

# 2016 NEW ZEALAND GYMSPORTS CHAMPIONSHIPS

28 Sept – 2 Oct 2016



## LOCATION

ILT Stadium Southland  
Surrey Park Sports Centre  
Isabella Street  
INVERCARGILL

## EVENT MANAGER

Rebecca Weber  
[events@gymsportsnz.com](mailto:events@gymsportsnz.com)  
021 494449

## WELCOME

GymSports NZ is proud to host the 2016 New Zealand Gymsports Championships at ILT Stadium Southland in Invercargill from 28 September – 2 October 2016.

ILT Stadium Southland is a multi-purpose, world class facility that hosts a range of sporting, cultural and entertainment events. For the third year running, all five codes will be held concurrently under the one roof.

**Aerobics, Women's Artistic Gymnastics, Men's Artistic Gymnastics  
Rhythmic Gymnastics and Trampoline**

GymSports NZ would like to thank ILT Stadium Southland, the Invercargill Licensing Trust and Venture Southland for their support of this event.

We look forward to delivering another memorable experience for all involved and hope you can join us. For more information, click [HERE](#) to visit the 2016 NZ Gymsports Championships page on the GymSports NZ website.

## STAY CONNECTED

The NZ Gymsports Championships Facebook page is live – click [HERE](#) to stay up to date as we count down to the biggest event of the year.



Find us on  
**Facebook**



## EVENT LIAISON

This year, Jasmin Vallance is the event liaison and will be the main point of contact for clubs, coordinators and managers in the lead up to the 2016 New Zealand Gymsports Championships. If you have any questions, ideas or feedback, please do not hesitate to email [jasmin.vallance@gymsportsnz.com](mailto:jasmin.vallance@gymsportsnz.com).



## TICKETS ON SALE NOW!

This September and October, more than 900 athletes from across New Zealand will descend on ILT Stadium Southland to compete for the title of National Champion. Come and witness the elegance, strength, energy and precision of the country's top athletes across all five gymsports codes - Rhythmic Gymnastics, Men's Artistic Gymnastics, Women's Artistic Gymnastics, Aerobics and Trampoline.

For the second year running, a Super Session will be held on the evening of Saturday 1 October. Senior athletes across the five codes will compete in their respective finals for what is going to be a truly magnificent display of New Zealand's gymsports talent. This is your opportunity to see our best athletes competing on home soil. The atmosphere will be electric!

While tickets will be available to purchase on the day at the venue, we recommend you pre-purchase tickets online by clicking [HERE](#) to avoid queuing on the day.

We look forward to seeing you there



## AFTER PARTY



Rio Carnival is coming to Invercargill! Join us on **Sunday 2 October from 7.00pm** to celebrate the NZ Gymsports Championships with new and old friends alike. Show off your moves on the dance floor, test your speed on the horizontal bungy and capture the night in the photo booth. Two special Rio Carnival inspired drinks will be available for purchase on the night. To purchase tickets, click [HERE](#).

## **TEAM THROW DOWN**

Introducing the first ever "Team Throw down". This is a fun and exciting group performance held at the end of competition. **2:30pm Sunday 2<sup>nd</sup> October.** Each province will battle it out to become the first ever Team Throw Down winner!

Gather your fellow provincial team mates to put on a performance like no other. Let your imagination run wild with ideas, there are very few limits to this performance. Your performance should only be a minute long. The cards will be flipped as you will be judged by three athlete judges and a portion of the vote will be based on the audience applause! Make sure you get loud!

### **Scoring: Out of 21**

10 points on creativity and enjoyment

1 point for each code included in performance (max of 5 points)

Points per costume (1 point- poor effort. 2 points- medium efforts. 3 points- a lot of effort)

Cheer-ability/audience applause (1 point- low applause. 2 points- medium applauses. 3 points- huge applause)

1 bonus point for each official included in performance (drag your coaches and managers in!)



