



**GYMNASTICS
CLUBS OF AUSTRALIA**

2009 CUP

Northern Beaches Gymnastics

8th thru 13th October 2009

General Information

Entries for the GCA Cup One must be submitted to Northern Beaches Gymnastics accompanied by the appropriate fees (see below).

1. Entry Fee: \$88.00 per competitor (Includes GST). All payments must be made to:
Northern Beaches Gymnastics by cheque or direct debit
BSB: 032 098
ACC: 123 012

2. Entry Form: Entry forms are part of this document and also available on the web site

3. Closing date: 4th September 2009

4. Northern Beaches Office: 02 9913 7421
Fax Number: 02 9970 7427
Email: leanne@nbg.com.au
Address: 1525 Pittwater Road North Narrabeen NSW 2101

5. Website: www.nbg.com.au

6. Program: A draft program will be available by 15th June 2009, with a final program available by the 7th of September, upon collation of entries

GCA CUP 2009

Competition Personnel

Competition Director: Mark Forrest 0414 807 464
Floor Manager: Navena Kennedy
Event Co-Ordinator: Leanne Rogan 0410 316 512
Scoring: Leanne Rogan/John Van Gils

Competition Venue

Pittwater Sports Centre
1525 Pittwater Road
North Narrabeen NSW 2101

Competition Office

Northern Beaches Gymnastics
Phone: 02 9913 7421
Email: admin@nbg.com.au

Competition Information and Results

Any additional competition information and all results will be placed on the noticeboard in the viewing area. There will be a copy of the results for each competing Club and for the nominated Competition Personnel.

Please ensure only one person from each club is authorised to collect correspondence from the table. A signature will be required for the release of all information.

Orientation Meetings

MAG
When: 8th October 2009
Where: Pittwater Sports Centre
Time: 2:00 PM

All clubs are asked to ensure they have a representative at this meeting. The first session will commence at the conclusion of meeting.

Warm-Up

General warm-up for all competitors will be in the warm up in the warm-up gym as per the program for the relevant division.

20 minutes will be allocated for general warm-up (unless otherwise stated in work order)

Please check the competition schedule for details of the apparatus warm-up relevant to your own competition.

Order of Work and Score Sheets

Orders of Work will be distributed as part of the competition Work Plan.

The score sheets with gymnasts' order will be generated by computer for all levels. Coaches are requested to follow the generated order of work or change order at judges table.

Medical Services

During competition and training a physiotherapist will be on the competition floor:

Jackie Gray
BeachLife Physiotherapy
Pittwater Sports Center
Phone: 02 9970 7982

If an emergency after-hours or if hospitalization is required the preferred hospital is:

Mona Vale Hospital
Coronation Street
Mona Vale
Phone: 02 9998 0333

March On

Gymnasts will march directly to their apparatus. The gymnast will assemble as directed by the Competition Director prior to march on. Judges will not march. They will be seated at their apparatus at the end of the general warm-up.

Competition Rotations

During the competition as each group/club finishes they will move to their next apparatus. Rotations will not be called in sessions where the American Warm-up is used.

Scoring

All scores will be displayed in the centre on scoreboards.

Presentations

Times for presentations are at the completion of the relevant session for that division.

Please ensure you gymnasts are present at least 30 minutes prior to the expected presentation times.

Technical and Judges Meetings

MAG Event	Date	Time
Orientation Meeting – Pittwater Sports Centre	8/10/09	2:00PM
Judges' Briefing – Pittwater Sports Centre	8/10/09	3:00PM

Judges names and the sessions that they are available to judge should be included on the entry form. Judges will be advised through their club of the apparatus panel they have been allocated for the nominated session(s).

MAG Judging Assignments for the GCA Cup will be distributed prior to the judging briefings.

All judges must attend the judging briefing.

Judges Hospitality

There will be a hospitality room for the judges. Tea and coffee will be available in hospitality area before and after each session. Meals for judges will be provided if the competitions run into/over lunch or dinner periods and will be available in this area. Judges will be given a meal pass for each session.

Merchandise

Competition T-shirts \$30.00 (incl GST)

Competition T-shirts will be sold from the Spectator Area of the Gym.

Gymnass Clothing will also be selling Amco Handguards and other gymnastic items.

Photographer

A photographer will be available to take medal presentations, team photos and some action shots. Photographs will be available for viewing and purchase in the spectator area during the next competition after they have been taken.

Meals

The Pittwater Sports Café will be open during all the competitions and training sessions for lunches, dinners, and snacks. Food packages for touring teams will also be available.

Training Information

Training will be allocated for specific sessions in the training gym. For additional training, clubs should contact Northern Beaches Gymnastics.

Please ensure that you leave the gym in a clean and tidy manner.

Gymnasts may compete in an optional division higher than their actual level without jeopardizing their ability to return to their normal level for the remainder of their competition year. This is possible at National Club Championships due to the composite divisions that exist for this competition only.

Eligibility for GCA Cup

- a. Each gymnast must be registered with GA or hold equivalent insurance.
- b. All gymnasts within a team must be registered with the same club, even if training at a HPC program. High Performance Centres may enter teams if their gymnasts clubs are not at event.
- c. All coaches and judges must be registered with GA.

Provision of Judges

Clubs are required to provide a judge of the appropriate accreditation level for each division where they have gymnasts entered. Clubs who do not meet this requirement will be required to pay a Proxy Judging Fee of \$100. Clubs that do not have a judge available from their own club are encouraged to contact other clubs and make appropriate arrangements. Gymnasts entered in a division from a club that fails to provide a judge of the appropriate level for that division, and has not paid the Proxy Judging Levy before the commencement of the competition, will NOT be permitted to compete in that division.

