

EASTLAKE TRAMPOLINE SPORT CLUB

COMPETITION INFORMATION

Welcome to the 2014.

This Information fact sheet is to ensure all athletes and their families have information relating to competitions in 2014.

At any time if you have any questions please talk to your coach, Brett or Michelle.

WHO CAN COMPETE?

Anyone that wants to...

If you wish to enter a trampoline competition in 2014 you will need to;

- Talk to your trampoline coach about the routines you need for the competition. Your coach will help you decide if you should enter a levels or an age competition and will help you with your routines. (see types of competitions below)
- Talk to Michelle about the costs involved in entering a competition. You may need to increase your registration from a "recreational" registration to a "competition" registration so that you are covered by insurance at the competition. Each competition also has an entry cost which needs to be paid to Michelle before the closing date for entries (usually one week before the competition date)
- Purchase a club competition uniform. (see information below)

2014 COMPETITION DATES

The dates for competitions have been set for 2014 and it looks like we are going to have a very exciting year.

It is important that you listen to Brett's announcements each week at the start and end of your class so you know what competitions are coming up and when entries close.

Information about the competitions and closing dates will also be put on the Eastlake Trampoline Sports Blog which can be located at;

<http://eastlaketrampolinesports.blogspot.com.au/>

Below is a table of the competitions that we know of so far;

Date	Event	Venue
Sat 15 & Sun 16 Feb	NSW Age & Elite State Trial 1	Sydney Gymnastic & Aquatic Centre (SGAC) , Rooty Hill
Sat 8 & Sun 9 March	NSW Age & Elite State Trial 2	SGAC
Sat 29 & Sun 30 March	NSW State Age & Elite Championships	SGAC
Sat 8 March	TRP Qualifier	Eastlake Trampoline Sports, Belmont
Sat 19 July	NSW State Levels Trial 1	SGAC
Wed 28 May – Sun 1 June	Australian Gymnastic Championships (Nationals).	Hisense Arena. Melbourne
August	National Club Championships (levels)	Date and Venue TBC
Sat 9 Aug	SMC State Levels Trial 2	SGAC
Sat 30 & Sun 31 Aug	NSW State Levels Championships	SGAC

The NSW Trampoline calendar can be viewed at;

<http://www.gymnsw.org.au/calendar/?Display=list&fromYear=current>

Competition/ Event Definitions

At every competition you can chose to compete in Trampoline (TRP) , Double Mini (DMT) and Tumbling (TUM). You can compete in 1, 2 or all 3 disciplines. Single mini (SMT) is also contested for levels 1 and 2 in Levels competitions.

At the State Age Championships you can also compete in Synchronised Trampoline.

Levels Competitions

Gymnasts compete in levels 1-10 according to ability only and complete routines/passes as prescribed by Gymnastic NSW/Gymnastic Australia.

You must be turning 6 years old in 2014 to enter a level competition.

Age and Elite Competitions (National and International Stream)

Gymnasts compete in the following age groups: U11, U13, U15, U17, 17+ according to the age they turn in the calendar year of competition. (ie, if you are turning 9 yrs or 10 yrs in the 2014 calendar year you compete in the U11 age division).

Competitions for Age events are held at the Club, State, National and the International Level.

Gymnasts wishing to make the NSW State team to compete at the Australian Gymnastic Championships (Nationals) need to obtain a qualifying score (see below) in an age / elite qualifier competition.

Athletes participating in the International stream must achieve qualifying requirements to remain a competitor in this division. See later for qualification requirements.

Athletes who achieve the qualifying requirements for the international division at qualifying competitions must compete in the international division at the Australian Championships. Athletes who do not achieve the qualifying requirements to qualify for the international divisions at Australian Championships may compete in the National Stream in their Age divisions if they consequently meet the qualifying requirements for these Age divisions.

Athletes may only compete in **one division per discipline** at Australian Championships.

You must be turning 9 years old in 2014 to compete at the Australian Gymnastic Championships (Nationals).

UNIFORMS (and trampoline shoes)

You must wear the correct Eastlake Club Uniform at all competitions. The current 2013 uniform is;

Female:

- Long sleeve (or ¾ sleeve) red/ white club female leotard
- Hair must be tied back neatly. (ribbons/ scrunches in red/ white optional)
- No glitter hairspray is allowed.
- No jewellery or watches are permitted (stud earrings without gemstones are allowed if taped)

Male:

- Red/white club male leotard
- Long white gymnastics pants (trampoline)
- White gym shorts (DMT and Tumbling)

All team members:

- White socks with **no colour** and **no writing** (or trampoline / DMT shoes). Socks/shoes are optional for tumbling events.
- Club tracksuit
- Club singlet or polo shirt (preferred) or plain white shirt (no writing)
- Clean joggers (white not bright colours preferred)

Uniform orders.

