

December 9th, 2018

Location: Heritage Park & Pavilion, Stony Plain (5100-41 Ave)

Time: Doors @ 12:30, Show @ 1:00 See below for athlete meeting times (Guppies, Wee Dance and Penguins will stay with their parents and be called down for team introductions at the beginning then please pick them up immediately after their performance from around the mat to go and sit with you for the remainder of the show.)

Attire: All athletes need to wear there practice t-shirt and black shorts/capris (or pants for rec if they'd like)

- Dance - Hair in a high pony tail

- Recreational - Hair in a high pony tail (bow if they'd like)

- Prep & Competitive - Full competition hair, makeup and competition bow (full details in the December email)

Schedule: Athletes will meet in the main hall with their coach at the designated time, please do not be late as each team has a specific time slot for warm up

Team	Meeting Time	Warm up	Perform
Team Introduction & Club photo			1:00
Guppies	N/A	N/A	1:14
Turtles - Green (Coach Kayla)	12:50	N/A	1:18
Mermaids (Mini Prep)	12:25	12:44	1:22
Wee Groves	N/A	N/A	1:26
Icebergs (Youth 1)	12:05	12:28	1:30
Tridents (Tiny-prep)	12:30	12:48	1:34
Dolphins (Youth-rec)	12:50	N/A	1:38
Turtles - Blue (Coach Laura)	12:50	N/A	1:42
Rising Tide			1:46
Sharks (Youth Prep)	12:25	12:40	2:00
Penguins	N/A	N/A	2:04
Star Fish (Mini-rec)	12:50	N/A	2:08
Dance	12:50	N/A	2:12
Rip Tide (Junior 2)	12:10	12:24	2:16
Splash (Tiny 1)	12:35	12:52	2:20
Fantasea (Mini-prep)	12:20	12:36	2:24
Torrent (Junior Prep)	12:30	12:56	2:28
Dance	12:50	N/A	2:32
Odyssey (Junior 1)	11:50	12:20	2:36
Sea Starz (Mini 1)	12:10	12:32	2:40
Stingrays (Senior 2)	11:50	12:15	2:42
Closing Remarks			2:45