## **MEDAL ENGRAVING**

Get your medal engraved while at the event! An engraving service is being provided by the awesome team at McLeay Jewelers Ltd. To engrave your medal will cost \$5. Drop your medal off at the merchandise stand along with what you want engraved on it in the morning and McLeay Jewelry will drop your engraved medal back to the merchandise stand the following morning ready for collection.

## **MUSIC**

All Rhythmic, Aerobics and Women's Artistic athletes who have submitted music electronically must have a backup CD on hand during competition in case of technical issues.

If athletes wish to train with music, they will need to bring a CD to training sessions. A CD player will be provided for use by athletes and coaches. The music supplied electronically to GymSports NZ will not be available to be played during training.

 **SPORTS MASSAGE**

This year sports massage will be available to all athletes. Thanks to Jayden and his team of sport massage therapists from SIT for providing this service.

**Where:** Two massage beds will be set up in the squash court.

**Price:** \$1 per 1 minute.

**Booking:** First in first served basis. To book in a session, there will be a list of times available, talk to the sports massage therapist about requesting a certain time. Some evening sessions will be available depending on demand.

**Timetable:**

Thursday 29<sup>th</sup>: 10am- 11:30am

Friday 30<sup>th</sup>: 10:30am-12:30

Saturday 1<sup>st</sup>: 10:30am-12:30

Sunday 2<sup>nd</sup>: 11:30am-12:30

 **MERCHANDISE**

A range of merchandise, including t-shirts, bags and event programs, will be available to purchase at the event. Stock is limited so make sure you get in early to avoid missing out. Merchandise opening hours are as follows:

Tuesday 27 September	9am – 5pm
Wednesday 28 September	9am – 5pm
Thursday 29 September	9am – 5pm
Friday 30 September	9am – 5pm
Saturday 1 October	9am – 9pm
Sunday 2 October	9am – 11am

 **COACH ACCREDITATION**

All coaches and judges must be registered as Technical Members of GymSports NZ for 2016. To ensure coaches can receive an accreditation for the event, they must have met all qualification requirements, including submitting a first aid certificate and practical coaching hours as well as completing any online modules.

**Aerobics**

Levels, ADP 2	Junior Coach
ADP 3-5, International Divisions	Junior Coach

## **Men's Artistic Gymnastics**

Level 4-6	Junior Coach
Level 7	Junior Advanced Coach
Level 8 – Senior Open	Senior Coach

## **Rhythmic Gymnastics**

Level 4-6	Junior Coach
Stage 3, 4, Level 7 – International	Senior Coach

## **Trampoline**

Age Division	Junior Coach
Sub Junior International	Junior Advanced Coach
Junior / Senior International	Senior Coach

## **Women's Artistic Gymnastics**

STEP 5-6	Junior Coach
STEP 7, IL 7	Junior Advanced Coach
STEP 8 – International, IL 8-9	Senior Coach

## **Tumbling** - qualification can be in Trampoline or Artistic Gymnastics

Age Division	Junior Coach
Sub Junior International	Junior Advanced Coach
Junior / Senior International	Senior Coach

## **COACHES' MEDALS**

All coaches qualified to the level of their athlete who are the named personal coach of an athlete who achieves a proficiency level will be awarded a coaches' medal. Coaches must be up-to-date with their qualifications including first-aid and practical coaching hours to be eligible to receive a coaches' medal.

Coaches' medals will be awarded at the closing ceremony.

## **WITHDRAWALS**

If an athlete is withdrawing from the event, please email [rebecca.weber@gymsportsnz.com](mailto:rebecca.weber@gymsportsnz.com) as soon as possible.

The only refunds given to athletes that withdraw are for those who withdraw for medical reasons. A refund based on 80% of the entry fee will be processed once the Manager/National Coordinator has submitted the completed Request for Withdrawal form and the athlete's medical certificate to GymSports NZ. No other refunds will be given for other costs/fees related with entering the National Championships.

