



# London Festival Of Gymnastics

**Date:** 14-16<sup>th</sup> October 2016

**Venue:** The Brentwood Centre,  
Doddinghurst Road, Brentwood, Essex,  
CM15 9NN

Dear Clubs and Coaches,

Following on from the overwhelming success of our 2015 event, we are pleased to once again host one of the most popular Festivals in the Event circuit.

We hope our regular clubs will be participating as well as encouraging more teams from overseas. Please pass on details of the event to any of your overseas contacts that you feel may be interested in either weekend. For International or schools entries please email [tgriffiths74@gmail.com](mailto:tgriffiths74@gmail.com) for entry form and information on payment details.

2016 is a huge year for gymnastics with the Rio Olympics being the high point of the year. The London Festival with its theme of '**Nightmares& Dreams**' will be a culmination of a successful year of gymnastics, we are confident it's going to be our best yet and can't wait to welcome you to join in the fun.

### **The London Festival of Gymnastics**

Dates –Friday 14<sup>th</sup> October (Gala Performance) Saturday 15<sup>th</sup> October & Sunday 16<sup>th</sup> October 2016

Venue –The Brentwood Centre, Doddinghurst Road, Brentwood, Essex, CM15 9NN

Entries Open - Friday 22<sup>nd</sup> April 2016                      Entries Close - Friday 10<sup>th</sup> September 2016

Entry Fees:

**Teams with 11+ gymnasts:** £25 per gymnast (1 day performance) £35 per gymnast (2 day performance)

**Teams with 10 or less gymnasts:** £250 per team (1 day performance) £350 per team (2 day performance)

#### **EARLY BIRD PRICE (22<sup>nd</sup> April – 1<sup>st</sup> June)**

**Teams with 11+ gymnasts:** £20 per gymnast (1 day performance) £30 per gymnast (2 day performance)

**Teams with 10 or less gymnasts:** £200 per team (1 day performance) £300 per team (2 day performance)

**We strongly recommend that clubs enter before the Summer Holidays to ensure their place.**

All gymnasts & coaches must be entered via your club BG Gymnet. An entry is only considered complete once payment has been received via BG Gymnet. This is an exciting development for us as it will ensure less administration for both clubs and the Volunteer Festival Committee. Please read the appendix for guidance on how to use BG Gymnet for entry if it is unfamiliar to you. All information can be found on the following link. <http://bit.ly/LonGymFest2016>

In many years, we are at bursting point. Logistically it is a challenge and we may find ourselves having to cap some entry levels, this being the case we will work on a first come, first served basis. Please ensure your entry is in early so you and your gymnasts don't miss out.

## Key changes for 2016

- All entries are now via BG Club Gymnet
- All gymnasts & coaches membership will be automatically checked at point of entry so no requirement for additional paperwork
- One free coach per 8 gymnasts
- Music can now be uploaded direct to your Gymnet so no need to send it separately
- Clubs can enter a maximum of two teams as long as they are performing in separate sessions.
- Online form (sent to you via email after your entry is paid for) so you can easily provide us with all your information in one place.
- Gymnasts will receive a voucher for a complimentary T-shirt, this can be used to upgrade to a hoodie and will be printed on site at the size of their choosing. No need for coaches to send information about sizes
- Tickets now sold via [www.gymdata.co.uk](http://www.gymdata.co.uk) from July and wristbands will be posted direct to spectators so no need for exchange at venue.
- The biggest PJ Party for everyone who attends the disco to enjoy

The London Festival of Gymnastics 2016 will be run by the London Festival Committee, which is a volunteer team.

For technical difficulties with online entry please contact [Catherine.bates@catleaps.co.uk](mailto:Catherine.bates@catleaps.co.uk)

For enquiries about the Event please contact me at [tgriffiths74@gmail.com](mailto:tgriffiths74@gmail.com)

Once the closing date has passed, all clubs will be sent a Workplan containing all necessary information about the event.

