



# LONDON FESTIVAL of GYMNASTICS 2015

## INFORMATION FOR COACHES

1. Times are approximate you may be asked to perform earlier or later than the running order we expect your co-operation with this.
2. Please have your team ready to leave the auditorium when the chaperone comes to collect you. Do not let the gymnasts wander off too close to collection time. Your chaperone will stay with you until you go to 'holding'. You must move when told to. The Chaperones job is not easy please do not make it harder than it needs to be.
3. The team/group photograph this year will be taken after your performance. You can choose the time when you go to photography.
4. All music should have been sent in for timing. Any music that is over your allocated 6 minutes [from clear floor to clear floor] without prior agreement with our Programme Director Claire Nichols, will risk having the music turned off at the 6 minutes mark. Please warn your team that this might happen if you have not complied with the festival rules. We cannot afford to over run.
5. If you have not handed in your music please ensure that it is ready to be played and does not need adjusting in any way. There must only be one piece of music on the CD. You should have a separate CD to use in warm up.
6. Let the Programme Director know if you would like full lights or you will automatically be given the lighting effects.
7. Please keep your teams in order when others are performing. Gymnasts, especially the younger and less experienced ones can be easily distracted.



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8. When behind the curtain in 'holding' keep gymnasts as still and as quiet as possible. Remember you cannot see the audience but they can still see you moving around.
9. Medals will be given to the team as they leave the floor following their first performance.
10. The seating area for the gymnasts is on either side of the floor. Make sure that you are on the near side before you perform.
11. Gymnasts cannot 'save' seats with bags or jackets whilst they are performing or visiting other parts of the sports complex.
12. Gymnasts and coaches **MUST NOT** cross the floor in front of the audience to reach the opposite side they have to go across the upper walk way.
13. We cannot accept responsibility for lost or mislaid items of clothing, watches, jewellery, cameras or other valuable items. These are your responsibility.
14. Please ensure that all gymnasts and coaches wear their passes at all times when not performing. If they leave the centre without them they will not be able to gain re-admittance without a coach to vouch for them. Replacement passes will then have to be purchased from the Registration Desk at a cost of £3.00 per pass.
15. In accordance with British Gymnastics regulations no gymnast or coach is to wear any body jewellery at all whilst performing.
16. All the officials working at the festival and the members of the committee are volunteers, they give up their weekends to organise the festival and should be treated with respect.
17. We hope that you will accept these comments as guidance to enable us ALL to have a most enjoyable festival.