To apply for a refund, please email [jasmin.vallance@gymsportsnz.com](mailto:jasmin.vallance@gymsportsnz.com) for a withdrawal form and return by Wednesday 12 October. No refunds will be processed after this date.



## QUALIFICATION AND PROFICIENCY

Click [HERE](#) to view the qualifying and proficiency scores for the 2016 New Zealand Gymsports Championships



## CONTROL JUDGES

<b>Aerobics</b>	Cath Thomson
<b>Men's Artistic Gymnastics</b>	Ken Bow
<b>Rhythmic Gymnastics</b>	Keita McGowan
<b>Trampoline</b>	Vicki Humphreys
<b>Women's Artistic Gymnastics</b>	Shirley Baker and Avril Enslow (Control Jury)

Thank you to the above judges and their teams for their time and commitment to this event.



## TIMETABLE AND RUN LISTS

All up to date timetables and run lists can be found on our website [HERE](#).



## MANAGERS

One manager, per province per gymsport will be accredited. This accreditation will enable the manager to access the warm-up and competition areas and competition office for communication purposes only. Managers are not to provide technical advice in a coaching capacity to the athletes. Managers who do not follow this regulation will be asked to leave the warm-up area/competition floor.

Managers are required to wear provincial tracksuit jackets.

Managers will be required to attend the orientation meeting based on their code. Information distributed at this meeting is of high importance and it is expected that Managers relay the information to their province's officials.

All appointed coaches are encouraged by GymSports NZ to attend the Managers Meeting.

### MEETING TIMES

<b>Artistic Gymnastics (MAG/WAG):</b>	Tuesday 27 September	3.00pm-4.00pm
<b>Rhythmic Gymnastics:</b>	Tuesday 27 September	5.00pm-5:45pm
<b>Trampoline:</b>	Wednesday 28 September	3:15pm- 4.00pm
<b>Aerobics:</b>	Thursday 29 September	10.00am-10:30am





## TECHNICAL FORMS

### Aerobics

Please bring all routine sheets to the Managers Meeting at the event – time to be advised on the timetable.

### Trampoline

1. Please send all competition cards to [carol\\_henry@xtra.co.nz](mailto:carol_henry@xtra.co.nz)  
(Routine Sheets – [TRA or SYN or TUM submissions] – [your province])
2. Deadline for competition cards to be sent in by is noon **Monday 26<sup>th</sup> September**.

### Rhythmic Gymnastics

1. Please provide 1 sheet per gymnast per routine/apparatus, or 2 copies if an athlete is eligible for finals.
2. It would be appreciated if sheets are collated in the order of competition (the run list will be released first week of September).
3. Please upload routine sheets to Dropbox- (Your Province)
4. **Deadline** for Routine Sheets to be received by GymSports NZ is **Wednesday 21<sup>st</sup> September**.



## SECURITY

A quick reminder to make sure you don't leave any valuables in your car. GymSports NZ is not liable for any damage or theft.

### SUPPORTERS

**iLT STADIUM**  
SOUTHLAND

**iLT** Invercargill  
Licensing Trust

**Venture** **Southland**  
Business, Tourism, Community & Events

## ▶ OPENING AND CLOSING CEREMONIES

### Opening Ceremony

Wednesday 29 September – 5pm

GymSports NZ invites all athletes, coaches, judges, spectators and volunteers to attend the Opening Ceremony. Provincial Coordinators will select two athletes per code from each province to march in at the start of the Opening Ceremony and remain on the floor for the duration. Athletes that are marching in must wear their provincial tracksuits.



### Closing Ceremony

Sunday 2 October – 4pm

Athletes who win an international category will be asked to take part in the Closing Ceremony in the form of a free flow display. Athletes may choose their background music. This showcase is meant to highlight the athletes and can be creative. All athletes involved will receive a special invitation to participate following their awards ceremony. Provincial Managers are responsible for ensuring the invitation is replied to via the competition office.

