



Longbeach Calisthenics Competition Inc

ABN 78741457748

info@LongbeachCalComp.com.au

LIGHTING TECH **LIST OF DUTIES FOR LPAC**

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- Best suited to an experienced coach who's technically minded and can react quickly and calmly.
- Please arrive no later than 45 minutes prior to the start of your session. When you are allocated a session, that actual time will be confirmed for you.
- Check in with your supervisor on arrival (the Ticket Box will point you in the right direction).
- Familiarise yourself with the lighting board prior to the break, and practice during the main break.
- Lighting sheets will be given to you by the Supervisor.
- Prior to each item, talk to the coach and ask for clarification of any lighting calls you don't understand. Also check that you have the correct lighting sheet for the correct section and team.
- Tell the music person when you are ready to start – don't be rushed!

Thank you so much for volunteering your time for Longbeach!