

Yorkton Springers Gymnastics Club 2015 Invitational



Date: March 27-29, 2015

Location: Yorkton Regional High School
150 Gladstone Avenue North
Yorkton, Saskatchewan

Entry Fee: \$85.00 Women's Artistic Provincial 1-5
\$50.00 JO Levels 1-3
\$30.00 Recreational

Tentative Schedule:

Friday, March 27, 2015

Evening: Provincial 3, Provincial 4 & 5

Saturday, March 28, 2015

Morning: Provincial 2

Afternoon: Provincial 1

Evening: JO Level 2 & 3

Sunday, March 29, 2015

Morning: JO Level 1

Mid-Morning: Recreational – 3-8yr olds

Afternoon: Recreational – 8yrs and older

NOTE: Schedule is tentative and we may add a session in on Saturday evening.
Schedule will be finalized once all registrations are in.

Deadline: Deadline for registration form and cheque is **Monday, March 9, 2015.**

Registrations received after March 9, 2015 will need to pay a \$25.00 late fee per athlete. Athletes will be registered when both forms and payment have been received. Refunds will be only provided with a doctor's note before March 21, 2015.

Please email and send a hard copy of your registration to the address below:

Springers Gymnastics Club
Box 2027
Yorkton SK S3N 3X3
mail@yorktonspringers.com

Judges: As per Gymnastics Saskatchewan Policy

Clubs are required to provide 1 judge for every 4 athletes for P1-5.

Clubs are required to provide 1 judge for every 6 athletes for JO.

Note: Fines for missing judges will be charged as per Gymnastics Saskatchewan Policy.

Equipment: As per Women's Gymnastics Saskatchewan Technical Regulations. Clubs are welcome to bring their own beat board.

Music: C.D.'s must be labeled with the following:

1) Gymnast name & club name 2) Gymnasts competitive level

Awards:

Provincial Levels: Event and All Around 1st to 3rd medals and 4th to 10th place ribbons.

JO: As per Gymnastics Saskatchewan Technical Regulations.

****Please note that we may combine some age groups based on registrations****

FUN MEET Scoring Sheets: Deadline to be submitted by mail or email is Monday, March 16, 2015.

Inquiries: **Jessica Ronn (Head Coach)**
(306) 621-7069
jnronn@hotmail.com

Tanya Nystrom (Meet Director)
(306) 782-9326
tanyanystrom@sasktel.net



Springers Gymnastics Club Invitational

Athletes Waiver Form

Name of Athlete: _____

Name of Event: Springers Gymnastics Invitational 2015

Date of Event: March 27, 28 & 29, 2015

In consideration of your acceptance of my entry, intending to be legally bound do hereby, for myself, my heirs, executors and administrators waive and release and forever discharge any and all rights and claims for damage which I may have or may hereafter accrue to me against **Yorkton Springers Gymnastics Club**, the organizers or their respective officers, agents, representatives and/or assigns for any and all damages which may be sustained and suffered by me in connection with my association with or entry in the above athletic meet or which may arise out of my travelling to or participating in and returning from said athletic meet.

Photo/Video Release

I give my permission for images of my child to be captured during this meet through video/ photo, to be used solely for the purpose of Springers Gymnastics and / or Gymnastics Saskatchewan promotional material and publications, including the website. I waive any rights of ownership of the images, compensation for their use.

Athlete's Signature
(if 18 years of age or over)

Parent or Guardian
(if under 18 years of age)

Date

Dear Recreational Clubs, Coaches, Parents, and Gymnasts,

We are familiar with the level of the athletes that are involved in your club, and are familiar with the dedication that the gymnasts have to the sport. We would like to give your club a chance to compete in a FUN MEET, a meet where all of the skills are the coach's choice. We also understand the importance of companionship that a FUN Meet brings to the club, the gymnasts, the parents and their community.

We have set aside a special time where these gymnasts get a chance to shine and to experience a competition. Please review the following guidelines for the FUN MEET with your gymnasts:

1. The warm up will be as follows:

General Warm-Up on Floor: 10 minutes (warm-up & stretching)

Apparatus Warm-Up: During competition they may practice prior to competing.

2. March-In: Prior to competition, athletes are marshalled into their clubs, march in, and are recognized by club.

3. Competition: Athletes receive their order from the official(s). It is highly recommended that coaches fill out the skill list of each of their athletes prior to the event to present them to the judges at each event. See the form at the end of this document.

