

## FC Adventure in Atlantis

### Venue Address

NAEC,  
Stoneleigh  
Kenilworth,  
CV8 2LZ

Below are the meet and compete times for all teams competing at FC Adventure in Atlantis. 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 tickets will be handed out with the Athlete wristbands.

On arrival, please report to the assigned team mom 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.

### Saturday 5th April - Doors open 7am

| <b>Team</b> | <b>Arrival</b> | <b>Meet time</b> | <b>Perform</b> | <b>Awards</b> |
|-------------|----------------|------------------|----------------|---------------|
| Cobalt      | 12:40pm        | 1:40pm           | 2:30pm         | 4:15pm        |
| Steel       | 12:40pm        | 1:40pm           | 2:35pm         | 4:15pm        |
| Sapphire    | 1:35pm         | 2:35pm*          | 3:10pm         | 4:15pm        |
| Royal       | 1:35pm         | 2:35pm*          | 3:25pm         | 4:15pm        |
| Indigo      | 2:10pm         | 3:10pm*          | 3:55pm         | 4:15pm        |
| Neon        | 4:55pm         | 5:55pm           | 6:50pm         | 9:00pm        |

\*Mia & Tegan H will need to meet their coaches in the performance hall once Steel have competed. Amelia M & Scarlett will need to meet their coaches in the performance hall once Sapphire have competed.

## **Sunday 6th April - Doors open 7:00am**

| <b>Team</b> | <b>Arrival</b> | <b>Meet time</b> | <b>Perform</b> | <b>Awards</b> |
|-------------|----------------|------------------|----------------|---------------|
| Mystique    | 12:00pm        | 1:00pm           | 1:57pm         | 3:45pm        |
| Aqua        | 4:15pm         | 5:15pm           | 6:18pm         | 8:15pm        |

### **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/costume with no cover ups, cheer/dance shoes and hair still in place.** After the awards you will be free to take pictures with the banner/trophy and then must return it to the team mom to be brought back to the academy.

### **Hair and Makeup**

Hair for Mystique and Neon is a high curly ponytail. Hair for Aqua is a low curly ponytail. 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).

Cheer - Bows should be secured with extra bobble/hair pins. Volume can be added to the top of the ponytail to help secure bows in place. Athletes with hair length above the shoulders are permitted a half up half down style. Fringe should still be pinned back where possible.

Dance - All dancers to wear a high slicked back ponytail. Cobalt can put their ponytail in a bubble braid using their gold chain bobbles.

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 teams. Youth age and above 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.

### **Uniforms/Costumes**

Please make sure any bra straps are appropriate for the competition uniform/dance costumes and aren't visible. White trainer socks only are permitted for cheer, with no visible colours or ankles socks allowed. Lyrical teams need to be wearing skin colour pants and 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/dance shoes
- Scrunchies
- Dance hair accessories
- White trainer socks
- Skin colour tights & pants (lyrical teams)
- Athlete wristband
- Make up
- Hair spray
- Hair grips
- Asthma Inhalers
- Cover up
- All jewellery removed