

PULSE MASSED DANCE GROUP Rehearsal and performance Day 2025

Dress Rehearsal and Performance:

Venue: Ken Rosewall Tennis Arena, Sydney Olympic Park

Rehearsal and Performance : Thursday 20th March 2025

Students will be dropped off at 8:20am by a parent/guardian at Penrith Station Thornton side where they will meet Mrs Rose Antonelli, Mrs Laura Williams and Ms Kelly Winters.

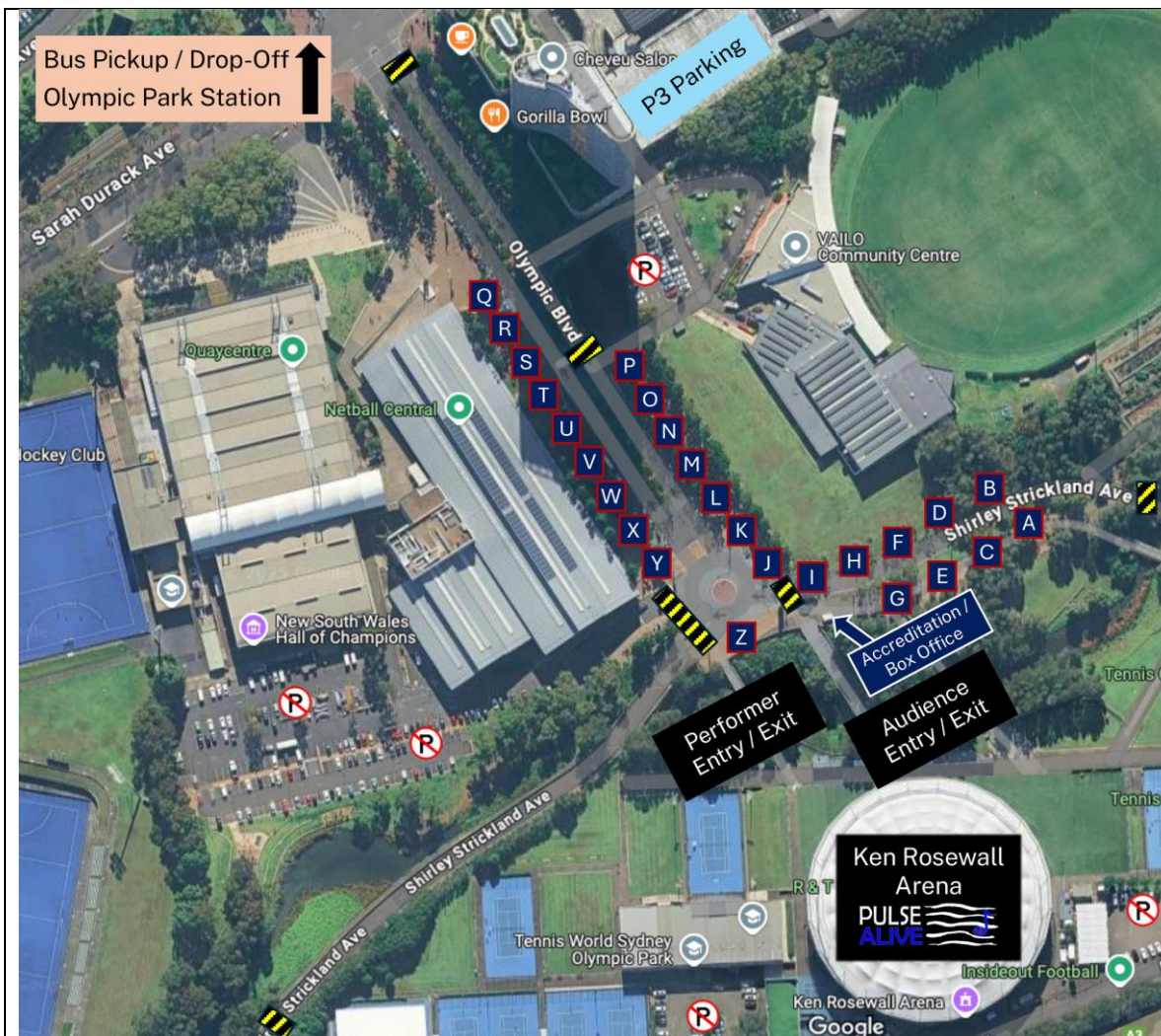
Students will be collected at 9:45pm by a parent/guardian from the letter C flag along Shirley Strickland Avenue Olympic Park. If another adult is collecting your child, please inform the teacher of this beforehand.

