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| --- | --- |
| Club Name |  |
| Team Name if different from club  (this will be used in the programme) |  |
| Title of performance |  |
| Title of music |  |
| Where do the team train? |  |
| How many are in the team? |  |
| Is the team girls/boys/mixed? |  |
| Age ranges in the team |  |
| Does the team have any disability gymnasts? |  |
| Have they performed together before? If yes, where and when |  |
| What sort of gymnastics will be displayed (which disciplines)? |  |
| How long is your performance?  (Must not exceed 6 minutes) |  |
| What is your starting position/when does the music need to start? |  |
| Does your music need to stop anywhere or can it be left to play to the end? |  |
| Is there a particular colour incorporated into your costumes which we can include in the lighting during your performance? |  |
| Are you bringing any equipment with you?  If so, what equipment? |  |
| Do you need time before your performance starts to place equipment on the floor? If so, how long will this take? |  |
| Is there any equipment being placed on the floor during your performance, if so what? |  |
| Do you require assistance placing your equipment, either at the start or during your performance? If you would like to receive assistance you must provide a diagram of set up in the box.  Please note: Large apparatus including landing mats must only be moved by qualified BG coaches and event staff. Gymnasts cannot move large apparatus on and off the floor on their own. |  |
| This is you chance to make your team stand out what four interesting fact can you tell us about yor team? i.e. someones birthday, has someone just come back from injury, are your team heading to any international festivals? |  |

**Please return all team sheets via email by Friday 30th October to:**

[**danielle.crowe@british-gymnastics.org**](mailto:danielle.crowe@british-gymnastics.org)