



## Advice for Calisthenics Competitors

At Royal South Street Competitions  
Ballarat 2009

Dear Calisthenics Family,  
Thank you for entering at Ballarat. We look forward to seeing you. The following notes you may know, but read on, they are there to help you.

**Venue** Her Majesty's Theatre,  
17 Lydiard Street South, Ballarat.

- General entrance is at the front, but all **props, costumes, large bags and boxes must be brought in and out via the back door** (Stage Door) off Lewis Street or Unicorn Lane off Sturt Street.

**Help.** If you are lost, unsure, or curious, please ask the Kiosk, Ushers, **RSSS Office Staff** the Photo room, or any Back Stage crew.

Any problems go direct to RSSS Office (Basement). We are very happy to help.

- Generally RSSS members wear a **blue jacket**; our many Helpers have a large **RSSS name tag** hanging around their neck. Theatre technicians wear **black** shirts.
- First Aid is available via the Kiosk, Stage Manager, Photo Room, and Theatre Techs.
- A first aid rest room is available in the lower dressing room area (room 8).

**Dressing Rooms** In the basement, 2 levels, beneath the stage. Access from the front down many stairs, or Unicorn Lane, or the back door.

Look for notice boards with maps and lists.

- Each group will have a specific room that they will use on the day they compete. Please check dressing room list on notice boards.
- Please do not leave **valuables** in the rooms!
- Absolutely **No notices** or decorations on the walls, ceilings, passages etc, just on mirrors & notice boards. Use

Blu-tac only

- No **Prams** to be left in passageways.
- No smoking, cooking, boiling jugs etc in the rooms. (Hot water available in Green Room.)
- Please keep your room clean or an extra-ordinary cleaning fee may come your way.
- Some rooms may not be in the theatre (an **outside** walk, need cloak/shoes?)

**Registration** Coaches will register their teams in the green room or side stage before the sessions starts. (A Session is a morning or afternoon or night).

**Stage** Access is via the basement, many stairs, and the Green Room. Be careful, don't run.

- At stage level are the Green Room, Photo & Video Room, First Aid Kit, Stage Managers and Music player.
- No access to stage during a performance please! Wait in the Green Room.
- .Please be ready in the Green Room 3 items before your performance. Remain with your Coach **quietly** in the Green Room, not side stage.

**Performance** Just ask the Stage manager if you are not sure of anything. Remember to **look** at the Adjudicator sitting in the middle level auditorium with a red light in front.

- If wrong music, mental blank, injury, or an **unsafe situation** occurs, just run off.
- If you have injured yourself badly, lie down at once and we will rescue you. Your future is important, no need for heroics.
- Generally there are **no** onstage presentations after each section.

**Please do not have bare feet elsewhere in theatre.**

**Parents Backstage**

- In all cases parents must have a general admission ticket (see below).

**Parents will not have access to dressing rooms and backstage once the session begins.** Please ensure that children have anything they need (eg. water, snack, medication if needed) at the **start of the session**. After this time, only those people who have been given passes issued by RSSS side stage to assist coaches with dressing

and/or props will be given access to these areas. These passes must be carried at all times when backstage and returned to our office at the end of the division. Passes are transferable but must be exchanged outside of the backstage areas, such as Lucky's Foyer.

To control who goes to the dressing rooms and backstage we are required to have a person at the stage door and another at the entrance to the dressing rooms from near our office who will sight passes. This is also a security requirement.

**Admission to the Auditorium** Tickets are purchased at the Box Office in the front foyer until about 7.30pm. After this time you may purchase them downstairs at the RSSS office. Everyone needs a ticket or pass to enter:-

**\*General admission**

Concession is available for Competitors, Students, & Children over 14 years; Pensioners, Senior Citizens, and UFS members. Show ID at purchase.

Child is 6 - 14 years. Children under 6yrs are free.

- A **session** (morn, or afternoon, or night) costs about \$10 /adult, \$9 /concession, \$6 /child.
- An all-**Day** ticket costs \$27 / \$24 / \$15.

Allocated seat numbers will apply in any booked sessions.

- **Competitors** have free admittance only during the sessions they perform in.

**In the Auditorium** Students please wear track suits etc, and shoes. (No bare feet beyond the stage.) Keep feet off seats, do not rock the seats.

Bottled water and sweets only allowed.

**\*\*Because of Building Regulations, No prams or big bags are permitted in the auditorium.** Baby capsules may be taken into the auditorium and placed on a spare seat (not in aisles or on the floor) during an unreserved session. Baby change tables are provided in Male and Female toilets on the Lower Level.

**Disabled Access** A lift is available giving wheelchair access to the Stalls area of the auditorium and to the Lower Level toilet area.

- No entry during a performance. Mobile phones must be **off**.
- No video or photography (copyright

laws).

- Please show respect and silence during a performance, and **applaud** at the end for **everyone**. We all share a special journey in the world of performing arts.

**Videos** of performances must be arranged beforehand with your coach.

**Lost Property** Immediately get the Chairman to make a general announcement (ask Ushers, Chair, or Office). Check with Kiosk, and RSSS Office then, and the **next** day.

**Long Room** Is available during lunch/tea breaks for BYO/picnic lunches etc, on a "first in best dressed" basis. It is located on the Dress Circle level of the auditorium. Please leave clean.

**Car Parking** There is street parking around, but watch the **expiry** times please. Weekend parking may be free, but limited to only **2hrs!** Read the signs. Council parking Officers are relentless.

- **You cannot park behind the theatre or in the private car parks next door.**
- Lock all valuables in the boot, out of sight!
- The multistory car park is south of Target, corner Doveton / Dana streets. It is 2 blocks away, thru Central Square shops and Bath Lane (behind Town Hall) to theatre. Please check car park closing time to ensure that your car does not get locked in!

**Going Home** Please check the Green Room, Dressing Room, Backstage, and Container for your "frequently forgotten" music, clothes and props. Videos & photos from Harvey's shop.

**More information** see our website for program, results, photos, safety, copyright, and articles of general interest. [www.royalsouthstreet.com.au](http://www.royalsouthstreet.com.au)

**\*\* Take home proud memories of your efforts. Our thanks for the pleasure of your company. And our best wishes for your future.**

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