



Where : Movida, Sunninghill
When : Saturday, 27 July 2019
Time : 6.00 pm – 9.00 pm
Theme : Neon Lights

Closing date for entries: Friday, 19 July 2019

Cost to enter: R260.00 for PDSASA members
R280.00 for non PDSASA members
Entry fee must accompany entry form

Cost to watch: R200.00 (includes entrance to Soiree to party the night away!)
Tickets are available at Quicket.co.za



START TIME

The Pole-a-thon starts at 6.30pm sharp. You need to be at Soiree by 5.30 pm 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 60 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 in 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 'Neon Lights'. This can mean anything to you, from Rave to Burlesque
- You may choose your own music. No one else may use the same song.

ENTRY REQUIREMENTS

- The pole-a-thon is open to any student, teacher, pole lover or representative for pole dancing in SA.
- Men and women may participate
- Participants need to be 18 years or older.
- Soiree Nightclub allows only ladies from 21 years and men from 23 years entry. Therefore if you are under 21, you will allowed in for the showcase, but unfortunately not be allowed to stay for the rest of the evening.

RULES

1. Music must be submitted by no later than 12h00 Monday, 22 July. We will be putting a two hour back-to-back cd together. If you have not sent us your music by this date, we will select music for you. This is **not negotiable**.
2. All rights of admission are reserved.
3. For the sake of privacy, no names will be announced.

POLE DANCING

- There will be 5 poles. 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.
- You may choose your own music to dance to, provided it matches your chosen theme.
- There will be an 10 second music interlude between each routine to allow the poles to be cleaned.

STAGE

You can download the floorplan for Soiree on the website at www.bodymind.co.za/pole-a-thon-2019. All the participants will be sent an email with the stage layout and arrivals and required music as soon as the entries have closed.

SEATING

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

BUY TICKETS

Tickets can be purchased via the BodyMind link below or directly from <http://www.quicket.co.za/events/68279-pole-a-thon> as of 1 March 2019. Seats are limited so book early!

ENTRY FEES

Please pay your fees to the below account.
Please send proof of payment to natasha@bodymind.co.za

BodyMind Studios
FNB, Clearwater Mall 251 141
Current acc. 6242 7200 241
Ref. Name and cell number

PRIZES

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

