

MY FIRST COMPETITION



What to expect

Here at Gold Coast Gymnastics Club we like to make every competition fun, rewarding and enjoyable to all involved.

What to expect?

- A competition style running event
- Judges (judges are fully accredited and will be seen sitting at tables at every apparatus)
- Scores being flashed
- A crowd/audience (no flash photography allowed)
- Gymnasts will be asked to meet their coaches and have a group warm up before heading to their first apparatus for competition
- Gymnasts will be allowed an apparatus warm up before they get judged
- Gymnasts will perform their routine on their own (coaches can verbally assist in Level 1)
- A presentation ceremony at the end of the competition

What are the scores being flashed?

After a gymnast competes, their score for that apparatus will be flashed near the apparatus judges table or up on a big screen TV. Starting scores for each level can vary depending on the skill difficulty of the routine.

We always ask parents not to focus on the scores being flashed. It is very common for the flashed score to be wrong or in the incorrect order. Until the scores get given to the Jury who checks all scores and that the averaging is correct they shouldn't be relied on.

Will my child get an award?

Not all the time. We do our best to award all gymnasts but depending on the event and number of awards allocated per apparatus and overall will decide if every gymnast receives something.

There maybe times when gymnasts miss out. Coaches and staff will do our best to encourage these gymnasts without focusing on the result. At Gold Coast Gymnastics Club we will do our best to avoid these situations from happening where possible.

As a parent we also ask you to be encouraging and supportive to all gymnasts not just your own.

Can I talk to my child/coach during the competition?

No. It is important for parents to understand they are not to talk or communicate with their child once they have been handed over to the coach for warm up/competition. Parents are also not allowed to communicate with coaches until the completion of the competition. Gymnasts can be disqualified if they are seen making contact with their parents or the audience.

Where can I get competition results?

Parents will not receive competition results as a hard copy. All competition results can be found on the Gold Coast Gymnastics Club website www.goldcoastgymnastics.com under Events/Results usually 1-2 days after the event.

Depending on the event gymnasts may receive a certificate outlining their results or just a participation award.

Who can I talk to about the competition?

Firstly speak with your child's coach. Any specific competition questions you can contact the Event's Coordinator or the WG Coordinator. You can also look on the GCGC website or foyer notice boards on competition times and running of the event prior to competition.

All parents will receive emails leading up to the event on their daughters competition time, day and where to meet their coaches.

What do I need to wear for the competition?

You can choose to buy or hire a club competition leotard.

To hire a leotard it will cost - \$30 deposit which you will get back & \$20 to hire. Please keep in mind we only have limited stock, so you will need to look into hiring a leotard through administration a few weeks prior to the event.

We have a competition attire list on the Gold Coast Gymnastics Club website under "Women's Gymnastics" where you will find a link called "Gold Coast Gymnastics Club – training and competition attire list". This will give you a list of the competition attire needed. If you want to purchase the competition leotard you will need to do this at least 5 weeks prior to the event as it can take some time to arrive in the mail. See administration for the competition order forms. You will also need a competition ribbon which will cost \$3.00.

How can I help at a competition?

We are always looking for help. A few areas' you can help us with include: score entry, competition set up and competition pack away, door entry & food donations. We always have a Volunteers list in the parent foyer closer to the event where you can put your name down to help.

