



## Annual Tumbling Championships 2021- Competition 1

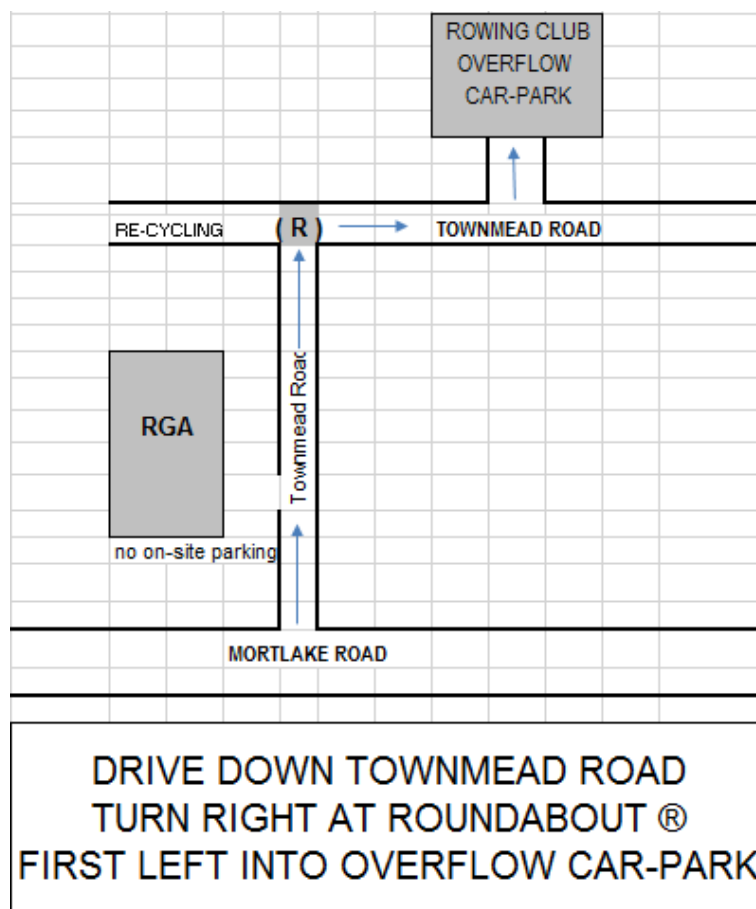
**Day / Date:** Saturday 4<sup>th</sup> December 2021

**Venue:** RGA Centre

**Venue address:** Townmead Road, Kew, TW9 4EL

**Directions:** The closest tube station is Kew Gardens and is a 7-minute walk away  
The R68 bus stops outside the gym on the main road  
Please note that the RGA Centre is now inside the ULEZ zone.

**Parking:** There is **no parking available on site**, but there is an overflow car park at Putney Town Rowing club a 1-minute walk away- see map here:



We would recommend parking in surrounding roads and walking to the centre, as it is likely to get busy down Townmead Road throughout the day.

## Competition 1:

Year 3 gymnasts  
Inclusion gymnasts  
Boys' groups  
Year 8+

<b>Doors Open:</b>	1:30pm
<b>Registration &amp; Warm-up starts:</b>	1:40pm
<b>March On &amp; competition starts:</b>	2:05pm
<b>Medal Presentation &amp; Award ceremony:</b>	3.35pm approx
<b>Competition 1 Gymnasts leave the gym:</b>	3:50pm approx

*(times are all approx. and subject to change throughout the day)*

**Tickets:** Spectator tickets will be available on the day of the event  
Adults: £5  
Secondary school children £5  
Primary and Pre-school children free

**Food:** There will be an on-site café selling tea and cake. Gymnasts & spectators will not be allowed to bring food or drink into the gym, but must consume it in the café area.

**Support:** A Welfare Officer and a First Aider will be on duty during the competition and may be contacted via the Competition Organiser. In addition, the coaches will have first aid kits with them.

**Seating:** The gymnasts will sit with their group in allocated seating, not with parents/guardians, and will be under the supervision of their coaches for the duration of the event

**Attire:** All gymnasts should wear club kit for the competition.

Girls should wear the club leotard and also if they want to, they can wear the club hipster shorts. Long hair should be tied back appropriately, and no jewellery of any kind should be worn.

Boys should wear either the club leotard and shorts or club t-shirt and shorts. No jewellery of any kind should be worn.

## A gymnast's and parent's guide to the competition

Parents, to help you support your son / daughter we have prepared the following information which outlines some of what will happen in the competition. Whether this is your son / daughters first competition or they are an experienced competitor we hope that they enjoy the event.

### **ALL GYMNASTS:**

Gymnasts will perform 3 individual tumbles along a strip of floor.

Gymnasts all have to choose 3 of 4 set tumbles.

The tumbles are marked by a panel of judges.

Each tumble is marked out of a possible 10 marks.

### **MEDALS AND TROPHIES:**

Medals will be presented to the 1<sup>st</sup> 2<sup>nd</sup> & 3<sup>rd</sup> placed partnerships or gymnasts in each category.

Participation certificates will be presented to all gymnasts who compete.

### **PHOTOGRAPHY:**

By entering an RGA event, there is an acceptance that the participant may be photographed, and the photograph may be published by RGA. Photos & videos may only be taken and used in accordance with the BG Child Protection Policy. Images recorded shall be used only for personal purposes. RGA will monitor photographic & video use. Photos may not be used, distributed or copied for commercial purposes. Flash may not be used at any time while gymnasts are warming up or competing. The Competition Organiser may at any time in his or her absolute discretion, direct that photos shall not be taken. Parents may only record their own child and must not post on social media if another child is present in the photograph or video.

### **PARENTAL SUPPORT:**

Parents can support children, and the coaches, at competitions in the following way:

- Ensure that your child understands the Competition Code of Conduct and follows it.
- Ensure that your child understands about good sportsmanship and the need to support and show courtesy to others.  
Set an example by supporting other gymnasts, not leaving the arena during a round or leaving before the presentations.
- Ensure that your child remains under the supervision of the coach during the event. This will help them to focus on the competition, their team and in particular their performance, to enable them to give of their best.
- Assist your child to remain focused by not distracting them.
- Encourage your child to support their partners or team mates, [especially if mistakes occur] and not show bad temper or irritation whilst in the arena.
- Ensure that your child is prepared for the competition by arriving at the stated time & having the correct kit, removing jewellery etc.
- Parents should not approach the officials or judges under any circumstances.

Enjoy the competition