



**ENERGY EXPRESS**  
EISTEDDFOD

BE IN IT TO WIN IT

**AUGUST**

**10th**  
BABIES / JUNIORS (6/8 Yrs) / 10 Yrs  
WINDSOR RSL

**24th**  
12 Yrs / SENIORS (14/16/OPEN)  
RIVERSTONE SENIOR CITIZENS CENTRE

**2025**      studiosd@gmail.com 0419 410 920  
www.comps-online.com.au

**Windsor RSL Club, 36 Argyle St South Windsor**  
**Sunday 10<sup>th</sup> August – Babies, Juniors (6/8 Years) & 10 Years**

**Riverstone Senior Citizen Centre, 9 Park St, Riverstone**  
**Sunday 24<sup>th</sup> August – 12 Years & Seniors (14/16/Open Age)**

\* Official film company – Magic Focus Media & Cumberland Studios

\* Adjudicators:- TBC BUT 'Young, Fresh & Fabulous'

**Contact Miss Rachael - 0419 410 920 or Email – [studiorsd@gmail.com](mailto:studiorsd@gmail.com)**

**Entries close 20<sup>th</sup> July 2025**

All 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> Place getters in Solo/Duo/Trio sections (SR, Rest, OPEN) shall receive specialty EEE 'Olympic Style' logo Bronze, Silver & Gold Medals.

Ribbons will be awarded for Highly Commended & Achievement Awards.

Championship sections shall all receive Special Championship Certificates & Trophies.

Adjudicators Choice, Best Costume & Highest Score certificates & prizes.

## **Venue**

Windsor RSL has a large wooden stage 9m X 5m. This venue DOES NOT have tarkett. EEE will provide rosin for dancers. Both Male & Female toilets are in the foyer. All dancers MUST come dressed with hair & make up done. There is a small dressing room for dancers.

## **Venue – Riverstone Senior Citizen Centre**

The Senior Citizen Centre is a traditional parquetry wooden floor hall. This venue DOES NOT have tarkett. EEE will provide rosin for dancers. The dance floor dimensions that we will be using are approx 7m x 8m. EEE will set up wings on the dance floor to represent a stage-like environment & for dancers to stretch behind & wait to compete. The dressing space is behind the dance floor. Both Male & Female toilets are in the foyer. All dancers MUST come dressed with hair & make up done. Parking is available in the car park & surrounding streets.

## **Food & Beverages**

Cafe 36 at Windsor RSL is open from 10am – 9pm & offers a range of lunch items and scrumptious treats as well as a variety of icy cold beverages & coffees. Drinks can also be purchased at the Bars within the RSL club & can be taken into the Auditorium throughout the event. No external food is to be consumed in the club. There are local shops in close walking distance to Riverstone Senior Citizen Centre for food & beverage purchases.

## **Championships**

Those entered in Championships, will only perform their new non repeat dance in the Championship sections & all other routines that Championship dancers are entered in at EEE will be included in results. Adjudicators are aware of the dancers who have entered Championships at EEE as its is noted on their spreadsheet.

## **Improvisations**

Improvisation dancers will receive notification via email by 5pm on Friday for their Improvisation song. Please listen to the song choice prior to competition day & be prepared as dancers will NOT re-listen to the song on competition day. Improvisation is 1min and will be any part of the song. Dancers DO NOT need a costume for Impro.

## **Competition**

A competition is a situation in which two or more people or groups are trying to get something which not everyone can have. A competition is more than just one person, its 2 or more. A competition is an activity or condition of striving to gain or win something by defeating or establishing superiority over others. Please understand that EEE is running a competition, hence why there are combined variety sections in the program. This is to ensure that dancers are competing against another person in a competition environment.

## **Presentations**

Miss Rachael will constantly announce results throughout the event & there are EEE 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> & HC Banners at the venues, where dancers can take photos. If time permits in the schedule, EEE will announce Junior results onstage as a big presentation. Please tag EEE on your socials @energyexpresseisteddfod.

## **EEE Sydney Titles**

Those dancers who reach a top score of over 90% will be invited to [EEE Sydney Titles](#) to re-compete for EEE Overall Title Championships in their preferred style. This event will take place in February 2026.



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