



WAVENEY OPEN

DISABILITY TRAINING CAMP & COMPETITION INFORMATION PACK

Overview of the Waveney Open

Welcome to the Waveney Open! The purpose of the event is to give disability gymnasts opportunities similar to mainstream gymnasts and to develop the disability competition pathway, allowing more gymnasts to compete. The event is also a great opportunity for coaches to network and gain knowledge. The Training Camp is running between Thursday 25th to Saturday 27th July 2019, in our purpose built gymnastics hall. The Waveney Open competition then follows on Sunday 28th July 2019.

What we hope every gymnast takes away from the event:

- A renewed love for the sport
- Allows gymnasts to socialize and train with other gymnasts, make new friendships and see existing gym friends
- Exposure to drills and stations not necessarily available in all gyms.
- Work towards new skills and practice routines for the competition.

You can attend both the Waveney Open training camp and competition, or you can do one or the other. It is expected the coaches attend the event with their gymnasts. If a club is bringing several gymnasts, please ensure there are sufficient coaches to gymnast's ratio.





Details of the Training Camp

Below is a brief plan of the camp and what may happen. Some things may adjust slightly.

Thursday 25th July	Arrival at 3.30pm. Introductions, house rules, socialising, basic training, conditioning and games. Dinner will be provided after training.
Friday 26th July	Training with a recreational activity during the day. Lunch and dinner is included.
Saturday 27th July	Training during the day and a recreational activity such as bowling after dinner. Lunch and dinner is also included. Training camp departure in the evening

Accommodation is not provided by the club due to the different needs of clubs and individuals, so we have left this for clubs to source. If you are unsure of where to stay in and around Lowestoft, please see the attached 'accommodation list' of some places to stay. The days are long with lots of training involved so please bear this in mind. From previous training camps we recommend gymnasts should be working towards Special Olympics level 1 or British Gymnastics level B.

We will also be running a ½ day training session for people competing level B Special Olympics on Friday morning. If you would be interested in this for some of your athletes, please contact Ellen for more information.

Cost of Training Camp

The cost of the training camp for gymnasts is £70.00. This cost includes lunch on Friday and Saturday, evening meals on Thursday, Friday and Saturday. The cost of bowling is incorporated into the cost of training camp.

The cost of the training camp for coaches is £47.00 per coach. This cost includes lunch on Friday and Saturday, evening meals on Thursday, Friday and Saturday.

	Gymnast	Adult
Normal Price	£70.00	£47.00



Details of the Waveney Open Competition

There are two different pathways within the competition, to enable as many gymnasts to compete as possible. Gymnasts can either work under Special Olympic (SO) rulings or British Gymnastics Code of Points ruling (BGCOP). This competition is a sanctioned Special Olympics event.

1. Special Olympics - for athletes who are already eligible for SO and have completed the SAM forms/appropriate paperwork.
2. BG Open Competition - This competition is for gymnasts who are following the British Gymnastics Supplementary Code of Points for GMPD and also for gymnasts who are not eligible to compete under the SO rulings.

Some athletes may not be able to compete BG code of points due to its difficulty level, and are also unable to compete Special Olympics as they don't have a learning disability. We will open up a Guest section so those who want to compete Special Olympic routines but do not have a Special Olympics SAM number/learning disability, can still compete Special Olympic rules.

The competition is open for people over the age of 8yrs. Gymnasts can compete at 7years old, however we will allow gymnasts to compete 1year out of age (6yrs old) as of the 1st January 2019. If numbers are less than 5 participants for each level of competition, groups may be merged. All participants will go home with a certificate of participation and some participants may receive a medal or trophy. To help with the timings/length of presentation at the competition, medals for various levels will be presented at once.

Club entry fee is £20.00 per gymnast.

If gymnasts have participated in the Waveney Open training camp, there is a discount on the competition entry fee. The club entry fee for gymnasts competing in the Waveney Open competition is £15.00 per gymnast if they have participated in the training camp.

Where to find the routines?

Special Olympics routines can be found at:

https://media.specialolympics.org/resources/sports-essentials/sport-rules/Sports-Essentials-Artistic-Gymnastics-Rules-2018-v2.pdf?_ga=2.29309300.999207327.1549383606-1294968109.1538580906. The following link are videos of the routines:

http://resources.specialolympics.org/Topics/Sports/Artistic_Compulsories.aspx . If there is a

difference between the written routines and video routines, please abide by the written routines.

The BG Code of Points rules can be found on the British Gymnastics Website. The following link is for the GMPD Men's Artistic Code of points (Modified 30/08/2017) and the Disability



Gymnastics Women's Artistic Code of Points (modified 20/12/2017) rules:

<https://www.british-gymnastics.org/technical-information/discipline-updates/disabilities>

How to book onto the Waveney Open Training Camp and/or competition

The booking form and competition form are attached to this document/email for the training camp. Please ensure you complete all relevant boxes and select the correct competition/category for which you would like your gymnast to compete in.

Payment details:

Please make cheques payable to: Waveney Gymnastics Club

If you wish to pay by BACS sort code: 20 53 06 Account Number: 30126896
Reference: Disability and (name of your club)

Please return the entry forms back to ellen@waveneygymnastics.org or Waveney Gymnastics Club, 104 Notley Road, Lowestoft, Suffolk, NR33 0UG.

Closing date for entries is **Friday 21st June 2019**. Late entries may incur a £50 penalty.

If you require any further information about the competition please contact:

ellen@waveneygymnastics.org or call 01502 501419.

Kind Regards

E Hutchings

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Registered Charity No. 1112659

