

POLE A THON 2020



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GENERAL



START TIME

The Pole-a-thon starts at 6.30pm sharp. You need to be at Soiree by 5.30pm so that we can account for you and sort out your groups and numbers. Please abide by this time, because there are a lot of people to handle all at once. One late person affects everybody.

HOW IT WORKS

- There will be minimum 65 participants pole dancing non-stop for 2 hours.
- Each performance is one song, and songs are played back to back.
- You may perform solo or in a group. There is no maximum number for a group.
- Depending on the number of groups, you may need to perform twice during the 2 hours.
- You need to dance according to the theme 'Rags to Riches'. This can mean anything to you, from torn jeans to princess clothing.
- You may choose your own music. No one else may use the same song. The sooner you submit your music, the better chance you have of using it.
- You may change your music at a later stage if you like.

ENTRY REQUIREMENTS

- The pole-a-thon is open to any student, teacher, pole lover or representative for pole in SA.
- Men and women may participate
- Participants may be at any level of pole.
- Children age 8 and up may participate, please keep in mind the regulations of the club.
- Soiree allows only ladies from 21 years and men from 23 years entry. Therefore if you are under 21, you will unfortunately not be allowed to stay for the rest of the evening.

www.bodymind.co.za

RULES

1. All rights of admission are reserved.
2. As we are attempting to break our record, we require a minimum of 71 participants.
3. If you cannot make it on the day, for whatever reason, it is your responsibility to find a suitable replacement for the marathon.
4. For the sake of privacy, no names will be announced.

PERFORMANCES

- All poles do not need to be used, but the stage needs to be occupied at all times.
- As there are more than 60 ladies, you will be dancing on a rotational basis.
- Songs are 3 to 4 minutes each, you may be required to perform for up to 3 songs (max) throughout the course of the marathon.
- You may not leave your pole until the next routine has come to change places with you.
- You may choose to choreograph a couple of routines with your fellow classmates, or dance with one of our instructors.
- We advise you to dance with people on your pole level (eg pole 1 or pole 2).
- There are 30 places to choose from. Only one group / song per theme. The same theme may not be used twice.

MUSIC

- Music must be submitted by no later than 12h00, 19 June 2020. We will be sending the playlist in order to Soiree by then. If you have not sent us your music by this date, we will select music for you. This is not negotiable.
- Music needs to be sent to natasha@bodymind.co.za as an mp3.
- You may choose your own music to dance to, provided it matches your chosen theme.
- There will be an 8 second music interlude between each routine to allow the poles to be cleaned.

STAGE

- There will be 5 poles. 2 In the front, one in the middle and 2 in the back. The front 2 poles will be spinning/static as they are bolted to the ceiling. The back and middle pole will be static as they are not able to be bolted to the ceiling and leads to a safety risk.
- All the participants will be sent an email with the stage layout and arrivals and required music as soon as the entries have closed. There is a basic floor plan layout on the website.

SEATING

As Soiree is a nightclub, there are limited tables and chairs. We advise your friends and family to come early to get seats, or bring their own. Seats may not be kept once the Pole a Thon is over.

TICKETS

Tickets can be purchased directly from [Quicket](#).

Cost R210 per person and includes entry to Soiree for the rest of the evening.

Seats are limited so book early.

PRIZES

Prizes will be given to the best routine and to the best dressed.

TO ENTER

Download your entry form at www.bodymind.co.za/pole-a-thon-2020

Include your payment and email it to natasha@bodymind.co.za

Entries close 10 June 2020.

ENTRY FEES

R280 per participant (non-PDSASA member)

R260 per participant (PDSASA member)

BodyMind Studios

FNB, Clearwater Mall 251 141

Current acc. 6242 7200 241

Ref. Name and cell number