

## CLUB COMPETITION INFORMATION SHEET

We would like to invite your daughter to take part in our annual club competition on Sunday 30<sup>th</sup> June. This event is open to all Recreational and Intermediate children, as well as to some of our development groups.

Here is a little bit of information about the event;

- Recreational children will compete in age groups and will perform a set floor routine and basic vault.
- Intermediate children will follow the County and Regional General Gymnastics rules, where they can compete on all 4 pieces of apparatus or their chosen pieces only and will also be placed into age groups.

Please note that all age categories are formed with the age that the child turns in 2024  
i.e. a child born on July 12<sup>th</sup> 2016 would be placed in an age group for 8 year olds.

- Each child will receive a rosette. There are also medals for the top 3 in each age group category across the day.

Our team of coaches will start working the elements and routines for this event, with all classes in May. The skills - both physically and psychologically - add another dimension to your daughters training. Therefore, in the early stages of preparation, all gymnasts will work towards this (irrespective of whether they will eventually take part in the competition).

ALL the girls are given lots of help and encouragement on the day so do not need to remember the routines (although we will get some demonstration videos up on the TNAG Facebook group for the recreational routines soon). It is a fun event and all ages and levels are encouraged to enter!

*On the day itself, competition is usually split into 3 rounds and the programme for the day will become available after the closing date has passed. This will be emailed out, placed on the noticeboards in the corridor, as well as on the changing room doors - so please keep an eye out for this.*