

Welcome

Gymnastics while not only being the ABC of all sports is also a very much a competitive sport of its own with opportunity for Athletes to compete against each other and their best and display their routines and skills in a supportive environment.

There are many options for competitions across the gym sports. At NWG we are focussed on the Girls Competitive pathway (WAG - Women's Artistic Gymnastics).

The Girls Competitive Levels are Introductory (Levels 1-2 our Girls Beginners, Foundations and Intermediates), Junior (Levels 3-6), and Senior (Levels 7-10)

Levels 1-2 are the introductory levels and the girls are awarded ribbons on how they perform their skills on each apparatus. Skills are judged normally in a connected routine however the focus is on the skill performance and not the routine.

Levels 3-6 are where the girls begin to demonstrate nominated skills in a prescribed/compulsory routine and are scored not only on skills but their routines and performance. They are awarded a score out of 10 from which marks are deducted for every error. Gymnastics is a sport judged on skill execution and bent knees, feed, legs, arms, incorrect positions all receive a deduction from the 10 point start score.

Levels 7 and up are our Senior Levels and the girls create their own routine with skills of varied difficulty. Deductions apply for execution and additional points are awarded for more difficult skills.

Competitions Attendance is open for Girls in our Beginners, Foundations, Intermediate and Competitive Levels programs. As an indication, we have had girls as young as 4 compete in Level 1.

You can find our annual competition calendar here:

<https://www.northwestgymnastics.com.au/nwg-competition-season-details/>

If you are considering attending a regional competition please talk with the coaches on this as early as possible – ideally with 10 weeks prior notice so they can work with your gymnast to understand the routines and level requirements.

Gymnastics Competitions are a fantastic opportunity for kids to:

1. Solidify their skills into a routine, Learn and understand the connection between skills which will benefit them in high levels.
2. Start to learn and perfect performance elements.
3. Build confidence performing in front of an audience.
4. Gain feedback on their performance and better their best.
5. Qualify for state level representation at Level 4 and above.
6. Observe the performance of other clubs and gymnasts

Competition attendance is highly recommended for all levels. Gymnastics is a tough sport and competitions provide a great internal motivator for the kids.

What happens at a Competition?

- Gymnasts meet as a group prior to warmup and enter the floor together.
- They walk on and as a group start warmup which is typically 10-20 minutes depending on level.
- A March on an opening presentation occurs on the main floor where the clubs are introduced and the gymnast present/salute and then move to their first apparatus rotation (**Vault, Bars Beam and Floor**). The gymnast move between the apparatus in groups – normally 4 groups of 8 athletes.
- Gymnasts undertake a quick warmup at each of the apparatus and then compete their routines/skills.
- The gymnasts skills and routines are judged and depending on level are either awarded a ribbon or a score. Scores are flashed on boards or digitally to the audience. Gymnasts then move to their next rotation.
- At the end of the competition gymnasts again march to the main floor for presentations and awards. Medals are typically given for the top places across the 4 apparatus and for the overall highest score.

Travel and Accommodation

Where possible we look for sponsorship for our Gym Families to attend away competitions. There is no guarantee of this and we appreciate any involvement in our not for profit our committee who help support these events.

Travel and accommodation is at the expense of parents. On occasion we will be able to arrange group discounts however this is not always the case.

We know gymnastics is expensive and the competitive pathway for us as a regional club is even more so with travel. Please consider being part of our committee who makes an amazing difference to the cost of attending these away competitions. Please contact us if you wish to be part of our committee.

What to Wear Bring

- Competitions are performed in the club competition leotard as specified by the club for each level.
- Hair should be neat and tied up so as not to interfere with skills. See our guide on competition hair.
- A water bottle
- A small back pack. NWG offer small competition back packs.
- Something to snack on during rotations. A small number of lollies or muesli bar etc.
- Any strapping, hand grips/guards that the girls may use in training
- Extra Hair ties.
- The nominated club polo to wear before and after competition and between performances.
- In winter – a tracksuit to wear before and after the competition.

Registration and Payment

All nominations are via our Parent Portal. Generally nominations are due at least 6 weeks ahead of the competition date. Nomination fees are not refundable should you wish to withdraw except where medical evidence can be provided.

NWG COMPETITION HAIR – A QUICK GUIDE



Getting ready for competition? Here is a quick guide to help with your gymnasts' competition hair!

YOU WILL NEED:

- 1 large elastic
- 4 small elastics
- 1 medium elastic
- White, Black, Silver club colour ribbons
- Very strong hair gel, hairspray
- optional glitter spray



STEP 1:

- Start by wetting hair and applying gel liberally through to ends.
- Collect hair in a high ponytail placed centrally and in line with top of head.
- Use the large hairband for this.

STEP 2:

- Divide the ponytail into two halves and comb each half out sideways – this allows a distribution of long and short ponytail hair for each of the 4 plaits. *
- Divide each section into half again and reapply some gel to each section as you are ready to commence plaiting.
- Try to plait down as far as possible and as close to the end of each section of hair.



STEP 3:

- After you have finished all plaits arrange them so that that are sitting neatly side by side.

STEP 4:

- Gather the four plaits together and using the medium sized elastic start to wind it around the plaits to hold them together.
- Before the last couple of turns, fold the bottom feathery ends of the plaits up and under so that you form a loop and keep twisting this elastic to anchor the loop.

STEP 5:

- Using the pointy end of a comb, push a short piece of plain satin ribbon through the loop of hair that you made at the bottom of the plaits.

STEP 6:

- Pull the plaits up and under.
- Take one end of the ribbon and feed it through the large elastic holding the ponytail.
- Tie ribbon with a double knot and cut off any excess.

STEP 7:

- Tie a bow with the with the remaining ribbons

STEP 8:

- Finish with a good strong hairspray and some glitter spray!

* Please note – if your daughter has finer/thicker hair, please adjust number of plaits accordingly (i.e. 3 or 6 plaits may be preferable).

Great Job – you did it!



COMPETITION DAY PREPARATION – HANDY HINTS FOR GYMNASTS AND PARENTS!



While our gymnasts are busy preparing in the gym, here are some handy hints for gymnasts and parents at home. Competitions can be nerve wracking for even the most seasoned competitors (and their parents too), so here are some tips and hints for a smooth competition day.

OUR TOP TIPS!

- 1. *Be up early and have a great breaky***
- 2. *Pack your gym bag the night before.***
Do you have: Competition leotard, club uniform including: NWG jacket or plain black jacket, black tights / tracksuit pants, NWG shirt; spare hair ties and hairspray, water bottle, snacks and grips (for those gymnasts that have them), strapping tape?
- 3. *Leave enough time to do your hair*** (and if this is your first competition, have a practice a few days before)
- 4. *Get Coffee***
Parents need to ensure they are calm
- 5. *Hug your gymnast, tell them you love them, you're proud of them and to do their best!***
- 6. *Leave plenty of time to get to the venue***
Aim to arrive 15minutes before your session's warm up begins. Even better come early or stay late and support club gymnasts in other levels.
- 7. *Bring something comfortable to sit on***
Competition sessions can often run longer than a normal training session; you don't want to get a numb bum, bring a cushion, a blanket. Get comfortable and enjoy.
- 8. *HAVE FUN!!!***

SUPPORT THE CLUB AND OUR GYMNASTS

STAY TO WATCH AN EXTRA SESSION

BE PRESENT FOR MARCH ON AND PRESENTATIONS