

## COMPETITIVE INFORMATION

## PAGE 1

At various times during the year, competitive and "squad" gymnasts are given the opportunity to travel to other centres for gymnastic competitions.

### ***Competitions are not compulsory!***

Parents and gymnasts will decide on attendance, based on the competition calendar set by the coaching staff in conjunction with the program provider. These events are usually held on Saturdays and Sundays, with entry fees set at approximately \$50.00. (State Pennant, Victorian Championships and Mildura will be higher). A list of competitions will be handed to gymnasts during first term and full payment due back approximately 5- 6 weeks before the competition date. Please place money in a clearly marked envelope. **No late entries will be accepted. We accept cash, cheque or direct deposit. See back page for bank details.**

On the day of the event parents are to ensure gymnasts arrive at the venue **at least 15 minutes prior to general warm-up**. Hair must be arranged away from the face and not interfere with gymnasts movement. All gymnasts are to bring a healthy snack and water bottle to carry around with them during the session.

### **Parents and gymnasts need to be aware of the following rules:**

1. Once general warm-up commences, the gymnast is in the hands of the coaches until after the completion of presentations.
2. Gymnasts are to remain with their team and coach at all times.
3. Parents are not allowed to communicate with the coach or gymnast during warm-up or throughout the competition. They may talk to their child at the completion of the award ceremony. Failure to follow this ruling may result in the entire team being disqualified from the competition.
4. Gymnasts or parents expressing negative comments or opinions before or during the competition will be removed from the event.
5. Incorrect uniform, jewellery, nail polish etc. will incur a score penalty, 'deduction' on each apparatus.
6. Gymnasts must remain in competition uniform for awards presentations.
7. If a gymnast is late for a competition, the head judge will decide if the gymnast will be allowed to come onto the floor and compete.
8. Parents and gymnasts must not approach judges at any time during the competition. Coaches may approach the head judge at the end of each rotation if necessary.
9. Gymnasts must not leave the floor to go to the toilet without their coach requesting permission from the head judge of the apparatus.
10. No flash photography throughout the competition.

***Team encouragement and good sportsmanship for all.***

## COMPETITION LEOTARD AND UNIFORM

## PAGE 2

In addition to training attire, all competitive gymnasts will be required to purchase the following.

### **GIRLS**

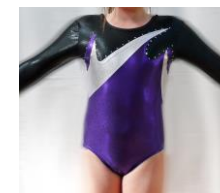
Competition leotard (*leotards to fit correctly, not allowing undergarments to show*).

Club competition jacket (with purple springers logo)

Matching black club pants (with or without piping - optional)

All hair tied back neatly.

No jewellery, no nail polish, no makeup.



### **BOYS**

Competition unitard, competition pants (Longs) & competition shorts.

Club competition jacket (with blue springers logo)

Matching black club pants (with or without piping - optional)

Long hair tied back neatly.

No jewellery.



### **Leotard and Uniform purchases:**

**Girls Leotards & Boys Unitards > Bgeez Creative Sportswear**  
(see Brenda Jarry at Gym) or phone: 0408 528558

**Club Jacket** (with embroidered logo) > **Joroni Embroidery** Shop 2, Norfolk Plaza (Safeway complex) 743 Raglan Parade, Warrnambool.

**Club pants > Joroni Embroidery** or (elsewhere) > Gym club office.

**Black Gym Bags > Gym club office**



## Important information:

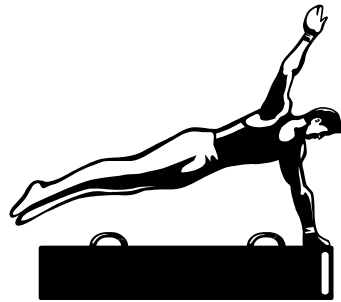
Facebook group for competition squad parents and gymnasts:  
Warrnambool Springers Gymnastics (competition squad)

For direct deposits put your child's name as reference. An email receipt to the club and stating the competition they are entering into to:

[springers@warrnambool.vic.gov.au](mailto:springers@warrnambool.vic.gov.au)

Bank details: BSB 633108 Act No. 124547175

Website: [warrnamboolspringers.com](http://warrnamboolspringers.com)



# GYMNASTICS

## Competition Handbook 2017



Review date: March, 2018