Gymnast of the Year, Senior International AA categories, coaching medals and some special awards will be presented during the Closing Ceremony. All remaining special awards will be presented at an awards ceremony held immediately prior to the Closing Ceremony

## ▶ VOLUNTEERS



A BIG thank you to everyone that has already put their hands up to volunteer.

If you are interested in getting in on the action and being part of the 2016 New Zealand Gymsports Championships we're still looking for volunteers and would love for you to be involved!

Click [HERE](#) to complete the volunteer application form.

Any queries for Aerobics, Rhythmic Gymnastics or Trampoline contact [Belinda.randall@gymsportsnz.com](mailto:Belinda.randall@gymsportsnz.com) or for Men's Artistic Gymnastics, Women's Artistic Gymnastics or general queries contact [Margaret.wilton@gymsportsnz.com](mailto:Margaret.wilton@gymsportsnz.com)

Volunteers receive free access to the event on all competition days, a volunteer polo as well as food and beverages during volunteer shifts.





## 2015 TROPHY RETURNS



All trophies awarded at the 2015 NZ Gymsports Championships must be present at this year's event in Invercargill.

Please bring your trophy with you. On arrival at the Stadium, please take the trophy to the Competition Office. Make sure you hand your trophy to one of the office personnel. The trophy will then be transferred to the Awards room.

Your trophy must be returned engraved and polished and if necessary any damage repaired. Trophies are often damaged in transit so we suggest packaging carefully in your luggage.

A further email reminder will be sent directly to 2015 recipients.



## EQUIPMENT

The following equipment will be used at Nationals.

### WAG

Vault- Gymnova

Bars-Janssen-Fritsen

Beam-Gymnova

Floor- Gymnova

### MAG

Floor-Gymnova

Vault-Janssen-Fritsen

H Bar-Acromat

P Bars-Gymnova

Pommel-Acromat

Rings-Gymnova

Uneven Bars: No sticky substances are permitted on the uneven bars, Water may be used but only in moderation.

**A massive thank you to all the clubs who are supporting the event through the loaning of their equipment. This event would not be possible without your support.**



## KEY EVENT PERSONNEL

<b>Event Manager</b>	Rebecca Weber
<b>Floor Manager MAG/WAG</b>	Christine Reed/ Andy Adams
<b>Floor Manager RG/AER</b>	GSNZ Staff
<b>Floor Manager TRA</b>	Dee Lampe
<b>Competition Office Manager</b>	Haidee Farnilo/Jasmin Vallance/Ayla Huber
<b>Artistic Scoring/Results</b>	Willem Delport/Jenny Simpson
<b>RG Scoring/Results</b>	Sandi Smith
<b>AER Scoring/Results</b>	Michelle Furse
<b>TRA Scoring/ Results</b>	Carol Henry
<b>Awards Manager</b>	Megan Preston/Angela Lawrie



## SOCIAL MEDIA

Keep in up to date on event happenings via our social media channels.

[2016 NZ Gymsports Championships event page](#) – for all updates leading into the event.

Our [Facebook page](#) – for event photos and results during the event

**Twitter:** @gymsportsnz (event updates and results during the event)

**Instagram:** @gymsportsnz - tag us into your photos using **#nzgymchamps2016**



## SUPPORTERS



Welcome to Southland!

Southland's natural beauty is unmatched, with visitors having access to the mountains, rivers and forests for countless outdoor adventures. We highly recommend you stay on in the region following the event to take advantage of all that Southland has to offer. Click [HERE](#) to find out more about the opportunities that await you in Southland or check out some of the local attractions and activities below.



Queens Park  
Bill Richardson Transport World  
Southland Museum and Art Gallery  
Splash Palace  
Superbowl Tenpin Bowling  
Reading Cinemas

### **Accommodation**

Accommodation in Invercargill is almost fully booked for the event period so get in quick to ensure you don't miss out. Check out the below websites for alternative accommodation options:

[Book a Bach](#)

[Holiday Houses](#)

[Airbnb](#)