Michelle has a small amount of second-hand uniforms and double-mini shoes available for purchase.

Leotards

The club leotards can be purchased from 2 sources;

1) GK Elite (purchased through Northpac International)

- Female leotard = \$185 (plus \$10 postage). Male leotards costs to be confirmed for 2014.
- Order by phoning Northpac International on Phone: 99705189 (Mon – Fri 9am – 5pm)
- Leotards take approx 6-8 for delivery from GK elite

2) Local Manufactured Leotard

- Due to the high cost of the GK Elite leotards we have also sort an alternative maker (who makes other trampoline club uniforms in Sydney) who makes the leotard for \$90 (female) and \$60 (male).
- Orders can be discussed directly with the maker by phoning Anne McLean on 0402 789 054
- Delivery time ranges for 2- 8 weeks (depends on other orders that Anne is making).

Long white gym pants and white gym shorts

- Long whites (\$69) and gym shorts (\$41) can be ordered online from AMCO Gymnastics at <http://www.amco.com.au/Home/Gym-Sports/Trampoline-Sports/Mens-Clothing?CurAccordianID=3> or by phone 9561 6110
- GK Elite also sell Long whites and gym shorts. They can be purchased by calling Northpac (Australian Distributor) on Phone: 99705189. Approx costs are US\$50 (long whites) and US\$25 (shorts) plus postage.
- White shorts are available at most sports shops (or dance shops). It is important that they are made of the correct material which allows movement and stretch.
- You can often find second hand long white and shorts on Ebay.

Trampoline (and DMT shoes)

GK elite sell trampoline shoes (evo brand) starting at \$22 and DMT shoes (Venturelli brand) starting at \$48.

These can be ordered online from the Northpac website (or by phone 99705189) at;
<http://www.gkdgymnastics.com/shop/category/trampoline/>

AMCO Gymnastics also sell trampoline shoes (IWA brand) for \$29. Order online at;

<http://www.amco.com.au/Home/Gym-Sports/Trampoline-Sports/Mens-Clothing?CurAccordianID=3> or by phoning (03) 9561 6110.

If families wish to purchase new trampoline or double mini shoes, a number of current competitors have shoes which you can try on for size to ensure you purchase the correct size.

Club Tracksuit

- Tracksuit Jacket with embroidered Club Logo;
 - Adult Jacket (Style: Biz Collection J8814) = \$41
 - Adult Pants (Style: Biz Collection J8815) = \$32
 - Child Jacket (Style: Biz Collection J8814B) = \$39
 - Child Pants (Style: Biz Collection J8815B) = \$30
- The athletes name can be added for no additional cost but must be order at the same time or an additional \$6.60 embroidery fee will apply. The name will always be placed under the logo in upper and lower case. Note: there is no alteration of uniform/ embroidery to suit personal taste (ie, font style, size and placing can not be changed)
- Order direct from **The Uniform Place**, 31 Beresford Street, Newcastle West. Phone 49691506. You can pay by credit card over the phone.
Email: uniform.place@hunterlink.net.au
- When ordering please tell them that the club has “a card already made up”.

Club Polo Shirts

- Club Polo Shirt with embroidered Club Logo;
 - Adult - Mens (Style: 7PP) = \$28
 - Adult – Ladies (Style: 7LPP) = \$24
 - Child (Style:7PP3) = \$23
- The athletes name can be added for no additional cost but must be order at the same time or an additional \$6.60 embroidery fee will apply. Note: there is no alteration of uniform/ embroidery to suit personal taste (ie, font style, size and placing can not be changed)
- Order direct from The Uniform Place, 31 Beresford Street, Newcastle West. Phone 49691506. You can pay by credit card over the phone.

Club Singlet (white with navy stripes on shoulder)

- Club Singlet with embroidered Club Logo (can also be worn as training singlet);
 - Adult - Mens (Style: Flash MV3111) = \$ 25
 - Adult – Ladies Racerback (Style: Flash LV3125) = \$25
 - Child (Style: Flash MV3111B) = \$22
 - The athletes name can be added for no additional cost but must be order at the same time or an additional \$6.60 embroidery fee will apply. Note: there is no alteration of uniform/ embroidery to suit personal taste (ie, font style, size and placing can not be changed)
- Order direct from The Uniform Place, 31 Beresford Street, Newcastle West. Phone 49691506. You can pay by credit card over the phone.

