



Gym Club Challenge Information

Welcome to 2024 GNZ GYMCLUB CHALLENGE! While MGI is hosting, GCC is about all of us, so join in with the fun and let's work together to make this a great event for our athletes!

With this email you will have received a timetable. We will endeavour to keep to start times, but as you know events can run over. We will not, however, be starting any events earlier than the stated time on the timetable.

For those that are flying into Palmerston North airport, our club is a 6 minute drive from the airport. GymClub Challenge is being held in our training venue so please note parking and seating may be limited. Our team will all be on hand to help in any way we can, so just ask if you need anything.

Our Control Judge for the event is Myles Glass, from Harbour City.

We are pleased to also welcome Jenny Jujnovich and Jacqui McCann from GNZ who will be with us for this event, along with Pam Walters, SDC Chair. We will also have other staff from other GNZ and SDC members during the weekend.

As this is a Recreational Event, no scores will be made public but they will be shared with all clubs participating after the event.

Door Entry Fee

There will be no door entry fee. We will have programmes for sale: \$3 each.

Media Waiver

Please note that we will be taking photos and videos throughout the event that will be posted on social media and may be provided to newspapers, if you have any concerns with this please get in touch with us.

Medical Refunds

If you have a gymnast unable to attend please do not worry about obtaining a medical certificate – we will invoice clubs after the event based on the gymnasts that compete. Let me know in advance if you can so I can amend our scorekeeping records, but we can easily make last minute changes. We will also add any gymnasts at the last minute to any division that has an entry already.

Fun!

Team Fun are once again on hand organising spot prize events, running entertaining warm ups and ensuring we are all smiling. We will also have areas for photos so please make the most of the opportunity to take fabulous photos with your athletes and flood your social media pages so that we all spotlight how much fun gymnastics is!

SDC Q&A Sessions

We have set aside time for SDC committee members to present to clubs so please make a note of these times as the session last year was very valuable.

Saturday 26th 12.30 – Monique Gapes (Rhythmic) and Jody Allely (Tramp/Tumble)

Sunday 27th 11.00 Myles Glass (Team Gym) and Pam Walters (Chair)

Coach Development

Kylan will be presenting our development session on Sunday 27th at 5.30pm. The topic this year is on growing boys programmes. Great chance to come along and share ideas with other clubs.

Gfa Apparatus Event

Gymnasts will have a 15 minute general warm up and will then all have a one touch warm up per apparatus. If you have not already submitted apparatus choice or vault options please do so.

Please also ensure we have music where applicable and that you bring a usb copy as a backup.

Overall placings will be awarded based on the top 3 out of 4 scores.

Medals will be awarded for 1st, 2nd and 3rd overall in each level. Ribbons will be awarded for 4th, 5th and 6th overall. Where levels are large these will be split into divisions.

Ribbons will also be awarded for placings 1-6 on each apparatus in each division.

Team Gym Event

Gymnasts will have a 15 minute warm up. 3 teams will be on the floor competing at any one time in a domino effect.

Please ensure you have completed your skills sheet and submitted in advance.

Please also ensure we have music where applicable in advance and that you bring with you a usb copy with you as a backup.

Medals will be awarded for 1st, 2nd and 3rd overall in each division. Ribbons will also be awarded for 4th, 5th and 6th placing in each division.

GNZ Parkour

Parkour athletes will meet at 8.30am at Linklater Reserve for an outdoor fun event as a warm-up. Parents and coaches are welcome to join in!

We will then move back to the gym for the competition event.

Each athlete will compete in a speed run that is timed, this will be followed by Freestyle

Medals will be awarded to the 1st, 2nd and 3rd places based on times. Ribbons for 4th, 5th and 6th place based on times will also be awarded.

We will then run a relay event with ribbons being awarded for the 1st – 3rd teams.

Trampoline and Double Mini

As we did last year, gymnasts will only be charged for one entry for Trampoline and Double Mini so if you wish to amend your entry and add athletes to one or the other please let us know.

Gymnasts will have a 10 minute general warm up and then a 1 minute warm up on the trampoline and 2 runs on the double mini before commencing.

Medals will be awarded for 1st, 2nd and 3rd overall in each level. Ribbons will be awarded for 4th, 5th and 6th overall.

Tumbling

Gymnasts can enter Nationals Level and Short Track, there is no additional fee for entering both events this year.

Based on feedback we have updated the levels for Short Track to be Jnr 2, Jnr 3, Snr 2 and Snr 3. Can you please confirm if you need to update your athletes, I will follow up with clubs directly also.

Gymnasts will have a 15 minute warm up.

Medals will be awarded for 1st, 2nd and 3rd overall in each level. Ribbons will be awarded for 4th, 5th and 6th overall.

Rhythmic

Gymnasts will have a 15 minute warm up.

Medals will be awarded for 1st, 2nd and 3rd overall in each level. Ribbons will be awarded for 4th, 5th and 6th overall.

Please ensure you have submitted music for this event.

Aerogym and Aerodance

If you have not yet had the Aeroschools routines as they were delayed coming out, you are welcome to use the older Flyers and Twisters routines for your athletes which you will find on You Tube. You are also welcome to create your own routine.

Gymnasts will have a 15 minute warm up.

Medals will be awarded for 1st, 2nd and 3rd overall in each level. Ribbons will be awarded for 4th, 5th and 6th overall.

Please ensure you have submitted music for this event.

Gym Club Challenge Banners

The following banners are up for grabs:

Top Club in each code

This award is based on the highest points from medals within each code: 5 points gold, 3 points for silver and 1 point for bronze.

Club Champion

This award is based on the highest points from medals overall: 5 points gold, 3 points for silver and 1 point for bronze.

The next three awards are decided by clubs present. Each club is given one card to vote on and you cannot vote for your own club. GNZ will also be given voting cards.

Club Spirit Award – for the club that shows commitment, dedication and support to their team and are positive role models for all.

Club Sportsmanship – for the club that demonstrates fairness, honesty and respect to competitors, coaches, and officials and are positive role models for all.

Club Creativity Award – for the club that shows originality through unique and interesting skills, routines and performances.

We hope this information is helpful and we look forward to meeting you all for a great event. If there is anything we have missed please get in touch.