



Gold Coast Gymnastics - Club Championships 2019

When:	Saturday 14 th September (Competitive Gymnasts) – Sunday 15th September (Rec Level Gymnasts)
Where:	Coomera Venue 35 Beattie Road, Coomera
Closing Date:	Entries close Saturday 31 st August
Cost:	\$35 per gymnast, additional sibling \$25

Session Times

<u>Sunday 15th September – Rec Levels Platinum (1) and Emerald (3)</u>	
9am	Registration
9.15am	Warm Up
9.30am	Competition
11.30am	Displays and Presentation
<u>Sunday 15th September – Rec Levels Sapphire (2), Diamond and all Boys (MAG)</u>	
12pm	Registration
12.15pm	Warm Up
12.30pm	Competition
2.30pm	Displays and Presentation

Who can enter?

Any gymnasts currently enrolled in a Recreational Level class at either venue: Platinum, Sapphire, Emerald and Diamond.

When will gymnasts learn their routines?

From Week 2 of Term 3 (Monday 29th July) coaches will be focusing on skills and routines in readiness for Club Champs. Coaches will be available to assist during the competition if a gymnast forgets their routines.



Event Information

On the day

Upon arrival check in at our reception desk, where gymnast will be given their group number and coaches name. Then make your way around to the gym entrance to be greeted by the coaches who will direct gymnasts to their group ready for warm-up. Your child may not be in a group with their regular coach; however, all coaching staff are fully qualified and trained for these events.

Parents are then free to make their way to the viewing area located upstairs or to the grandstand seating in the gym.

Gymnasts will participate in a full competition with group warm-up followed by apparatus rotations, 4 apparatus for girls and 5 for boys. Gymnasts will have a 1 touch warm up on the equipment prior to performing their routines to a qualified judge. You will notice that after a routine is performed each gymnast will stand on a box and present to the audience, this is your prompt to take photos and show your support.

Once rotations are completed, gymnasts will then make their way back to the main floor area and sit in their groups for presentation.

Routines will be scored, and medals and ribbons presented based on performance on each apparatus 1st-6th. Overall trophies will be presented along with ribbons for apparatus placings 1st- 6th.

Each gymnast will receive a certificate with their scores recorded.

Photo Competition

Photography will be permitted on the day; we encourage you to use the hashtag #GCGCCLUBCHAMPS19 in any social media posts, as we will select three at random to each receive a supporter's prize pack!!! We will announce the winners on Monday 16th September via our Facebook and Instagram pages.



What to wear?

Regular gym clothing is ideal, club t-shirt and shorts or training leotard is recommended. Just remember zips, buttons, skirts/tutus and socks are not suitable for gymnastics activities and long hair must be tied back.