Club Sports Bag (optional)

- Style: Biz Collection FLASH Sports Bag (BB29000)
- Colour: Red / White.
- Size: 690mm (l) x 290mm (w) x 340mm (h)
- Cost = \$40 (includes embroidered club logo)

- The athletes name can be added for no additional cost but must be order at the same time or an additional \$6.60 embroidery fee will apply. The name will be under the logo in block print all upper case. Note: there is no alteration of uniform/ embroidery to suit personal taste (ie, font style, size and placing can not be changed)
- Order direct from The Uniform Place, 31 Beresford Street, Newcastle West. Phone 49691506. You can pay by credit card over the phone.

Note: Mrs Pickering (Jessica's mum) is willing to collect uniforms for athletes from **The Uniform Place** once they have been ordered and paid for her (as she works in Newcastle West near the shop). Please speak to her on Tuesday or Thursday nights if you would like her to collect your uniform to save postage and travelling into Newcastle in business hours.

WHERE ARE THE COMPETITION VENUES?

Venue Details

Sydney Gymnastic and Aquatic Centre (SGAC)

- Located at 12 North Parade, Rooty Hill
- Adjacent to the Rooty Hill RSL Club and Novotel Rooty Hill.
- A café and shop are available to purchase snacks, drinks and lunch items.
- There is a small shop. This means that GK will NOT be in attendance at any competitions held at the SGAC in 2014. If you need long whites, shorts, trampoline or S+DMT shoes please purchase before the competition. There is no guarantee you will be able to purchase these on the days as we did in previous years.
- Professional photographers (usually Winkipop or Kangaroo Photos) take photos at State Championships (and Nationals) (a CD of all photos usually costs about \$100-\$150 and individual photos start at approx \$20). You can take your own photos as long as your camera is not of professional capacity with big lenses. You can only video record your own child's routine (unless you have permission from the other gymnasts parents). Security do walk around these events watching for videoing which is not appropriate. (signage is posted at each event about what is allowed)
- At State Championships there is also event specific merchandise (prices are released before the event) if gymnasts want to purchase a souvenir of the event.

Belmont High School

- This is our "home venue".
- Please do not park on the grass oval. If the small car park is full please park on the street.
- When we have competitions at home we usually runs a canteen on this day to raise money for gymnasts who have been chosen to represent their State and Country. Parents are asked to donate items for sale (eg, chips, cakes, lolly bags). Raffles prizes are also greatly appreciated.

WHAT DO I NEED TO BRING TO A COMPETITION?

- Competition Uniform
- Water bottle
- A smile and positive attitude
- A cushion (seats can become uncomfortable on the bottom after a long day)

WHAT HAPPENS AT A COMPETITION?

- We try to sit together as a club as much as possible. If you are first to arrive at a competition try and mind some seating area for other families.
- There is usually a general warm up period at all events (usually an hour). Immediately prior to each event throughout the day gymnasts get a small warm-up period (usually 10 minutes) on the specific equipment.

- At major competitions (eg, State competitions) there will be a proposed timetable. These have been known to run up to 2 hours EARLY so get to the venue in plenty of time.
- When you arrive at the competition please find your coach and check that you have your routine sheets complete (Karen Pickering and Brett tries to bring a master copy to all events).
- You need to have a coach present to be on the competition floor (including for warm-up)
- You need to listen for events to be called throughout the day. Parents will help listen throughout the day but it is your responsibility to be listening for when your event is called.
- A club coach will be present when you compete to hold the mat etc. This may not always be your usual coach (as many of our club coaches are judges at the competitions)
- At the end of each competition certificates for place getters are announced (or medals at State Trial and State competitions)
- Scores are made available to coaches (upon request) and usually within 2-3 days a complete list of results can be found on the Gymnastics NSW website at <http://www.gymnsw.org.au>

PARENT'S HELP / VOLUNTEERING AT A COMPETITION?

Trampoline competitions rely on volunteers to help.

Duties include marshalling competitors at each discipline, recording scores and spotting. Each duty is not onerous but contributes to the smooth running of the events. At Home events we also need volunteers to help run the canteen.

