



**ENERGY EXPRESS**  
**EISTEDDFOD**  
BE IN IT TO WIN IT

**APRIL**  
13th

THE PONDS HIGH SCHOOL

**2025**      [studiorsd@gmail.com](mailto:studiorsd@gmail.com) 0419 410 920  
[www.comps-online.com.au](http://www.comps-online.com.au)

## **The Ponds High School Gym**

**Entry via Wentworth Ave, The Ponds (Schofields)**

**Sunday 13<sup>th</sup> April – All ages on 1x day**

**\* Official film company – Magic Focus Media**

**\* Adjudicators:- TBC**

**Contact Miss Rachael - 0419 410 920 or Email – [studiorsd@gmail.com](mailto:studiorsd@gmail.com)**

**Entries close 28<sup>th</sup> March 2025**

All 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> 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 & Achievement.

Adjudicators choice, best costume, highest score awards.

Championship sections shall all receive Special Championship Certificates & Trophies.

**Venue** – The Ponds High School Gym is at the rear of the school. Please enter via Wentworth Ave rather than the front entrance of the school as you will have a long walk..... The stage at The Ponds is 10m x 7m & Its is wooden. EEE will provide rosin for dancers. This venue DOES NOT have tarkett. All dancers MUST come dressed with hair & make up done. Bathrooms are located near the entry of the hall as well as bathrooms in the change room for the dancers. There is a large outdoor undercover area where dancers can practise before performing on the stage. There is no limit on the number of spectators a performer can bring with them.

### **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 it 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. There is no costume mark for Impro, so dancers can wear a leotard, crop top, shorts etc.

### **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 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> & 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 2026.

**VIDEOGRAPHY**  
**Magic Focus Media**  
*is your official videography  
provider for this event*

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