

RG NEWSLETTER – 2010 - #1

Welcome to the 1st term of 2010. I hope everyone had a good break and is now getting back into training.

Please keep this newsletter somewhere safe as it contains dates and information you will need to refer to during the year.

Competition/Event Schedule for the year

DATE	EVENT	VENUE	GRADES
19 April	Trials – Aus Nationals	Christchurch	Levels 7 - 10
22 May	Xtreme RhythmiX Apparatus Competition	Diocesan	All
30 May	North Harbour Juniors	North Harbour	Levels 1-3
19/20 June	Counties Manukau	Gymsport & Rec Centre	All
3/4 July	Spiralz	Te Awamutu	All
5 – 11 July	Australian Nationals	Perth, Australia	Selected Gymnasts
16/17/18 July	Canterbury Champs	Christchurch	Level 4+
7/8 August	Shore RG Champs	North Shore Events Centre	All
21/22 August	Midland Champs	Te Awamutu	Levels 1-4
22 August	Auckland Sec Sch Champs	TBC	Sec Sch Students
29/30 August	Auckland Champs	Diocesan	All
4/5 September	NZ Sec Sch Champs	Tri Star	Sec Sch Students
11/12 September	North Island Champs	Gymsport & Rec Centre	Levels 4+ Nationals Competitors
24-28 September	NZ National Champs	Mystery Creek	Levels 4+

Please note the following:

GYMSPORT & RECREATION CENTRE

PO Box 72-694

Papakura, Auckland, New Zealand

Ph: 64 9 295 0720

Fax: 64 9 299 5210

Email: gymsport@gymsport.co.nz

Website: www.gymsport.co.nz

Website: www.brucepulmanpark.com

1. These are the dates we have as of preparation of this newsletter, there may be additional invitations received. There are also some details still to be confirmed. I will let you know as details are received.
2. These are the competitions and events the club will attend. We will have coaches and judges at these events. It is not compulsory to attend these competitions where gymnasts compete as individuals and therefore a decision not to attend does not affect other competitors. If you wish to compete, you must return the competition entry slip and entry fee by the required date.
3. Entry to School competitions should be done through your school. Please talk to your school sports co-ordinators about entry to these. The sports co-ordinator should also have a copy of the requirements. You should be aware that late entries are not accepted to these events.
4. There is the option of attending competitions outside of our area eg. in Christchurch & Dunedin. Please indicate as soon as possible if you are interested in travelling away to these competitions.
5. Gymnasts (Level 4 and above) must achieve a qualifying score at a sanctioned competition to compete at the NZ National Championships. We will advise details of scores as soon as they become available. Gymnasts who wish to compete at Nationals must compete at Counties Manukau Champs to be considered for the team.
6. Club Championship results are based on an average of scores from all competitions attended during the year. This does not include Trials, International events or Secondary School Competitions.

Counties Competition

The club hosts its annual RG competition on the 19th and 20th June. This has grown to be a very successful event over the last few years. However, we cannot run this competition without the support of our members. Please note this date in your diary. We would appreciate as much help as possible over this weekend. If you are interested or available to help on an organising committee for our competition or you can assist with donations for the goody bags we give out to each participant, please let me know as soon as possible.

Rhythmic Gymnastic Equipment

The club has sufficient equipment for members to use; however gymnasts are quite welcome to obtain their own equipment. The apparatus used for Levels 1 – 3 are as follows: Level 1 competitors use Hoop; Level 2 Ball and Hoop; Level 3 Rope and Ball. Basic equipment can be obtained from Sports Distributors (10A Piermark Drive, Albany, ph 0800 656 735). Equipment may also be ordered over the Internet from various sources (eg amco – www.amco.com.au). If you have any queries regarding

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equipment, please speak with me before you buy. Please do not buy white or natural coloured ropes, as they are not permitted for use in competition.

Leotards

Rhythmic gymnasts compete in optional leotards. We do not have a club competition leotard. There are a wide variety of options in terms of leotard design. There are however some regulations that apply:

- ❖ Sleeves: Leotards may have sleeves of any length, but they may not have thin straps over the shoulders (as with ballet training leotards) or over only one shoulder.
- ❖ Neckline: Must not be indecent, examples of possible necklines are high neck/collar, v, round or sweetheart neckline.
- ❖ Back: Must not drop below the shoulder blades. Again shape is optional, including keyhole effect.
- ❖ Leg line: Must not be indecent. Must not be cut too high or too narrowly across the crotch area. Should be cut in such a way that it does not ride up at the back during routines. It is permissible to have an all in one "cat suit" i.e. leotard with long tights. In this instance the tights should cover the whole of the leg to the ankle. An in between length is not permitted.
- ❖ The leotard must be skin tight to enable the judges to evaluate the correct position of every part of the body.
- ❖ Skirts. The rules regarding these have changed over time. Effective 1st January 2009 there are only 2 rules; the skirt must not fall further than the pelvic area of the leotard and the skirt must always fall back on the hips of the gymnast (the tutu effect is not allowed).
- ❖ Fabrics/Decoration: There are many fabrics/colours available. There is no restriction (other than good taste) on what might be used. To ensure adequate movement the fabric should be 2 way stretch. Leotards may be decorated with glitter, fine braiding and/or small gemstones. You cannot use feathers, fluff, overlarge rhinestones etc.

If you are unsure about any design you are planning, please speak with me first. Failure to conform to the dress regulations results in reductions to scores at competition.

Check out the website below for some leotard design ideas:

<http://www.rsgleoweb.net/>

Second hand leotards and equipment

A number of our competitive gymnasts have second hand leotards and equipment available for sale. At some time in the first term Alison Williams & Dawn Murray will organise times when you can all bring in what you have to trade/sell/exchange. Details should be available shortly.

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Club Competition Uniform

Gymnasts in Level 4 and above are required to have a club tracksuit. Tracksuits can be purchased from the Customer Service Centre. Gymnasts in Levels 1 to 3 are required to wear the club Fleece top and black track pants (also available for purchase at the Customer Service Centre).

Music

At this time of year coaches are starting to look for music and choreograph competition routines. Any music (without words) is permissible (you can have the voice used as an instrument i.e. vocalisation without words). We are always looking out for new music. Competition music will be up to 1 minute 30 seconds long with varying rhythm/tempo. If you have any CDs in your collection that may have suitable music we would appreciate it if you could bring them along to class, movie soundtracks and instrumental CDs are usually good.

Term Fees/Administrative Matters

If you have not already received an invoice for Term 1 fees, you should receive one shortly. Payment is due within 14 days of the date of the invoice. A \$20 Club membership fee is payable at the start of the year with affiliation amounts collected each term. For junior competitive gymnasts (Level 1-4) this is \$17 per term, for senior competitive gymnasts (Levels 5 and above) this is \$28 per term and for performance gymnasts this is \$45 per term.

Every member is required to complete a registration form each year. The 2010 form was handed out at the end of 2009. If you have not already done so, please complete these as soon as possible and return them to reception.

General

If anyone has any questions or queries regarding the Rhythmic Programme, please do not hesitate to contact me (wk 295 0720 or e-mail traceyr@gymsport.co.nz)

Regards

Tracey Redhead - Rhythmic Head Coach

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