**Tracey Griffiths**

**Chairman, London Festival of Gymnastics**





## EVENT DATES & PROVISIONAL TIMETABLE

Friday 14 <sup>th</sup> October 2016	Gala Evening
Saturday 15 <sup>th</sup> October 2016	AM & PM Performances
Saturday 15 <sup>th</sup> October 2016	Evening The BIGGEST PJ Party
Sunday 16 <sup>th</sup> October 2016	AM & PM Performances

Event	Times
Friday Gala	19.30-21.30
Saturday AM performance	10.00-13.00
Saturday PM performance	14.30 – 17.30
Saturday PJ Party	20.00 – 11.00
Sunday AM performance	10.00-13.00
Sunday PM performance	14.30 – 17.30

## VENUE

The Brentwood Centre  
Doddinghurst Road  
Brentwood, Essex  
CM15 9NN

## THEME

**Nightmares and Dreams** with a biggest PJ party ever for the disco. Please note however that your performance does not have to follow the theme.

## REGISTRATION

Clubs online through GymNet (see attached Appendix 2 for GymNet entry guide)

For technical difficulties with online entry please contact [Catherine.bates@catleaps.co.uk](mailto:Catherine.bates@catleaps.co.uk)

For enquiries about the Event please contact [tgriffiths74@gmail.com](mailto:tgriffiths74@gmail.com)

Schools or International Entries: Please contact Tracey Griffiths on [tgriffiths74@gmail.com](mailto:tgriffiths74@gmail.com) or 07801355370

Registration will be on a first come first served basis. To avoid disappointment please make sure you register and pay by the 1<sup>st</sup> June for the early bird discounted prices.

When entering your team on GymNet you may enter a maximum of two teams. They must perform in separate sessions.

You will be able to submit a one day or a two day entry.

On completion of your entry, once full payment has been submitted you will be sent an email with further details.

Please check carefully that you have entered the correct gymnasts. You will then be asked to submit a form with all the details of your team, this will finalise your submission.

### Friday night Gala

Teams & Special Invited Guests will be selected to perform a 4 minute routine at the Gala. Gala Performance will be from 7.30-9.30pm at the Brentwood Centre. On the online form you will be able to specify if you would like your team to be considered for the Festival Gala performance.

## PERFORMANCE PRICES

Event	Price
Admin fee per club	£40
Gymnast 1 day performance (teams with 11 gymnasts or more)	£20 early bird £25 after 2 <sup>nd</sup> June
Gymnast 2 day performance ( teams with 11 gymnasts or more)	£30 early bird £35 after 2nd June
Team 1 day performance (teams with 10 gymnasts or less)	£200 early bird £250 after 2 <sup>nd</sup> June
Team 2 day performance (teams with 10 gymnasts or less)	£300 early bird £350 after 2nd June
Chaperone per session	£10
Party tickets	£5

## BRITISH GYMNASTICS MEMBERSHIP FOR GYMNASTS

All gymnasts participating at the Festival must be members of British Gymnastics (at a minimum of Bronze Level) from the point of entry to the event and through to the Festival weekend.

The Membership starts on the 1 October so please make sure that 2017 membership is applied for in September 2016

Please note that schools wishing to register to take part in the Festival are covered for insurance if they are members of British Schools Gymnastics Association and therefore they must quote all membership details with their registration application

Full details of BG membership will be required when you register on GymNet.

## **BRITISH GYMNASTICS MEMBERSHIP FOR COACHES & CHAPERONES**

The Lead coach with the team at the London Festival must have a minimum of Level 2 in the discipline(s) being performed.

Additional coaches of a minimum level one may also attend.

At least one of the coaches in attendance must have a qualification in the relevant discipline(s) to cover the difficulty of ALL skills being performed by the gymnasts in the Club's Festival routine.

Please ensure that all coaches have an up to date Enhanced BG DBS and a current SPC (Safeguarding and Protecting Children) qualification registered with BG.

Chaperones must have a minimum of Bronze Level British Gymnastics membership and an Enhanced BG DBS.

Full details of BG membership will be required when registering on GymNet and will be required to be valid at point of entry and up to the event.

Please register ALL coaches from your club that may be attending the festival, this will ensure that all the background checks are completed.

### **Amount of Coaches per team**

Clubs will then be allocated one coach lanyard per 8 gymnasts. A club with 40 gymnasts will be allocated 5 coach lanyards. It is then the clubs choice which coaches are using those lanyards. Lanyards MUST be worn at all times when in the performance areas (main arena, warm up area, gymnast seating area). Additional coaches will require spectator tickets and will have to sit in the audience seating area.

