1 A
Electric	1:01pm	2:01pm	Floss/Amy	2:56pm	Windsor	Small/Medium Junior level 3
Steel	5:17pm	6:17pm	Beckie R	7:07pm	Purbeck	Senior Hip Hop
Indigo	6:31pm	7:31pm	Beckie R	8:21pm	Purbeck	Senior Lyrical/Contemporary

### **Sunday 7th July - Doors open 7am**

<b>Team</b>	<b>Arrival</b>	<b>Meet time</b>	<b>Coach</b>	<b>Performance</b>	<b>Venue</b>	<b>Division</b>
Topaz	7:00am	7:22am	Beckie R	8:12am	Purbeck	Tiny Hip Hop
Neon	7:00am	7:17am	Floss/Amy	8:12am	Windsor	International Under 18 level 5
Aquamarine	7:00am	7:46am	Becky W	8:36am	Purbeck	Small Mini Hip Hop
Cobalt	7:22am	8:22am	Becky W	9:12am	Purbeck	Small Youth Hip Hop
Moonstone	8:31am	9:31am	Beckie R	10:21am	Purbeck	Tiny Jazz
Ocean	8:34am	9:34am	Becky W	10:24am	Purbeck	Small Mini Lyrical/Contemporary
Royal	9:22am	10:22am	Becky W	11:12am	Purbeck	Small Youth Lyrical/Contemporary
Teal	1:23pm	2:23pm	Floss/Fletch	3:18pm	Windsor	Small/Medium Senior level 4.2
Opal	5:50pm	6:50pm	Floss/Soph	7:45pm	Purbeck	Small Senior level 2 B

### **Awards**

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 with no cover ups. Teams will only need to attend award sessions for grand champions and supreme champions if they have won their division. For cheer, Supreme Champion is given in divisions where multiple splits have been made into A/B etc and is awarded to the highest scoring team from all split divisions. For dance, Supreme champion is given for the overall highest scoring team in each style, i.e. Lyrical, Jazz, Hip Hop etc. Grand Champion is the highest scoring team from multiple divisions combined. Tregonwell Hall is located on the 1st floor between Purbeck Hall and Windsor Hall. The Pavillion is located outside of the BIC and is a 5-10 minute walk across the park. There may not always be a coach available at awards sessions, so team captains will be in charge of taking team photos and collecting trophies.

## Friday

<b>Team</b>	<b>Hall</b>	<b>Awards time</b>	<b>Grand Champion</b>	<b>Supreme Champion</b>
Bubblegum	Tregonwell Hall	2:00pm	2:45pm (Tregonwell Hall)	2:45pm (Tregonwell Hall)
Turquoise	Pavillion	3:15pm	7:00pm (Tregonwell)	10:00pm (Windsor)
Mystique	Purbeck Hall	10:00pm	10:00pm (Purbeck Hall)	
Navy Girls	Purbeck Hall	10:00pm	10:00pm (Purbeck Hall)	

## Saturday

<b>Team</b>	<b>Hall</b>	<b>Awards time</b>	<b>Grand Champion</b>	<b>Supreme Champion</b>
Midnight	Pavillion	12:00pm	5:45pm (Pavillion)	2:00pm (Pavillion)
Electric	Pavillion	4:45pm	9:30pm (Pavillion)	
Steel	Tregonwell	8:00pm	10:00pm (Tregonwell)	10:00pm (Tregonwell)
Indigo	Tregonwell	10:00pm	10:00pm (Tregonwell)	10:00pm (Tregonwell)

## Sunday

<b>Team</b>	<b>Hall</b>	<b>Awards time</b>	<b>Grand Champion</b>	<b>Supreme Champion</b>
Topaz	Tregonwell	9:45am	12:00pm (Tregonwell)	12:45pm (Tregonwell)
Neon	Pavillion	11:45am	2:00pm (Pavillion)	
Aquamarine	Tregonwell	10:30am	12:00pm (Tregonwell)	12:45pm (Tregonwell)
Cobalt	Tregonwell	10:30am	12:45pm (Tregonwell)	12:45pm (Tregonwell)
Moonstone	Tregonwell	11:15am	12:00pm (Tregonwell)	12:45pm (Tregonwell)
Ocean	Tregonwell	12:00pm	12:00pm (Tregonwell)	12:45pm (Tregonwell)
Royal	Tregonwell	12:45pm	12:45pm (Tregonwell)	12:45pm (Tregonwell)
Teal	Pavillion	5:00pm	5:00pm (Pavillion)	
Opal	Tregonwell	9:30pm	9:30pm (Tregonwell)	9:30pm (Tregonwell)

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

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.

It is compulsory that all athletes wear a red lipstick for competing. 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)**

Moonstone and Topaz:	Middle parting with ponytail placed at ideal height to fit through cap.
Aquamarine:	High ponytail
Ocean:	High bun
Cobalt:	High ponytail
Royal:	Middle parting with low ponytail
Steel:	Middle parting with low ponytail in a bubble braid.
Indigo:	Middle parting with low ponytail.

All hairstyles must be slicked back with hair product such as gel or hairspray, with no baby hairs left loose around the face. Ponytails should be secured enough that they don't come loose whilst dancing, using more than one bobble if necessary. For buns, we recommend using U-shaped pins, and hairnets must be used to secure to the head.

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 and give colour to the face, as stage lights can wash out facial features. We recommend that all dancers wear eye make-up and bronzer, however this is optional for Tiny/Mini dancers.

## **Uniforms/Costumes**

Please make sure any bra straps are appropriate for competition uniforms/costumes and aren't visible. White trainer socks only are permitted for cheer, with no visible colours or ankles socks allowed. Jazz/Lyrical dancers must wear tights with their costume and ensure that pants aren't visible when wearing leotards.

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**

### **Cheer**

Competition uniform  
Cheer trainers  
Scrunchies  
White trainer socks  
Athlete wristband  
Make up  
Hair spray  
Hair grips  
Asthma Inhalers  
Cover up  
All jewellery removed

### **Dance**

Dance costume  
Jazz/lyrical shoes and/or Hip Hop trainers  
Tan tights (Jazz/lyrical dancers)  
Athlete wristband  
Make up  
Hair gel / hairspray  
Bobbles / hair grips  
Asthma inhalers  
Cover up  
All jewellery removed