Exemption from the proxy judging fee may be possible in extenuating circumstances. Written requests for exemption must be forwarded to the MAG National Judging Co-ordinator at least 3 weeks prior to the competition.

Competition Rules for Apparatus

Pommel: First Round of Competition

Division D:	Level 6 – Buck,	Level 5 – Buck
Division E:	Level 4 – Mushroom	
Division F:	Level 3 – Handles,	Level 2 – Handles

Pommel: Second Round of Competition

The routine on the handles will be the routine performed in all Divisions for the second round of competition.

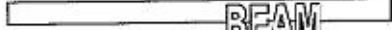
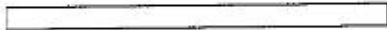
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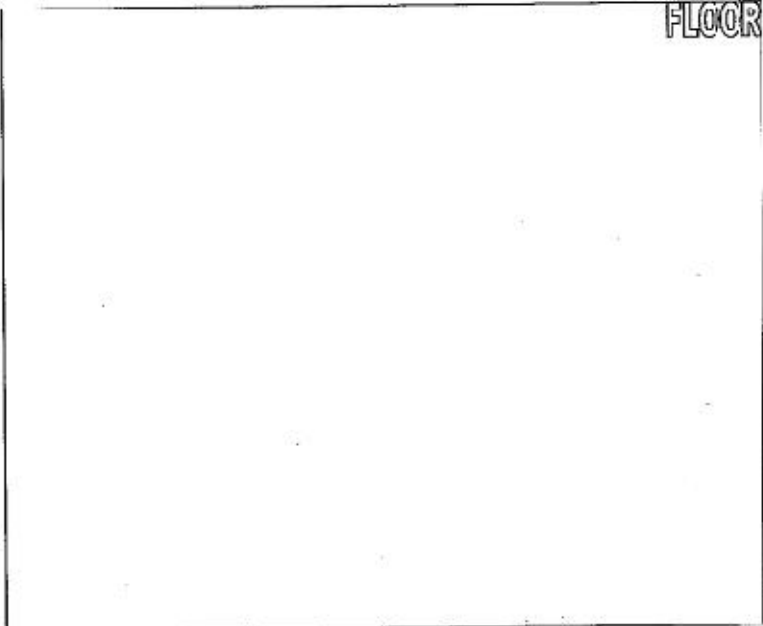
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BEAM



TRAMP



FLOOR

TUMBLE



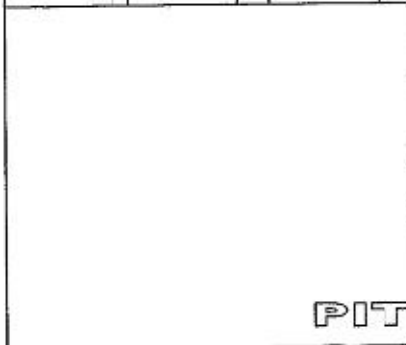
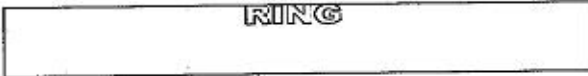
POMMEL



P-BAR



RING



PIT



TRAMP



SPECTATOR AREA

ACCOMMODATION

There are a variety of accommodation options available near the Pittwater Sports Centre.

The closest accommodation is Lakeside Caravan Park:

Address: Lake Park Road
North Narrabeen NSW 2101

Phone: 02 9913 7845

Toll Free: 1800 008 845

Fax: 02 9970 6385

Email: info@sydneylakeside.com.au

Website: www.sydneylakeside.com.au

Lakeside Caravan Park is located directly opposite Pittwater Sports Centre and is situated on Narrabeen Lake across from North Narrabeen Beach in walking distance to Warriewood Shopping Centre, Putt Putt Golf and Driving Range, Hogs Breath Café, McDonalds, Movie Theatres and on a bus route servicing Palm Beach to the City. Although a relatively expensive option would eliminate any needs for extra transport during your stay.

Other suggested accommodation choices are:

Reef Resort Apartments

Email: reefres@tig.com.au

Telephone: 02 - 9979 5764

Fax: 02 - 9979 6856

Web: www.reefresort.com.au

Travelodge Manly Hotel

4-10 Victor Road Brookvale NSW 2100

Situated near Sydney's famous Northern Beaches and opposite the Manly Warringah Rugby League Club, the location is perfect for leisure or business travellers. You have access to all the League Club's facilities, fabulous beaches, great shopping and restaurants just minutes away. And you are only a short 15 to 30 minute ferry trip from the heart of Sydney city and the CBD

Reservations : 1300 886 886

Phone : +61 2 8978 1200

Email : reservations@travelodge.com.au

Fax : +61 2 8978 1300

The Travelodge is about 15 minutes away from Pittwater Sports Centre.

Sydney Beachouse YHA

4 Collaroy Street, COLLAROY BEACH, NSW 2097

p: (02) 9981 1177 f: (02) 9981 1114

<http://www.yha.org.au>

[Email Sydney Beachouse YHA](mailto:SydneyBeachouse@yha.org.au)

Sydney Beachouse is located about 5 minutes up the road. You could walk to the centre but is probably a bit far. Is on bus route to the centre. Located near movie theatre, beach and takeaway shops.

Mona Vale Motel

1687 Pittwater Road

Mona Vale N.S.W 2103

(02) 9979 8539

FAX (02) 9979 5790

<http://www.monavalemotel.com.au/index.htm>

On main bus route about 10 minutes to the North of Pittwater Sports Centre. Have dormitory style accommodation and is suitable for a large group to completely book the accommodation out.

This is just a small sample of the accommodation available on the Northern Beaches. Please call Leanne on 02 99137421 if you are having any trouble securing accommodation.

Food packages can be ordered through Pittwater Sports Centre Café for any touring teams who wish to save time.