



Bendigo Chinese Association Inc.

ABN 49 262 450 348

13 BRIDGE STREET, BENDIGO 3550
PO BOX 877, BENDIGO 3552

Phone 5441 5044

Pre-registration performers' checklist

Please go through the following checklist, checking off as you go. The more you check off, the more likely it is that you feel comfortable taking part with the team of your choice.

Dancing team

- | | |
|---|---|
| <input type="checkbox"/> Having some rhythm (an advantage) | <input type="checkbox"/> Having some 'ear' for tunes (an advantage) |
| <input type="checkbox"/> Strong ankles | <input type="checkbox"/> Strong wrists |
| <input type="checkbox"/> Some fitness | <input type="checkbox"/> Team member |
| <input type="checkbox"/> Hours of training 1 hour per week | <input type="checkbox"/> Be committed to training |
| <input type="checkbox"/> School age (Junior), 12 years (Senior) | |

Dragon team

- | | |
|---|---|
| <input type="checkbox"/> Strong ankles | <input type="checkbox"/> Arm strength |
| <input type="checkbox"/> Fitness, particularly with running | <input type="checkbox"/> Agility |
| <input type="checkbox"/> Stamina | <input type="checkbox"/> Able to jog for 20 minutes |
| <input type="checkbox"/> Team member | <input type="checkbox"/> Hours of training 1.5 hours per week |
| <input type="checkbox"/> Be committed to training | <input type="checkbox"/> Must be over 145 cm tall |

Lion team

- | | |
|---|---|
| <input type="checkbox"/> Strength in arms | <input type="checkbox"/> Strength in wrists |
| <input type="checkbox"/> Strength in ankles | <input type="checkbox"/> Strength in legs |
| <input type="checkbox"/> Agility | <input type="checkbox"/> Strong core muscles |
| <input type="checkbox"/> Strong back | <input type="checkbox"/> Medium to high fitness |
| <input type="checkbox"/> Team member | <input type="checkbox"/> Hours of training 1.5 hours per week |
| <input type="checkbox"/> Be committed to training | <input type="checkbox"/> School age |

Note – Training times will vary from time to time due to cultural events such as Easter and Chinese New Year.

The Bendigo Chinese Association rules and regulations must be adhered to at all times.

Please keep this as your copy.