## **T-SHIRTS & MORE**

NEW for 2016. We are delighted to announce a partnership with Elite Printwear. Prior to the event you will receive forms for all your gymnasts with details of all the exciting new clothing options. This order form can be filled in prior to the festival weekend. At the festival registration desk you will be given a voucher for each gymnast. This can then be given in with the order form for a COMPLIMENTARY t shirt OR used as money off for a different item. These will be printed on site for your gymnasts. NO more having to get the correct sizes for gymnasts that change their mind and juggling to give the correct size out to team members!

## **MEDALS & LANYARDS**

As ever your gymnasts will still receive the very popular medals and lanyards, a lovely reminder of their festival experience.

## **SHOPPING MALL**

Our popular Shopping Mall will return to the venue, ideal for your gymnasts & parents to buy those special gifts, to celebrate the event, making it a day out to remember. Leotards, clothing, gifts, accessories and much more available to purchase, all at great prices.

## **IMAGE CAPTURE**

We will be recording performances this year, but if you would like to video your performance you can bring your own camera, but these will only be allowed in the main arena (not on the balcony) and NOT in any other areas within the centre.

Our Official Event Photographers will be on hand to capture beautiful images of your gymnast's performance. These can be bought on the day or online the next week.

## **EQUIPMENT**

All festival routines are performed on a 12 x 12m Gymnova Sprung floor. For the warm up the floor area will NOT be sprung.

Many of our festival Teams bring their own equipment to enhance their performance. We also have 6 Safety landing mats which Clubs may borrow, NO other equipment can be provided by the festival committee.

Please note that all equipment must be in the loading bay between 8.00am and 9.30am on either day – NO LATER. Due to Brentwood fire safety regulations, any equipment arriving after this time will not be allowed into the loading bay. If you would like to drop your equipment Friday night, the loading bay will be open from 6.30pm. You will not be able to collect your equipment until the end of the day's performances. All equipment must meet Health and Safety requirements as it will be checked per BG manual.

When filling in your online form (after registering and paying via BG Gymnet) we will require full details of any equipment being brought.

## MUSIC

Length: 6 Minutes Maximum

Gala Performance: 4 Minutes Maximum

Music may have lyrics but should be suitable for a 'family audience' and appropriate to the age and maturity of the gymnasts performing.

Due to the popularity of the festival, we are on a tight time schedule and therefore your music must not be longer than the stated minutes inclusive of marching on and off and moving of equipment, if it is any longer than the agreed time then we may have to cut it on the day.

It is the Club's responsibility to ensure that music used is licensed for use in the UK. For clarification please search and ensure the title appears on the repertoire section of the PPL UK site <http://bit.ly/PPLMusicSearch>

Please upload your music to GymNet by 10th September.

If you have any problems uploading your music via this method then please contact Catherine Bates [catherine.bates@catleaps.co.uk](mailto:catherine.bates@catleaps.co.uk)

## SPECTATOR TICKETS

Spectator tickets will be available online on [www.gymdata.co.uk/](http://www.gymdata.co.uk/) Tickets will go on sale in July 2016.

Tickets are £10 per event online and £15 on the door.

Children under 2 years are permitted free provided they share a seat with an adult.

There is disabled seating and wheelchair access available.

**TICKETS CANNOT BE EXCHANGED OR REFUNDED**

We advise you to arrive early as seats are no longer numbered. If your child is performing and you want them to sit with you after their performance they will need a spectator ticket as their gymnast pass will not give them access to the spectator seating.

## DISCO

Disco theme will be 'The Biggest PJ Party Ever'

Date: 15<sup>th</sup> October

Time: 8.00-11.00pm

Venue: The Brentwood Centre

Tickets will be available to purchase on the day at the Festival Registration Desk

Details on price and payment methods will be provided for registered clubs

Soft Drinks available in Marquee

Alcoholic beverages available in the bar area and ID is required

## KEY DEADLINE DATES

DEADLINE	EVENT
15th April – 1st June	Early bird registration (discounted price)
2 <sup>nd</sup> June - 10 <sup>th</sup> Sept	Normal Registration Period Standard Price
10th September	Online Registration details completed via link sent on email Music Uploaded to BG Gymnet

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