

## DANCE - COUNTRY WEEK 2023

|           |                                                                |                                    |                       |                 |                 |
|-----------|----------------------------------------------------------------|------------------------------------|-----------------------|-----------------|-----------------|
| MONDAY    | TIME                                                           | CONTENT                            | GROUP 1               | GROUP 2         | GROUP 3         |
|           | 9.30am - 9.45am                                                | Welcome                            |                       |                 |                 |
|           | 9.45am - 10.00am                                               | Ice Breaker                        |                       |                 |                 |
|           | 10.10am - 10.40am                                              | Stretch & Conditioning             |                       |                 |                 |
|           | 10.45am - 12.00pm                                              | Session 1                          | Musical Theatre       | Hip Hop         | Lyrical Fusion  |
|           | 12.00pm - 12.45pm                                              | Lunch                              |                       |                 |                 |
|           | 12.45pm - 2.00pm                                               | Session 2                          | Musical Theatre       | Hip Hop         | Lyrical Fusion  |
|           | 2.00pm - 2.30pm                                                | Choreographic Devices              |                       |                 |                 |
|           | 2.30pm - 3.30pm                                                | Rehearsal                          | Musical Theatre       | Hip Hop         | Lyrical Fusion  |
|           | 3.30pm - 4pm                                                   | Cool down                          |                       |                 |                 |
| TUESDAY   | TIME                                                           | CONTENT                            | GROUP 1               | GROUP 2         | GROUP 3         |
|           | 9.30am - 9.45am                                                | Welcome                            |                       |                 |                 |
|           | 9.45am - 10.00am                                               | Energiser                          |                       |                 |                 |
|           | 10.10am - 10.40am                                              | Stretch & Conditioning             |                       |                 |                 |
|           | 10.45am - 12.00pm                                              | Session 1                          | Hip Hop               | Lyrical Fusion  | Musical Theatre |
|           | 12.00pm - 12.45pm                                              | Lunch                              |                       |                 |                 |
|           | 12.45pm - 2.00pm                                               | Session 2                          | Hip Hop               | Lyrical Fusion  | Musical Theatre |
|           | 2.00pm - 3.00pm                                                | Rehearsal                          | Hip Hop               | Lyrical Fusion  | Musical Theatre |
|           | 3.00pm - 3.30pm                                                | Cool down                          |                       |                 |                 |
|           | 4.00pm - 6.15pm                                                | Movie (Palace Cinemas)             |                       |                 |                 |
| WEDNESDAY | TIME                                                           | CONTENT                            | GROUP 1               | GROUP 2         | GROUP 3         |
|           | 9.30am - 9.45am                                                | Welcome                            |                       |                 |                 |
|           | 9.45am - 10.00am                                               | Energiser                          |                       |                 |                 |
|           | 10.10am - 10.40am                                              | Warm Up                            |                       |                 |                 |
|           | 10.45am - 12.00pm                                              | Session 1                          | Lyrical Fusion        | Musical Theatre | Hip Hop         |
|           | 12.00pm - 12.45pm                                              | Lunch                              |                       |                 |                 |
|           | 12.45pm - 2.00pm                                               | Session 2                          | Lyrical Fusion        | Musical Theatre | Hip Hop         |
|           | 2.00pm - 3.00pm                                                | Rehearsal                          | Lyrical Fusion        | Musical Theatre | Hip Hop         |
|           | 3.00pm - 4.30pm                                                | Guest Speaker                      |                       |                 |                 |
| THURSDAY  | TIME                                                           | CONTENT                            | ALL GROUPS            |                 |                 |
|           | 9.30am - 9.45am                                                | Arrive & Prepare                   |                       |                 |                 |
|           | 9.45am - 10.00am                                               | Stretch & Conditioning             |                       |                 |                 |
|           | 10.00am - 12pm                                                 | Showtime / Competition             |                       |                 |                 |
|           | 12.00pm - 12.45pm                                              | Lunch                              |                       |                 |                 |
|           | 12.45pm - 3.00pm                                               | Closing Ceremony / Finale          | Teacher Q&A /Feedback |                 |                 |
|           | 3.00pm - 3.30pm                                                | Cool down - Reflection             |                       |                 |                 |
| FRIDAY    | * Free morning to support other school teams in their finals * |                                    |                       |                 |                 |
|           | 12.15pm                                                        | Meet at HBF Arena                  | Warm up + practice    |                 |                 |
|           | 12.50pm                                                        | Closing Ceremony dance performance |                       |                 |                 |
|           | 1pm                                                            | Closing Ceremony starts            |                       |                 |                 |

## GROUPS

### GROUP 1

Hedland  
Geraldton Christian  
Dalyellup  
Albany

### GROUP 2

Champion Bay  
Australind  
Manea College  
Esperance

### GROUP 3

Karratha  
Our Lady Of Mercy  
Bunbury  
Margaret River

## VENUES

Welcome - King Street Arts Centre (KSAC) Studio 2  
Musical Theatre - KSAC Studio 2  
Hip Hop - KSAC Large Meeting Room  
Lyrical Fusion - His Majesty's Studio  
Thursday's program - Loftus Rec Centre