



## **Hamilton City Gymsport School Festival Scheduled for Thursday 12<sup>th</sup> June (Term 2 Week 7)**

This local festival is for NOVICE athletes that attend Hamilton City Schools and compete as Springers, Flyers and Twisters in school years 2-10 in the following Gymsports:

- Artistic Gymnastics
- Rhythmic Gymnastics
- Trampoline Gymnastics
- Aerobic Gymnastics

Plus:

- Group Performances in Hip-hop, Aerobics, and Cheerleading

Springers, Flyers, and Twisters are split into subcategories based on the school year and will be novice athletes only.

Routines as per School Gymsport Festival – 2024 Primary & Intermediate School Handbook.

A novice athlete is defined as; any child never having competed in the GNZ competitive programmes. They may also be children retired from competitive GymSports for at least 2 years.

A club/competitive athlete is defined as; any gymnast who competes in the GNZ Competitive Stream – STEPs or LEVELs. These athletes will usually train several times a week.

ALL Competitive grades will attend the Waikato Regional School Festival for Competitive in Term 3.

Please note - children who go to gymnastics at a club for recreational classes or partake in the club-based Incentive Awards scheme or GfA Pathways, are in the novice stream.

Springers = Novice Entry Level

Flyers = Novice to Mid Level

Twisters = Novice Advanced Level

One parent/teacher per school group per session must be present. This person is responsible for their school participants during the session/event and taking them around the apparatus.

Springers Adaptive - An additional sub-category for children with physical or intellectual disabilities or health conditions will be included in the Artistic Springers Division. The Springers routine can be used as a base guideline. Any individual attending can adapt the routine to whichever parts of it they wish to perform.

Additional support people would be welcome on the floor for this group and instead of one adult per group up to 1 adult per athlete will be allowed.

As this will still be a festival environment, be it the calmer slower pace of Springers we would recommend only bringing attendees with a higher level of confidence around social situations and anyone with big challenges around staying in a group space or high levels of noise wouldn't be suited to attend.



### **Entry Fees:**

Individual entry = \$15

Group Performance = \$40 per group

Entry forms will be sent to schools on or before Monday, 28<sup>th</sup> April.

Entries will close STRICTLY Monday, the 19<sup>th</sup> of May.

### **Note:**

- *No competitive athletes to perform at this festival in their own code, however, other gymspports may be performed.*
- *This year we have extended the invitation to Years 9 & 10.*
- *Subcategory Springers-Adaptive will be put in the session with the lowest numbers.*
- *The top 8 qualifiers within each code and each category in the Flyers and Twisters Divisions will be invited to attend the Waikato Regional Novice Festival.*
- *The top 3 qualifying groups in each category will be invited to attend the Waikato Regional Novice Festival.*
- *Unfortunately, we must limit the number of attendees at any one time. It is recommended that each school attends with only the athletes required for each session, and those athletes leave at the conclusion of their session.*

### **Novice Routine Guidance:**

In addition to the routine instructions and pictures found in the Gymnastics NZ School Gymsport Festival Handbook, some routine demonstrations can be found on YouTube (see links below).

Artistic Springers, Flyers & Twisters

<https://www.youtube.com/playlist?list=PLLb3l7hVKT8JyZD-9St0D3oHusjLpTCUD>

Rhythmic Springers, Flyers & Twisters

[https://www.youtube.com/playlist?list=PLLb3l7hVKT8KN6E-6gZLYy43zyY\\_1x9tu](https://www.youtube.com/playlist?list=PLLb3l7hVKT8KN6E-6gZLYy43zyY_1x9tu)

Trampoline Springers

<https://www.youtube.com/watch?v=Ym17f7YP63g>

Trampoline Twisters

<https://www.youtube.com/watch?v=D6KwTmsw9WY>

Aerobics Flyers & Twisters (details not on handbook, contact [aerobics@hamcitygym.co.nz](mailto:aerobics@hamcitygym.co.nz) for more information if required).

[https://www.youtube.com/playlist?list=PLLb3l7hVKT8KN6E-6gZLYy43zyY\\_1x9tu](https://www.youtube.com/playlist?list=PLLb3l7hVKT8KN6E-6gZLYy43zyY_1x9tu)

### **Qualification for Regional Events:**

Due to popular demand, for 2025 the Waikato Regional School Festival will be hosted as 2 separate events, the first for Novice Flyers and Twisters in all codes and categories and the second for all Competitive athletes.

Please read descriptions on both events. If you have any questions regarding this, please contact Susan, [admin@hamcitygym.co.nz](mailto:admin@hamcitygym.co.nz).