



NSWCAI SOLO/DUO COMPETITION 2020 FACT SHEET

NSWCAI extends an invitation to all interested Calisthenic registered members to enter our annual State Solo Competition to be held at Bankstown Sports Club Theatre on Saturday 2nd May. Entries are via www.comps-online.com.au only. Once payment has been processed, a confirmation email will be sent.

Please read the information provided below to be fully aware of all terms and conditions of entry:

VENUE

Venue: Bankstown Sports Club – 8 Greenfield Parade, Bankstown NSW 2200.
The Grand theatre – located upper level (follow signs on arrival)

Transport: **Driving** – Free parking is available at the venue, tickets can be validated at reception upon exit.

Train – Bankstown Station is a 5 minute walk. If getting the train from the airport change at Central for Bankstown services. Alternatively it is approx. 30 min drive/Uber from the airport

Accommodation – there is a Travelodge located directly under the venue with great rates available, otherwise there is plenty in the vicinity

Facilities: Plenty of restaurants and food outlets within the club, or Centro Bankstown Shopping Centre is a 5 min walk. Please note: No external take away foods are to be brought into the club/theatre. Packed lunches are fine.

Supervision: An adult must accompany all children under the age of 18 at all times. This includes walking through the club, to and from the theatre, and all other facilities. This is a requirement from the venue due to licensing and for the safety and benefit of your children. You cannot just drop your child and leave. If you need to drop off, you must co-ordinate with your coach or another parent to meet your child.

Tickets: We will be selling all day passes to the competition for \$10 on the day (cash only). Please make sure you wear your supporter's wristbands all day.

ENTRIES

Entries: Entries close on **Friday, 28th February 2020**

Due to the hire duration, entries are limited, and may close early if capacity is reached.

To enter please register online at www.comps-online.com.au

Entries are not accepted until payment has been received. Payment is to be made via Paypal or credit card by following the links provided.

NSWCAI require all solo/duo entrants to have achieved the minimum



calisthenic skills exam appropriate to their age. These are as per the ACF and NSW Competition Rules and are available on the competition entry website. These must be viewed before entering and will be confirmed with your State Skills Registrar.

Entry Fees:

Entries fees for 2020 are as follows:

\$45.00 per competitor for Calisthenic Solo and Graceful Solo items

\$60.00 per Calisthenic Duo item**

***Note only one entry is required per duo – competitors should coordinate as to who will be responsible for submitting entry form and making payment*

Divisions:

After the success of grading the competition last year, we are aiming to offer grades/divisions for all age groups (dependent on entry number is each section)

Competitors will be entered into sections based on their previous NSWCAI Competition results, and their state grading. The divisions for 2020 Competition will be “A Grade” and “B Grade”. The NSWCAI Competition Committee will determine the grading, and their decision is final.

NSWCAI needs a minimum of two competitors in a section to run a competition. If we get a single entry for any section, that competitor will be contacted.

TECHNICAL INFORMATION

Lighting/Music – Please don’t send anything yet, we will call for these at a later date

Staging:

The performance area is 8m x 10m (with the standard 2.5m between all crosses). There is a small apron in front of the front line of theatre that will be marked for Safety purposes. Please see below photo (front line will be taped where curtain is)





Coaches are advised that there is no front or back curtain available. Instead there is a permanent white Cyclorama across the back of the stage. Competitors will need to start at centre back stage in a blackout if back curtain entry is normally used.

There is also no room between the side of the stage and the wings. The only people to be side stage during a performance are the 2 x Stage Managers, Coach and Competitor.

If a coach has consecutive girls on stage, a small holding room is available for the next competitor to wait.

There will be only one door for entry and exit to the dressing rooms.

Lighting: We are very excited to offer more lighting at this venue. Lighting sheet will be provided once entries close. Lighting available will be colour washes, front of stage lit, centre of stage lit, black out.

Music: Coaches need to upload music to the dropbox folder, information will be sent once entries close.

Crit Papers: NSWCAI is trialing the typing of crit papers at this competition. Crit sheets will be printed and handed to the competitors as they leave the presentation area.

Videos: Performance videos will be included with all entries, a dropbox link will be sent to the email address that was used in the entry process.

Dressing Rooms: The dressing room for this competition will be the Garrison Room. It is one large dressing and warm up space for all competitors. Please be courteous of other competitors. Access is via the foyer, follow signs on the day. Access to dressing room is for coaches and competitors only, due to child protection laws. Coaches are to wear their coaching badges at all times. Competitors must not get ready outside of this dressing room (including the foyer)

SHOES MUST BE WORN AT ALL TIMES. So please pack thongs, slides or slippers to wear to and from the stage.

Looking forward to a great competition and we thank you for your continued support