

# FREQUENTLY ASKED QUESTIONS

## GYMNASTICS FOR ALL

### **Which session will my child be in?**

All Gymnasts whose regular class is on a Tuesday, Wednesday or Thursday take part in the the Sunday the 13th of August event, while all gymnasts whose regular class is on a Monday, Friday or Saturday will take part on Sunday 20th of August.

### **What time will the competition be held?**

As session times vary on the number of entries we receive, you will be notified which session your child is in by July 16th, gymnasts will be placed as part of a team with other gymnasts in their regular class. Normally sessions are 1.5hrs-2hrs long.

### **My child only started gymnastics recently, will they be ready to compete?**

Yes, there are divisions for all ranges of abilities and coaches are able to modify routines for those gymnasts who have just started. The day is lots of fun and a fantastic experience for all!

### **Can I come and watch this competition?**

Yes, family and friends are very welcome - each gymnast entry includes family spectator tickets (2 adults and 2 children). Please note that gymnasts participating in the competition do not need to pay this as they have already paid their entry fee separately.

### **Does my child need to do any extra practice for the competition?**

No, everything that your child needs to learn for the competitions will be learnt during their normal classes.

### **Does my child need to be present for the entire session time allocated?**

Yes, your child will be required for the entire session and they will be involved in the competition for the entire time.

### **If my child cannot attend the event after I have paid my entry fee, can I get my money back?**

Yes, if you inform the office a minimum of two weeks before the event date. This payment will be credited to your gymnastics account. This gives us time to adjust teams and reduce our medal order. After this date there are no refunds.

### **What does my child do at the competition?**

Children are placed in a team with gymnasts of a similar level. The team competes on five different apparatus (floor, bars, beam, vault and trampoline). Your child will perform their routines on their own or in pairs in front of a judge with the exception of a couple of apparatus' (tumble track and pit) that are great fun for the kids but are not judged. After they have performed their routine they will sit down with the rest of the team and watch their fellow team members. At the end of each rotation teams will move to the next apparatus under the instruction of the announcer.

### **Am I allowed to take photos/video of my child during the competition?**

Yes, you are most welcome to take photos. We kindly that ask that when taking photos/videos you only capture your child. For safety reasons please ensure your flash is turned off as this may distract our gymnasts.

### **Which session will my child be in? Can I request a session?**

We are unable to allocate session times until we have all our entries confirmed as it differs greatly each year. The sessions are decided by the number of entries in each division and trying to ensure gymnasts have their regular class coach to assist them during the session.

### **Can I change session times/days if I have something else scheduled for my child's allocated session time?**

Unfortunately, this can be difficult, as there are group number maximums that cannot be exceeded (otherwise the competition sessions run overtime) and we have found that gymnasts who are moved to a different session often do not have as positive an experience at this event when they are not with their regular group/friends and regular coaches.