- Following the performance, large teardrop banners with letters of the alphabet will be placed as per the attached map. Once students are dismissed from the arena, teachers will accompany students to the **flag that corresponds to the first letter of their school's name** to meet parents and dismiss students. Our meeting flag is **Flag C** for Cambridge Gardens. The flags look like the image below but our pick up flag spot will read Flag C.



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Road Closures

- Road closures will be in place on performance days from **6:00 pm – 10:30 pm** as indicated on the attached map with yellow markings.
- It will NOT be possible for cars or buses to drop off or pick up directly from Olympic Boulevard (south of Sarah Durack Avenue) during this time period. Parents will need to park and walk to the pickup location if they are not attending the performance.
- Access to Ken Rosewall Arena is only available to performers, teachers, parents and audience members via Olympic Boulevard. There is **no access to the arena from Rod Laver Drive**. If you are using GPS to locate the arena to assist with driving or walking directions, please ensure that your destination is on Olympic Boulevard, not Rod Laver Drive.

Parking

- There is **NO PARKING** on site at Ken Rosewall Arena for performers, teachers, parents or audience members. The closest parking station is P3, which is to the north-east of the arena. P4 is also only a short walk west along Sarah Durack Avenue.
- We strongly recommend that any parking within Sydney Olympic Park is pre-booked by visiting <https://www.sydneyolympicpark.nsw.gov.au/parking>.

Parking Grace Period

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- Parents not attending the event will be able to park in the P3 parking complex on Sarah Durack Ave for free after 9:15 pm to pick up students, as long as they exit before 10:30pm. The performances of Pulse Alive 2025 will conclude at approx. 9:40 pm.
- To take advantage of this offer, parents should take a ticket from the boom gate of P3 as they enter after 9:15 pm and, once they have picked up their student, proceed directly to the exit boom gate before 10:30 pm. They should not visit the pay station, as doing this will mean they need to pay the parking fee.
- Please note, this offer is only available in the P3 carpark. It is not valid for any other carparks within Sydney Olympic Park.

Staff Attending:	Mrs Rose Antonelli, Mrs Laura Williams, Mrs Jacqui Thompson, Mr Matthew Burke and Ms Kelly Winters,
Cost per student:	Students require their own Opal Card with a minimum of \$15 for the day to cover their fare to the venue. Pizza for dinner \$10 (If desired)
Return note by:	Monday 17 th March 2025.

Costume

The costume for all the massed dance item is as follows:

- **Coloured Pulse Alive t-shirt** – this is the aqua blue show t-shirt that your child received at school and has now taken home.
- **Long black tights/pants** – supplied by students. We are pretty flexible on what these are, as long as they are full length.
- **White socks** – supplied by students.
- **White shoes with white soles** – supplied by students. See photos for examples.



Any white shoes are fine as long as they also have white soles (this is so we don't damage the flooring that we will be dancing on). It is fine if the top of the shoes have small sections that aren't white – as long as white is the dominant colour). White shoes are available at a low cost from stores like Kmart and Big W.

Make-up

No make-up is required for students in the primary massed dance.

Hair

Students with longer hair - high, slicked ponytail tied tightly on the crown of the head

It is suggested you use:

A small amount of water to smooth the hair and flatten any flyaway hairs (no hair to be on faces including fringes)

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Apply a small amount of gel and comb through the scalp, styling hair up into the high ponytail
Secure the ponytail with a minimum of 2 hair ties that match the colour of the hair or are clear
Spray into place with hairspray and secure any hair if needed with bobby pins
Students with shorter hair - neatly combed and gelled hair

It is suggested you use:

A small amount of water to smooth the hair and flatten any flyaway hairs (no hair to be on faces including fringes)

Apply a small amount of gel then comb and style

Some examples of hair styling for students with longer and shorter hair are attached to this post.

Optional: coloured accessories to match colour of Pulse Alive t-shirt ie. hair ties, glitter, ribbon, bows, gems, etc



What to Bring

Students must bring enough food, snacks, and water for the day to cover the length of time we are at the venue. Children can bring a small quiet game (E.G. Uno, colouring in) and roll-on deodorant. They should have hair supplies in their backpack in case their hair needs to be re-done.

There are fill up water points inside the Ken Rosewall that the children can use to refill their drink bottles. **No Electronic devices.** There is limited access to shops and the food at the venue is quite pricey.

Dinner Break On Thursday Evening:

The management of Ken Rosewall Arena **prohibits food purchased from external commercial suppliers** from being brought onto the site during rehearsals and performances at Pulse Alive.

It is anticipated that we will have a dinner break after the whole performance rehearsal from 5:15 to 6:15pm.

We will be ordering Pizza from a provider who will have a food truck at the venue on this day for any student who wishes to have this during the dinner break.

Cost of Pizzas will be \$ 17 per student.

If your child would like to have Pizza for their dinner break, please advise and pay at the permission slip.