Eastlake need to provide one volunteer for every 5 gymnasts that are competing. Michelle needs to submit the name of volunteers in with the competition entries so please speak with her about how you can help. If you don't want to volunteer whilst your son / daughter competes we can swap duties between events so you can watch them compete.

If you volunteer at the events it is usual to get free entry (and sometimes free car parking and meals – State and National competitions).

FACEBOOK PAGE FOR ATHLETES/ PARENTS / SUPPORTERS

A closed FaceBook Group “Eastlake Trampoline Sports Supporters Group” has also been established for supporters of Eastlake Trampoline Sports. This page is to assist athletes and parents share information about fund-raising, second-hand uniforms, transport and accommodation to competitions. To join this group please send a friend request to Karen Pickering so you can be added to the group.

TEAM SUPPORT

Gymnastic NSW has issued a challenge to all clubs to show their support for their athletes and club.

It would be great if the Eastlakes Parents could all sit together so that our athletes see a sea of supporters in red and white in the crowd when they are competing. Any red and white clothing is encouraged at the competition (hats, streamers, face paint, large party glasses etc are optional extras (and strongly encouraged!!). Some Eastlake Posters would also be great to draw attention to our sea of red and white. Those with Eastlakes Blankets please bring them (even if they are only hung over the rails to show support).

Any posters in the club colours would also be greatly appreciated – especially at the NSW State Age Championships (29-30 March) and the NSW State Level Championships (30-31 August)

SUPPORTERS WEAR (red with white)

In 2013 the club has introduced a supporters uniform to show our athletes support when they are competing. Our aim is for our athletes to see a sea of supporters in red and white in the crowd when they are competing. The following clothing is optional – any red and white clothing is encouraged at competitions (hats and streamers are optional extras!!)

Order direct from **The Uniform Place**, 31 Beresford Street, Newcastle West. Phone 49691506. You can pay by credit card over the phone.

- **Red polo Shirt with White side stripe**
 - Adult – Mens (style: PS31) = \$28.00
 - Adult – Ladies (style: PS32) = \$28.00
 - Child (style: PS31K) = \$28.00

- **Red Singlet with white stripes on shoulder with embroidered Club Logo** (red/ white version of Athletes singlet);
 - Adult - Mens (Style: Flash MV3111) = \$ 25
 - Adult – Ladies Racerback (Style: Flash LV3125) = \$25
 - Child (Style: Flash MV3111B) = \$22

NSW STATE CHAMPIONSHIPS

NSW State Age Championships: 29-30 March (at SGAC, Rooty Hill)

NSW State Level Championships: 30-31 August (at SGAC, Rooty Hill)

To be eligible to compete at 2014 State Championships gymnasts must have competed in at least one of the NSW State Trials.

State Age Trials: 15/16 Feb and 8/9 March. (Venue = SGAC, Rooty Hill)

State Level Trials: 19/20 July and 9/10 August. (Venue = SGAC, Rooty Hill)

ACCOMMODATION

Due to the distance to Rooty Hill (approx. 2 hours drive from Belmont), some families may elect to stay overnight.

Novotel Sydney Rooty Hill is also offering Gymnastics NSW members a discounted room rate of 15% off the best available rate of the day (subject to availability). Participants are able to book direct or through Accorhotels.com using the below reference details:

Company ID: SCP420201

Contract Number: 1570157

Reservations can also be made directly through the Novotel Sydney Rooty Hill on (02) 9832 388. Information can be located on the Gym NSW website:

<http://www.gymnsw.org.au/default.asp?Page=30429>

HOW DO I MAKE THE NSW STATE TEAM TO COMPETE AT THE AUSTRALIAN CHAMPIONSHIPS (NATIONALS)?

You need to obtain a qualifying score in a National or International stream qualifying event to be eligible for selection in the NSW State Team to compete at Nationals.

National Stream

Event	Age	Special Requirement	MEN		WOMEN	
			Minimum score	DD	Minimum score	DD
Trampoline & Synchro	U/11	Level 4	50.0	2.9	50.0	2.9
	U/13	Level 5	51.5	4.3	51.5	4.3
	U/15	Level 6	53.0	5.8	53.0	5.8
	U/17	Level 6A	53.5	6.3	53.5	6.3
	17+	Level 7	55.5	7.8	55.0	7.1
DMT	U/11	Level 4	58.0	1.9	58.0	1.9
	U/13	Level 5	58.5	2.9	58.5	2.9
	U/15	Level 6	59.5	4.0	59.5	4.0
	U/17	Level 6A	60.5	5.3	60.0	4.8
	17+	Level 7	62.0	6.7	61.0	6.0
Tumbling	U/11	Level 4 Short Track	54.5	2.7	54.5	2.7
	U/13	Level 4A Short Track	54.5	3.0	54.5	3.0
	U/15	Level 5A Short Track	55.5	3.7	55.0	3.7
	U/17	Level 6 Short Track	55.5	4.0	55.0	4.0
	17+	Level 6A Short Track	56.0	4.3	56.0	4.3

