



**MOUNTAIN DISTRICT CALISTHENICS COMPETITION**  
**VENUE INFORMATION - The KARRALYKA THEATRE**

**ADDRESS**                   Karralyka Centre, Mines Road Ringwood

**CAR PARKING**            There is plenty of onsite parking at this venue.

**ARRIVAL TIME**           Doors open 45 minutes before session begins. If you are early, it is best to wait in your car or outside in the centre's grounds as the theatre, including toilets will not be accessible, particularly between sessions as we have to allow this time for cleaning. We will also be diligent in minimising cross over of sections. Hair and make-up will need to be done off site. PLEASE advise your families and coaches not to get there too early.

**TICKETS**                   Entry tickets need to be purchased by everyone except competitors and allocated number of coaches, PRIOR to entering dressing rooms or the theatre. Tickets will be purchased on the day and wrist bands MUST be worn at all times. Cash is preferred, as it is quick and easy, but there will be EFTPOS available.

**ADULTS - \$25**

**CONCESSION (blue card only) - \$20**

**CHILDREN - \$15**

**PROGRAMS**               Programs will be uploaded to our website and FB page 2 weeks before each competition for each club to print their own. Some will also be available at the ticket box. Here is the link: [Mt District Calisthenics Competitions - Home \(mtdistrictcc.com\)](http://Mtdistrictcalisthenics.com)

**DRESSING ROOMS**       There is adequate dressing room space at the venue however for some of the big sections it is of course going to be tight. For some sections, we have hired an extra upstairs room for warm-up and practice but priority is given to those who are allocated this as a dressing room. There is to be NO practicing or warm up in the foyer areas. If practicing outside please be considerate of others.

**CANTEEN**                 The venue will be providing a canteen at all sessions.

**CALI VIC**                 Please use the following link for all team competition information –  
[Schedules - Calisthenics Victoria](http://Schedules-Calisthenics-Victoria-suzpzt0ddojh5lr.pdf)  
[suzpzt0ddojh5lr.pdf \(revolutionise.com.au\)](http://suzpzt0ddojh5lr.pdf)  
[z4jujm9azjitvczg.pdf \(revolutionise.com.au\)](http://z4jujm9azjitvczg.pdf)

# COACH INFORMATION

**COACHING PASSES** Each competing club will be given 3 wrist band passes. Additional passes will need to be purchased at check-in.

**BOOKING IN** All coaches need to book in at the registration desk, in the main foyer. The following information needs to be provided for your team to compete:

- WWCC for backstage personnel (including parents and unregistered assistants over 18)
- Lighting Sheets (will have already been emailed 10 days prior, but please provide 2 hard copies, one for yourself and one for the tech).
- Titles for Character/Folk Dance, Song with action, Aesthetics, Song and Dance, Revue, Rhythmical Aesthetics, Dance Arrangement – please also include on lighting sheets when emailing in.
- Curtain Cues will be taken verbally and we will add to our Master Sheet.
- Advice regarding any withdrawals.
- Any relevant disability letters (if applicable).

**\*\*Please note Cali Vic are providing team lists directly to the competitions in 2022\*\***

**MUSIC** USB's are recommended, and coaches will need to upload music side stage before the competition commences. Also, please label your USB's with coach and club name.

**DLP** A DLP waiver form must be completed to use DLP. Here is the Cali Vic link: [2022 DLP Waiver Form.docx \(sharepoint.com\)](#)

**CURTAINS** There is plenty of space behind the back black tab which is used as the reveal and opens outwards. Mid curtain can only be used in items where it is allowed. Front curtain opens very slowly.

**RUN THROUGHS** There is no space behind the cyc so if a run through is required please allow plenty of time as the competitor needs to go down and upstairs and under the stage. Please notify backstage staff if a run through is required. This is only a problem when using the cyc.

**LIGHTING** Standard calisthenics lighting is available for all sessions.

- 9 dots
- Centre Special
- Curtain Special
- Decal
- Mirror Ball
- Upstage/Downstage
- Cyc/Stage Washes
- Cyc Chase
- Spot Chase
- Blinders

**PROPS** Please ensure props are unloaded and set up prior to the commencement of the competition. Please remember we need the venue cleared within 10 minutes, so have people ready to assist with removing props as quickly as possible.

## **ITEM ORDER**

### **Subs-juniors through Masters**

- March
- Clubs
- 15 Minute Break
- Free Exercises
- Rods
- Aesthetics/Rhythmical Aesthetics
- Song and Dance, Revue, Dance Arrangement

### **Tinies**

- Freearm
- Rods
- 15 Minute Break
- Character/Folk Dance
- Song with Actions

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