



Entry Form

Name:.....

Address:.....

.....

Email:.....

Tel:.....

Date of Birth:.....

Organiser

Kate James, as part of CubanaLoca, is organising the Wales Salsathon 2009.

Entry Fee

Entry to the Salsathon is £50 per person. Participants are encouraged to raise this sum through the Sponsorship Form. There is no limit to the amount of money you can raise – the more the better to reach the £10,000 target. Entry forms and fees should be sent direct to Kate James, 66 Schooner Way, Atlantic Wharf, Cardiff, CF10 4EQ by Sunday 1st February 2009.

You and your Health

To take part in the Salsathon you must be in good health. If you are in doubt about your health you must get clearance from your doctor before participating. If you are not a regular dancer, we recommend you practice dancing at least 3 times per week before the event, gradually increasing the duration of your dance.

Conditions

1. By taking part in the Salsathon you are confirming that you have read the 'You and Your health' section and have obtained your doctors approval to take part in the Salsathon, if required to do so according to that section.
2. By collecting sponsorship, you are confirming that all monies received will be handed to the organiser. The organiser confirms that all proceeds from the event will be donated to George Thomas Hospice Care.
3. All monies should be given to the organiser prior to the event in order to announce at the event the amount of money raised.
4. Participants must be 18 years or over.
5. Participants take part at their own risk. The organiser cannot be held responsible for any injury or death occurred by direct or indirect involvement with the Salsathon.
6. All participants must follow instructions from officials and marshals at the event.
7. All queries to Kate James, 07870 248827.

Emergency contact:.....

Tel:.....

Relationship:.....

I agree that I have read and agree to the terms specified on this entry form.

Printed name:

.....

Signed:..... Date:.....

T-shirt

Please indicate your choice of T-shirt:

Size: XS S M L XL XXL

Style: Fitted Loose

Arrangements

Entrants are required to arrive at the venue by 12pm for registration, where they will be issued with their T-shirt.

There are lockers at the centre to store your belongings, however these are limited so you may need to share with another dancer.

The car park is situated directly outside the centre.

Entrants should bring a hand towel and sports cap water bottle with their name clearly labelled on it.

The event will start at 1pm. Entrants are required to dance for the full 6 hours. Entrants may take toilet breaks.

All dancers should attempt to change partners throughout the event.

Every 20-30 minutes the organiser will lead line ups, La Rueda and basic routines which are optional for dancers to join in.

During the event entrants should aim to consume around 2 litres of fluid, consisting of 50% juice and 50% water mix.

Every 30 minutes, volunteers will come around the floor offering dancers water, juice, bread and bananas to keep them energised throughout the day.

After the event there will be a complimentary vegetarian pasta buffet. Please inform the organiser if you have any dietary requirements.

Preparation

Jazz flats or dancing trainer are recommended with comfortable socks. Heals or sports training are not recommended.

Entrants should attempt to dance 3 or 4 times a week in the build up to the event to increase their stamina.

Entrants should avoid dancing the day before the event and should eat well, keep hydrated and rest.

Entrants should eat a pasta and protein meal 4 hours before the event.

Contact

Kate James

katycubana@hotmail.com

07870 248827

www.cubanaloca.com

