



**WILDWEST**

**WINTER SLAM - 25-26 FEBRUARY 2017**

## **TEAM BRIEF**

**#wildwestfitness**

### **VENUE**

**Centaur Suite  
Cheltenham Racecourse  
Cheltenham  
GL50 4SH**

On arrival at the venue please follow the stewards' directions for parking, and then walk round to the Centaur Suite. Parking is free.

The Centaur Suite is a first-class events venue and includes a café/restaurant that will be open all weekend serving a wide range of healthy snacks and meals. In addition there are two coffee bars - Lavazza and Costa - that will be open all weekend. Cash and card payments are accepted.



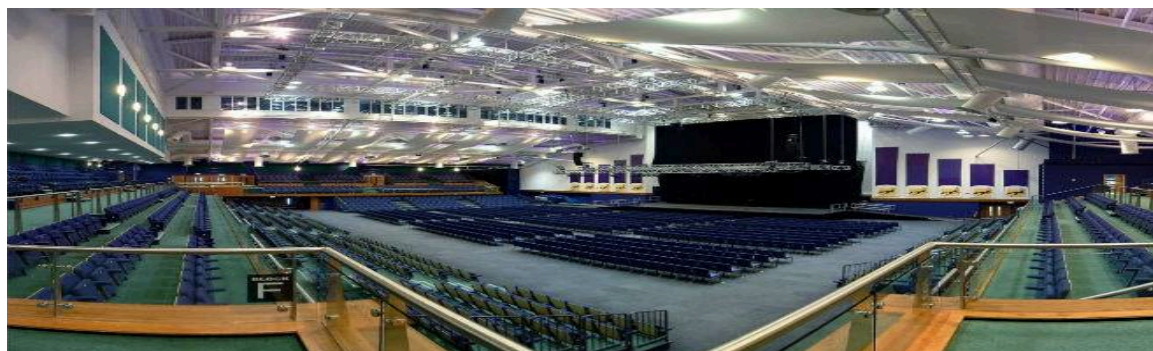
## ARRIVAL TIME AND EVENT OPENING HOURS

<b>FRIDAY 24 FEB</b>	
20.00	Day one workouts released online
<b>SATURDAY 25 FEB</b>	
<b>09.30</b>	<b>Centaur Suite opens Café, restaurant and coffee bars open</b>
09.30 – 10.20	Team registration in foyer
<b>10.20</b>	<b>ALL TEAMS should be on-site and registered</b>
10.20	Warm-up area opens
<b>11.00 – 13.00</b>	<b>Workout 1</b>
<b>13.20 – 15.35</b>	<b>Workout 2</b>
<b>15.40 – 16.10</b>	<b>17.1 LIVE</b>
<b>16.20 – 18.00</b>	<b>Workout 3</b>
18.30	Centaur Suite closes
20.00	Day two workouts released online
<b>SUNDAY 26 FEB</b>	
<b>08.15</b>	<b>Centaur Suite opens Café, restaurant and coffee bars open</b>
08.15	Warm-up area opens
<b>09.00 – 11.15</b>	<b>Workout 4</b>
<b>11.35 – 13.15</b>	<b>Workout 5</b>
<b>13.25 – 13.50</b>	<b>SONNY WEBSTER LIVE</b>
<b>14.00 – 16.00</b>	<b>Workout 6</b>
16.10	Presentation
16.30	Centaur Suite closes

All teams will participate in all six workouts. There is no swimming involved this year. All workouts will take place on the competition floor in the Centaur Suite. There are 16 teams per heat, and 8 heats per workout.

We are not big fans of mass team briefings for standards. When we release the workouts there will be clear descriptions of standards and judges will be fully briefed to ensure consistency. Event crew will be on hand all weekend to answer any specific queries you may have.

**All teams must report to the Holding Zone ten minutes before your Heat is due to start. We will NOT wait for you if you are late!**



## TEAM REGISTRATION

**All teams must be on-site and registered no later than 10.20am on Saturday morning.**

To register, captains must bring these two items:

- 1) **A printed or electronic copy of the E-TICKET you received when purchasing team entry. Email [wildwestfitness@gmail.com](mailto:wildwestfitness@gmail.com) if you need this resent.**
- 2) **A fully-completed TEAM WAIVER which is attached separately. You cannot register without this. Please do not forget it!**

At registration you will receive your welcome pack that will include:

- Athlete wristbands x3 which must be worn all weekend to access venue
- Detailed heat schedule containing your team's heat times for the weekend
- Voucher x3 for your free tea/coffee at Whole Foods Market, Cheltenham
- Various goodies

## SPECTATORS

Spectators that have pre-purchased their tickets can also collect their wristbands from the registration desk in the foyer which will be open all weekend.

We strongly encourage your friends and family to pre-purchase tickets at the Earlybird rate of £10, which gives access to Winter Slam for the whole weekend.

- **BUY SPECTATOR TICKETS:** <https://winterslam2017.eventbrite.co.uk>

Children aged 16 and under do not require a ticket and may attend the event for free, but must be accompanied by an adult at all times.

CASH-ONLY walk-up tickets WILL be available on the door throughout the weekend - £10/day or £15/weekend.

## SOCIAL MEDIA

Please use the hashtag **#wildwestfitness** for all Winter Slam-related posts on social media throughout the weekend. The best posts will feed live to our big screen in the Centaur Suite!



[@wildwestfitness](https://twitter.com/wildwestfitness)



[www.facebook.com/wildwestevent](https://www.facebook.com/wildwestevent)



[wildwestfitness](https://www.instagram.com/wildwestfitness)

## **SUMMER SLAM 2017 – SAT 1 JULY – ENTER NOW!**

We're delighted to announce that **Summer Slam 2017** will take place on Sat 1st July at Allianz Park, London.

This unique one-day fitness competition for same-sex three-person teams forms part of [Sevens and the City](#) - a multi-sport festival also featuring rugby sevens, netball, football and dodgeball!

All Summer Slam teams will participate in four challenging workouts across the day - including one on the main Allianz Park pitch - before the 2017 champions are crowned on Saturday evening.

And the fun doesn't end there with live music, DJs, camping and glamping from Friday to Sunday keeping the atmosphere rocking all weekend!

**So grab two friends to form your trio and enter your team for Summer Slam 2017 here: <https://sevensandthecity.com/>**

- SUMMER SLAM 2016 - VIDEO HIGHLIGHTS > <https://youtu.be/sBE2jD0YLmE>
- SUMMER SLAM 2016 - PHOTO GALLERY > [https://www.facebook.com/pg/wildwestevent/photos/?tab=album&album\\_id=546165508917670](https://www.facebook.com/pg/wildwestevent/photos/?tab=album&album_id=546165508917670)
- SEVENS AND THE CITY - FULL DETAILS > <https://sevensandthecity.com/>



### **CONTACT DETAILS**

If you have any further questions having read this guide please drop us an email and we'll be happy to help: [wildwestfitness@gmail.com](mailto:wildwestfitness@gmail.com)