



ENERGY EXPRESS EISTEDDFOD

**Club Five Dock,
66 Great North Rd, Five Dock**

Sat 2nd March (Juniors & Seniors) & Sun 3rd March (Intermediates) 2024

*** Official film company – Magic Focus Media
* Adjudicators:- Sydney Humphries & Kirsty Jeffery**

Contact Miss Rachael - 0419 410 920 or Email – studiorsd@gmail.com

Entries close 22nd Feb 2024

All 1st, 2nd & 3rd Place getters in Solo/Duo/Trio sections (SR, Rest, OPEN) shall receive specialty EEE 'Olympic Style' logo Bronze, Silver & Gold Medals.

Ribbons will be awarded for Highly Commended.

Championship sections shall all receive Special Championship Certificates & Trophies.
Improvisation sections receive ribbons

(Additional Trophy purchases \$15 & additional Medal purchases \$8)



Venue

Club Five Dock has a wooden dance floor 8.5m X 8m. The auditorium is upstairs on level 1. This venue DOES NOT have tarket. EEE will provide resin for dancers. Rope lights, the EEE media wall & the EEE banners are used to mark out the dance floor area. Both Male & Female toilets are in the foyer upstairs. All dancers MUST come dressed with hair & make up done. There is a dressing room provided.

Food & Beverages

Dock & Co. prides themselves on delivering a tasty menu and top service. Where you can experience some great Club favourites done right mixed in with some modern twists. Dock & Co is open 11.30am – 2.30pm for lunch & 5pm – 9pm for Dinner. La Casa is a European-inspired escape with delectable Mediterranean share plates, signature cocktails, and live music. The La Casa kitchen is open midday until 9pm. Drinks can also be purchased at the Bars within the RSL club & can be taken into the Auditorium throughout the event. No external food is to be consumed on club premises.

Championships

Those entered in Championships, will only perform their new non repeat dance in the Championship sections & all other routines that Championship dancers are entered in at EEE will be included in results. Adjudicators are aware of the dancers who have entered Championships at EEE as its is noted on their spreadsheet.

Improvisations

Improvisation dancers will receive notification via email by 5pm on Friday for their Improvisation song. Please listen to the song choice prior to competition day & be prepared as dancers will NOT re-listen to the song on competition day. Improvisation is 1min and will be any part of the song. Dancers DO NOT need a costume for Impro.

Competition

A competition is a situation in which two or more people or groups are trying to get something which not everyone can have. A competition is more than just one person, its 2 or more. A competition is an activity or condition of striving to gain or win something by defeating or establishing superiority over others. Please understand that EEE is running a competition, hence why there are combined variety sections in the program. This is to ensure that dancers are competing against another person in a competition environment.

Presentations

Miss Rachael will constantly announce results throughout the event & there are EEE 1st, 2nd, 3rd & HC Banners at the venues, where dancers can take photos. If time permits in the schedule, EEE will announce Junior results onstage as a big presentation. Please tag EEE on your socials @energyexpresseisteddfod.

EEE Sydney Titles

Those dancers who reach a top score of over 90% will be invited to EEE Sydney Titles to re-compete for EEE Overall Title Championships in their preferred style. This event will take place in February 2025.

COVID-19

EEE would like to remind everyone to please make note & abide by all Health & Safety signage displayed throughout competition and for all spectators & dancers to perform regular hand hygiene, social distancing & respiratory etiquette in public. EEE will carry out regular cleaning of doorways, handles, microphones, pens, highlighters, chairs, stage doorways, backstage, tables, chairs, sound desk, usb's, ipods etc throughout the day.

Sanitizer & tissues will be available at the entry door & side of stage. Dancers & parents are to ensure social distancing in change rooms – this is your responsibility.