

# Technical Specifications for 'Shadow Boxing'



Contact: Teresa Izzard, Artistic Director and Creative Producer

0416530079 | [teresaizzard@gmail.com](mailto:teresaizzard@gmail.com)

Last updated: 12<sup>th</sup> July, 2024 (NB: This document is subject to change)

## PERSONEL

1 x Performer / Multitasker (DSM)

1 x Tour Manager / Multitasker (SM) / Community and Venue Liaison

## BASICS

Show Length: 55mins (no interval)

Bump in (inc. technical rehearsal): 4 hours\*

Bump out: 1-2 hours\*

First possible performance after bump in: 4 hours

Maximum performances per week: 5

Minimum break between shows: 24 hours (i.e. 6.30 Thursday / 6.30 Friday)

*\*NB: 'Shadow Boxing' is sponsored by Orbit Fitness and we have a free-standing boxing bag that is part of the set. Ideally, we will be able to travel with it already filled with sand. If this is the case, we will need support with venue access and help to move it, as it weighs around 110kg when filled with sand. If we can do this our bump in and out will be as above. However, if we need to fill and empty the boxing bag that is an extra time consideration but it does not require access to the theatre. We would require access to a space to fill it with sand and ideally a high-pressure hose to empty it.*

## EXAMPLE PRODUCTION SCHEDULE

| Time        | Activity                        |
|-------------|---------------------------------|
| 9am-1pm     | Bump in and technical rehearsal |
| 1pm-5pm     | Lunch and rest                  |
| 5pm-6.30pm  | Warm up and Pre show            |
| 6.30-7.30pm | Show                            |
| 7.30-8pm    | Post show                       |

## SOUND

### **Venue provides:**

Standard sound system with MacBook Pro that can operate Qlab 5\* and has a minimum of 2 speakers (preferably 4, preferably with subwoofers)

### **Producer provides:**

Qlab file & cue sheet

*\*With appropriate notice producer can arrange for MacBook Pro if not available in venue.*

## LIGHT

### **Venue provides\*:**

Standard lighting rig including top and face light, colour LED wash (one state needs flashing lights) and 2 LED profiles for specials. Haze preferred.

4-6 LED washes for floor lights

Console with Grand MA or ETC\*

1 x technician for lighting and sound operation and support with bump in / out / technical rehearsal

**Producer provides:**

Cue sheet\*

6-8 Q1 150W floods

*\*With appropriate notice, we can arrange to supply console and we can adapt to your provided lighting with the help of your in-house tech or arrange to supply.*

**STAGING**

Stage size: Minimum 5 x 6.5 (negotiable)

Height to roof: 3.2 (negotiable)

Floor type: Flat surface, wood / staging / dance floor (negotiable)

Entrance: One entrance, preferably USL (negotiable)

Bump in crew: 4 hours (2 multitaskers and venue tech)

Bump out crew: 2 hours (2 multitaskers and venue tech)

Performance crew: 3 hours (2 multitaskers and venue tech)

Theatre formats\*: Black Box, Proscenium Arch, Town Hall, Outdoor Space, Site Specific

*\*NB: As stated, we are willing to be flexible, but for the best version of the show we prefer a Black Box or similar with a wooden floor.*

**SET, PROPS and COSTUMES****Producer provides:**

All costume elements, set pieces, prop and consumables including boxing bag, sand, trolley, bench and bucket\*

**Venue provides:**

Access to a fridge (if possible), 1 x dressing room with costume rack, access to drinking water and a bathroom backstage with hot and cold running water (ideally a shower), secure storage space.

*\*Bucket is partially filled with water – any mess will be cleaned up by the team.*

**FREIGHT\***

Boxing bag 208 cm x 59 cm x 59 cm, weighs 30kg (two pieces that weigh 15kg each when not filled with water or sand)

Bench 1m x 36.2 cm x 32.5cm

Everything else fits inside the bench and bucket

Possible to drive in a large hatchback, minivan or SUV

*\* The boxing bag can actually travel as oversized luggage.*