



Gold Coast Gymnastics – Grand Celebration 2019



Christmas Theme



When:	Saturday 23 rd November and Sunday 24 th November – all Programs
Where:	Coomera Venue 35 Beattie Road, Coomera
Closing Date:	Entries close Saturday 9 th November
Cost:	\$35 per gymnast, additional sibling \$25
Theme:	Christmas

Session Times

<u>Saturday 23rd November Session 1 – Rec Levels and FreeG</u>	
1pm	Registration
1.15pm	Warm Up
1.30pm	Competition
3.30pm	Displays and Presentation

<u>Sunday 24th November - Session 2 Under 5's</u>	
9am	Registration
9.15am	Warm Up
9.30am	Competition
10.15am	Displays and Presentation
<u>Session 3 Bronze</u>	
10.45am	Registration
11am	Warm Up
11.15pm	Competition
1.15pm	Displays and Presentation
<u>Session 4 Silver and Gold</u>	
1.45pm	Registration
2pm	Warm Up
2.15pm	Competition
4.15pm	Displays and Presentation

*session times TBC



Who can enter?

Any gymnasts currently enrolled in an Under 5's, Recreational Pre-Level class, Recreational Levels class or FreeG class at either venue.

When will gymnasts learn their routines?

From Week 2 of Term 4 (Monday 14th October) coaches will be focusing on skills and routines in readiness for Grand Celebration. Coaches will be available to assist during the day 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 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 their coach. 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 not be scored at this event, we will be focussing skills learnt throughout the year giving everyone the opportunity to showcase their talent to family and friends.

Each gymnast will receive a certificate and participation medal at the conclusion of the event.

What to wear and event theme?



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. This year our event theme will be Christmas, the gym will be decorated, and we encourage all participants to come dressed in their best Christmas outfits, Christmas t-shirts, hats, faces painted or even tinsel in their hair. We will award best dressed prizes during each level.

Photo Competition

Photography will be permitted on the day; we encourage you to use the hashtag #GRANDCELEBRATION19 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 25th November via our Facebook and Instagram pages.

See you all there!!!