Vault: Can be 1 or 2 Vaults or a series of 6-10 vault skills.

Bars, Beam & Floor: 6-10 recognizable skills are performed.

No scores are flashed.

****If you have younger gymnasts you can do fewer skills on each event.**

When the competition is complete, the results committee will get the certificate and the scoring sheet together along with a participation medal. During this time, the athletes will have a short break. The clubs are marched in again and the awards will begin.

We strongly encourage all clubs to attend and will answer any questions that clubs may have. Please contact us by email at

mail@yorktonspringers.com. We have provided extra information in this package to answer some of your questions. Thank you in advance for your consideration. We look forward to meeting each of you at the competition!

Yorkton Springers Gymnastics Club

Frequently Asked Questions

My club does not have matching body suits. What should the gymnasts wear?

Gymnasts are encouraged to wear body suits, but **we will allow them to wear t-shirts and shorts**. Please make sure the t-shirts are not loose. All hair must be tied back and not restricting the view of the gymnast. No jewelry will be allowed on the competition floor. Track suits, sweat pants, yoga pants, etc. can be worn when the gymnasts are not competing.

Do the gymnasts need to memorize their routines or skills series?

We encourage all gymnasts to have unassisted routines, but there is no penalty for hints from coaches.

How many coaches need to be on the floor with my club?

Depending on how many gymnasts you have, if your club is big and the groups are split, a coach may be needed for every group; this is ultimately your decision.

What sort of things should I prepare my gymnasts for?

The things that you should go over are: the judging panel, the fact they are going to be tested (competing) separately, they will be called by name by a judge and they may get 1 warm up (practice) before they compete. You should also review entrance into the competition and the line-up that you would like to see on the floor.

What sort of items can be taken on the floor?

Track suits and water are allowed on the floor.

Are parents allowed to take photographs?

Flash photography is not allowed during the competition. Please tell your parents and grandparents this beforehand.

Who should attend?

We encourage all gymnasts to bring parents, grandparents, neighbours and friends to attend this very special event.

More questions?

Contact Springers Gymnastics Club at mail@yorktonspringers.com.

Recreational Skill Suggestions

Vault	Bars Low bar only	Beam 60-90cm	Floor No Music
From beat board to 60cm height: 1) Squat on, stand up, jump off, stick 2) Straddle on, stand up, jump off, stick	Mount: 1) Jump to front support 2) Pullover or kickover	Mount: 1) Squat on 2) Straddle on	Acro Element (choose 1): 1) Handstand 2) Fwd roll tucked 3) Bwd roll tucked 4) Cartwheel
Kick to handstand, fall to back onto a 20 cm mat	Cast – hips off bar	Turn: 1) ½ turn on one foot 2) Full turn on one foot	Turn: 1) ½ turn on one foot 2) Full turn on one foot
	Stride support	Jump or Leap (choose 2): 1) Straight jump 2) Tuck jump 3) Cat leap 4) Scissor leap	2 connected jumps (choose 2 with no stops in between): 1) Straight jump 2) Star jump 3) Tuck jump 4) Split jump
	Cast – hips off bar	Hold for 2 seconds (choose 1): 1) Y scale 2) Knee scale 3) Arabesque	2 connected leaps (choose 2 with no stops in between): 1) Cat leap 2) Scissor leap 3) Split leap
	Dismount: 1) Forward roll to tuck hang, 3 swings in tuck to release on back, stick 2) Cast straddle on dismount to stick 3) Cast, underswing with hips on bar to land	Dismount at end of beam (choose 1): 1) Tuck jump 2) Star jump 3) Straight jump ½ turn	Acro Element (choose 1): 1) Handstand fwd roll 2) Fwd roll in straddle 3) Dive roll 4) Round off 5) Bwd roll in straddle 6) Bridge kickover

* Note these are full routines that can be performed. You must have the skills broken down so that the judges know what they are going to be seeing prior to the athlete's competition- see Fun Meet Scoring Sheet*

Coaches – please fill out the Fun Meet Scoring Sheet on your computer and email back with each athlete's skills by March 16, 2015. This needs to be done as this will be the judging sheet for the judges and then your athletes will take it home with them.