International Stream

Event	Age	Special Requirement	MEN		WOMEN	
			Minimum score	DD	Minimum score	DD
Trampoline & Synchro	INT U/13 Youth	Level 6	53.0	5.8	53.0	5.8
	INT U/15 Youth	Level 6A	53.5	6.3	53.5	6.3
	INT U/17 Junior	Level 7	55.5	7.8	55.0	7.1
	INT U/19 Junior	Level 7A	56.5	8.5	55.5	7.8
	SNR	Level 8	61.0	10.0	60.0	8.8
DMT	INT U/13 Youth	Level 6	59.5	4.0	59.5	4.0
	INT U/15 Youth	Level 6A	60.5	5.3	60.0	4.8
	INT U/17 Junior	Level 7	62.0	6.7	61.0	6.0
	INT U/19 Junior	Level 7A	63.5	8.1	62.0	6.8
	SNR	Level 8	64.5	9.2	63.0	8.0
Tumbling	INT U/13 Youth	Level 5 – 8 skills	52.0	4.5	52.0	4.5
	INT U/15 Youth	Level 5 A – 8 skills	52.5	5.0	52.5	5.0
	INT U/17 Junior	Level 6 – 8 skills	52.5	5.4	52.5	5.4
	INT U/19 Junior	Level 6 A – 8 skills	53.0	6.0	53.0	6.0
	SNR	Level 7 – 8 skills	54.0	7.5	53.5	7.0

The NSW State Age Team may consist of (but may not be limited to) 6 gymnasts per discipline per age group.

The NSW TRP Selection Committee is responsible for the selection of the State Team. The team representatives are posted on the Gymnastics NSW website and in 2014 are updated

after each trial.

<http://www.gymnsw.org.au/?Page=27768&MenuID=Gymsports%2F20629%2F0%2CTrampoline%5FSports%2Fc20621%2F27511%2F0>

IF I MAKE THE STATE TEAM TO COMPETE AT NATIONALS WHAT IS INVOLVED?

It is mandatory that all eligible gymnasts for selection in the NSW State Team attend State Team Training days (dates and times to be confirmed)

Gymnastics NSW will release circulars and information to all athletes selected to represent NSW which contains all the information about the competition, accommodation, transport, meals etc.

It is important to keep checking on the GymnasticsNSW website for up-to-date information.

There is a NEW leotard and tracksuit for 2014.

The approx costs to budget for are (based on 2013 costs);

- Uniform (Tracksuit/ shorts/ shirt) = approx \$311 - \$479 (depending on mandatory items);
 - Tracksuit Top = \$89
 - Tracksuit pants = \$56
 - Tshirt or Singlet = \$39
 - Shorts = \$39
 - Polo shirt = \$44
 - Fleece jumper = \$66
 - Hoodie jumper = \$55
 - Bag = \$47
 - Backpack = \$44
- Leotard = approx \$150 (plus \$90 for training leotard if women wish to train in a leotard rather than singlet and shorts)
- Entry fee = approx \$140 (\$175 if elite)
- Tour expenses = approx \$750 - \$1200 (accommodation, food, transport etc)
- Social event = \$30
- Airfares (arranged independently by athlete – at own expense, if required)

Athletes are responsible for their own transport to the State where Nationals is being held (in 2014 – Melbourne, Victoria)

Athletes stay as part of the Gymnastics NSW Team with chaperones and Team Management. Accommodation for the team is booked as part of the Tour expenses and families are NOT permitted to stay with the athletes or stay at the same accommodation venue as the Gymnastics NSW Team. Please be mindful of booking accommodation before the announcement of where the team is being accommodated (a suggestion would be that you ensure you can cancel if required). Families and athletes sign a parent contract to agree to this and understand that if they breach the policy their child may be withdrawn from competition or future competitions.

In the past some families have elected to stay at the same accommodation to share costs of accommodation and travel.

**If you have any questions at any time please speak with Michelle
or Brett.**

