

## 2022 ROSE CUP



#### TERM DATES

Term 3: 11th July – 16th Sept Term 4: 3rd Oct—9th Dec

Well we have survived a cold wet long winter and I for one am just a little excited as we move into the lighter days of Spring.

We have had a great term at the club with our numbers still increasing and going into term 4 we hope to hit the 350 gymnasts per week. The number of smiling faces are always increasing and that is super exciting. Thanks to all our wonderful parents and gymnasts that are telling friends how much fun we have here.

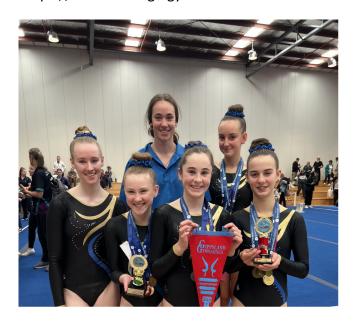
Thanks Angela

# HOLIDAY CATCH UP CLASSES

Catch up classes have been release this week via our website under the "book online" tab.

This is a great time to catch up for any classes that were missed, you are able to book gymnasts into as many classes as you like.

https://www.warragulgymnastics.club



### **TERM 4 CLASSES**

ALL **ENROLMENTS ROLL OVER**, You do NOT need to re enrol each term. INVOICES WILL BE ISSUED THE WEEK STARTING THE 3rd of September

FOR TERM 4 PLEASE LET ANGELA KNOW BY FRIDAY THE 16TH OF SEPTEMBER, AS WE HAVE CHILDREN WAITING FOR POSITIONS.

#### **COMMITTEE NEWS**

The Warragul Gymnastic Club is a not for profit association that is overseen by a committee of Management. Meetings are held at least once a term. If you would like to join the committee please send the club an email.

Our current president is Lee Moon, she can be contacted via email on wgcadmin@bigpond.com

### SPECTATORS WEEK

We will be open to spectators next week, being the last week of Term 3, the 12-15 of September. We do encourage mask wearing as we have limited space and social distancing can be hard.

We look forward to seeing you.

12-15 of September



# 2022 ROSE CUP

# **Entries are closed Competition Schedule**

Warm up: 9.00am
March on: 9.15am
Competition start: 9.20am

Presentations: 12.00pm (approx)

All gymnasts who are competing will be required to arrive by **8.50am**. Gymnasts will be left with their coaches and spend the entire competition with their coaches. After awards, gymnasts will be returned to parents. Gy,+mnast may wear any gymnastic attire, shorts fitted tshirts. Their hair must be in a bun, pony or pigtails.

Please make sure that your gymnast has a named water bottle, there will be many gymnasts in the comp so it could get lost.

Also, we may not have time for a snack break and will struggle to have enough room for all gymnasts to carry a bag with them, so please ensure that gymnasts have a good breakfast prior to the competition.

There are 4 apparatus: Vault, Bars, Beam and Floor.

All gymnasts from a 1-hour class will do their routines on their own, but will be scored as teams of 5.

All 1.5-hour class gymnasts will compete as individuals.

**Spectators are welcome**. However, we would like to ask that we try and limit it to **2** per gymnast. As you can imagine we have limited space and there will be approximately 85 gymnasts in the competition.



Spectators will be allowed in for 15mins at the beginning of your child's first class, so that you can see that they are settled and happy. We have found that having audience can cause our gymnasts to be distracted and

make drink breaks a lot longer. For some classes we only have 1 hour, so we want to make sure it is packed as full of as much gymnastics as possible.

If a child becomes upset or just wants a parent, you are the first person we will call. We want this experience to be positive and having an upset child will not achieve that. We also understand that you would like to watch your child participate and for that purpose we will have an open week at the end of every term, where you will be able to watch their whole session.

Please make sure that Parents/Carers are coming up to the door to pick up their under 13 -year old children. Children under 13 will not be permitted to leave the building without an adult as the car park can be dangerous when dark due to it not being well lit. Please make sure that your child has shoes on when coming and going from he club, recently there has been razor blades and glass found in the car park.

Facebook/Instagram is the clubs best form of information distribution, it is highly recommended to follow us on Facebook to receive the most up to date information regarding your gymnastics.

https://www.instagram.com/warragul\_gymnastics\_club/ https://www.facebook.com/Warragul-Gymnastic-Club-229531764167278

### Squad News

We have just attended the SE Regional Qualifiers and Senior Gippsland Championships.

Our gymnast did really well and achieved some great results.

Level 3 came 5th overall, Level 4 came 3rd over all and the Level 5 came 2nd overall. Ashlea our level 7 did really well against some pretty tough competition.

