



BATTLE OF THE BANDS

★ SET SOLOS ★

— SEPTEMBER 2026 —



ACRO SET SOLOS ★ AERIAL HOOP SET SOLOS ★ AERIAL SILKS SET SOLO

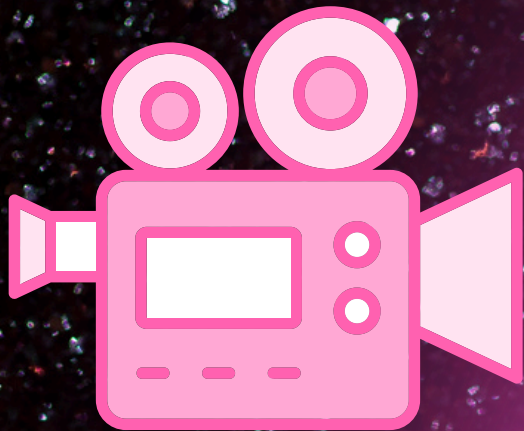


DISCLAIMER

PARTICIPANTS WHO CHOOSE TO LEARN OR REPLICATE ANY OF THE FLY HIGH SET SOLOS DO SO AT THEIR OWN RISK. WHILE FLY HIGH COMPETITIONS PROVIDES THESE ROUTINES FOR INSPIRATION AND EDUCATIONAL PURPOSES, WE ACCEPT NO RESPONSIBILITY FOR ANY INJURIES, ACCIDENTS OR OTHER ISSUES THAT MAY OCCUR AS A RESULT OF ATTEMPTING TO PERFORM OR PRACTICE THESE ROUTINES.

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REMINDER



THESE VIDEOS FEATURE REAL STUDENTS WHO ARE CURRENTLY PROGRESSING THROUGH THEIR AERIAL & PERFORMANCE TRAINING JOURNEY AND HAVE GENEROUSLY VOLUNTEERED THEIR TIME TO SUPPORT THE FLY HIGH COMMUNITY.

THE PURPOSE OF THESE VIDEOS IS TO SHOWCASE CHOREOGRAPHY AND MUSICALITY, AND WHILE THE PERFORMERS ARE STILL REFINING THEIR TECHNIQUE & PERFORMANCE, THEIR STRENGTH, DEDICATION AND ENTHUSIASM ARE TRULY INSPIRING TO US ALL.

WE WOULD PERSONALLY LIKE TO THANK NIAMH, MEG, JADE, LILY & EMILY FOR THEIR HARD WORK

LOVE FLY HIGH X



WHAT?

SET ROUTINES ARE PRE CHOREOGRAPHED ROUTINES SET BY THE COMPETITION LEARNED PRIOR TO THE EVENT. THEY ARE PERFORMED TO A PANEL OF JUDGES BY 4 TO 8 AERIALISTS AT THE SAME TIME. JUDGES WILL SCORE EACH PERFORMER BASED ON THE BELOW JUDGING CRITERIA WHICH WILL SELECT THE FINALISTS WHO WILL THEN COMPETE AGAIN TO PLACE IN THE TOP 3 - TOP 5. THE AMOUNT OF ENTRIES IN EACH AGE/ABILITY WILL DETERMINE HOW MANY ROUNDS THE AERIALISTS NEED TO COMPETE TO GET TO THE FINAL ROUND.

WHY?

WE KNOW HOW HARD OUR AERIALISTS AND THEIR AERIAL INSTRUCTORS WORK WHEN IT COMES TO COMPETITION AND CHOREOGRAPHY SEASON SO WE WANTED TO CREATE A SECTION WHICH GIVES OUR TEACHERS AND AERIALISTS TIME TO RELAX AND ENJOY TEACHING/LEARNING A ROUTINE WITH LESS PRESSURE. THIS SECTION ALSO OFFERS YOU OPPORTUNITY TO MAKE AERIAL COMPETITIONS MORE INCLUSIVE FOR YOUR SCHOOL BY LEARNING THE ROUTINES IN CLASS AND GIVING THOSE STUDENTS WHO MAY NOT BE ABLE TO ATTEND 121S AND PRIVATE SOLO LESSONS A COMPETITIVE PERFORMANCE OPPORTUNITY. IT ALSO GIVES YOU CHANCE TO COMPETE AND SHOWCASE IN MORE DIVISIONS THROUGHOUT THE DAY MAKING THE MOST OUT OF YOUR DAY.

HOW ITS SCORED

50% TECHNIQUE
50% PERFORMANCE



BEGINNER HOOP

Performers are not required to perform routines in the same direction, orientation, or side as demonstrated in the video. As long as the skills and musicality are consistent with the original routine, this will not be judged. We actively encourage performers to add their own characterisation, arm movements, and personal flair during and between the skills. Make the routine your own while maintaining the technical and musical structure.

SONG: MAMA MIA
ABBA



[CLICK HERE FOR VIDEO](#)

PASSWORD HAS BEEN SENT OUT TO YOUR
INSTRUCTORS & INDEPENDANT ENTRIES



INTERMEDIATE HOOP

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SONG: SOUND OF THE UNDERGROUND- GIRLS ALLOUD



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ADVANCED HOOP

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SONG: DONT STOP
MOVING- SCLUB7



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BEGINNERS SILKS

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SONG: RULE THE WORLD- TAKE THAT



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INTERMEDIATE SILKS

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SONG- BEST SONG EVER- ONE DIRECTION



VIDEO COMING SOON VIA THIS LINK

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ADVANCED SILKS

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SONG: ANOTHER ONE BITES THE DUST-QUEEN



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TOILETS

FIRST AID
TEAM



ENTER STAGE HERE

ENTRANCE

SIGN IN

COLLECT SOLO
NUMBERS

FLY HIGH
MERCH
STALL

PHOTOGRAPHY

PERFORMANCE
AREA

WARM UP AREA

EQUIPMENT
STORAGE

BACKSTAGE

CAFE

TIERED SEATING

TIERED SEATING

TIERED SEATING



SEE YOU
SOON!

TEAM FLY HIGH
COMPETITIONS
X

