



MAG National Clubs Championships

AIS Arena, 9th to 13th December 2007

Bulletin

Dear Parents and Gymnasts,

For your information.....

Competition Information:

The Men's competition differs from the Women's by being *both* a Team and an Individual All Around competition.

Canberra City MAG Gymnasts are eligible for the following competitive Divisions.

Division F (Level 2 & Level 3 Composite) teams consist of **six** gymnasts with **three** scores to count.

Division E (Level 4) teams consist of **six** members with **three** scores to count.

Gymnasts are permitted to compete in a level higher than their substantive level (to assist Clubs to enter teams....) without jeopardising a return to their qualified level.

Format - Divisions E and F: Day 1: Team All Around; Day 2: Team Apparatus.

Individual AA: Combined results from Day 1 & Day 2.

Entry and Fees:

Provisional entries have been submitted as per Gymnastics Australia's requirements. Team/Gymnast entries will be confirmed by the end of October. Confirmation of Team members will use both Coaches' advice and ACT Championship competition(s) as qualifiers for CCGC teams. Please note that the Team and Individual Competition is a **two-day event** (attached schedule – note NOT is school hols) and that representative gymnasts are required for both days.

Competition Entry is \$77 per gymnast and will be required closer to the competition.

Fundraising

Club members continue to fundraise for travel (chocolate sales and other events). There is no travel this year, however, there may be some form of contribution from the Parents' Support Group Travel Fund.

Organisational Assistance

Our Club is one of the three Clubs organising this event in conjunction with the ACT Gymnastic Association. All clubs provide volunteer assistance in a number of ways: setting up (on the 1st and the 9th), setting down (13th), score table, morning and afternoon teas, etc. The financial success of the competition flows through to the three clubs in the form of funding support. We will also provide a roster closer to the competition.

Essential Items Club Uniform (as per member's handbook) including tracksuit, Black Polo Shirt, Leotard, Silver Longs, Black MAG shorts.

Mandy, Chris, Geoff and
Mary Hewett 61612369 h, 62012951 w 0402 078 283
20th October 2007

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Reply: 2007 MAG National Clubs, AIS Arena

Gymnast Name: -----

Please circle

Yes. Gymnast is available to represent Canberra City at MAG National Clubs Championships.
No. not able

Schedule for 2007 National Clubs MAG L2 – L10

Sunday 9 th December 2007	Monday 10 th December 2007	Tuesday 11 th December 2007	Wednesday 12 th December 2007	Thursday 13 th December 2007
<p>Training: AIS Training Hall</p> <p>12.00 MAG Orientation meeting</p>	<p>Session 2 8.30 General warm-up 9.00 – 12.00 MAG Division D Team AA 8 min app warm up then compete</p> <p>Presentation Division D AA Teams & Div Trophy</p>	<p>Session 5 8.30 General Warm-up 9.00 - 11.30 Competition MAG Division F - Group 1 Team AA American Warm-up</p>	<p>Session 8 8.30 Warm up 9.00 -11.30 Competition MAG Division E Team AA American Warm-up</p> <p>Presentation Division E AA Teams & Division Trophy</p>	<p>Session 11 8.30 General warm-up 9.00 - 11.30 MAG Division E American Warm-up Team Apparatus</p> <p>Presentation Division E Apparatus Teams</p>
<p>Change of equipment 3.00 – 5.00</p> <p>4.30pm – AIS Arena Judges Briefing</p>	<p>Session 3 12.30 General Warm-up 12.50 – 1.50 App warm-up 2.00 – 4.30 Competition MAG Division C Team AA</p> <p>Presentation Division C AA Teams & Division Trophy</p>	<p>Session 6 11.30 General warm-up 12.00 – 3.00 Competition MAG Division F – Group 2 Team AA American Warm-up</p> <p>Presentation Division F AA Teams & Division Trophy</p>	<p>Session 9 12.00 General warm-up 12.30 - 3.30 Division F - Group 2 Team Apparatus American Warm-up</p>	<p>Session 12 12.00 Warm up 12.30 -3.30Competition MAG Division D Team Apparatus 8 min app warm up then compete</p> <p>Presentation Division D Apparatus Teams</p>
<p>Session 1 – AIS Arena 5.00 – 5.20 General Warm-up 5.20 – 6.20 Apparatus Warm-up 6.30: Competition MAG Division A and MAG Division B</p> <p>Presentation Div A AA Medals Div B AA Teams & Div Trophy</p>	<p>Session 4 5.00 – 5.20 General Warm-up 5.20 – 6.20 Apparatus Warm-up 6.30: Competition MAG Division A and MAG Division B</p> <p>Presentation Division A Apparatus Medals and Division A Trophy Division B Team Apparatus</p>	<p>Session 7 3.30 General Warm-up 3.50 – 4.50 App Warm-up 5.00 – 7.30 Competition MAG Division C Team apparatus</p> <p>Presentation Division C Apparatus Teams</p>	<p>Session 10 3.30 General Warm-up 4.00 – 6.30 Division F – Group 1 Team Apparatus American Warm-up</p> <p>Presentation Division F Apparatus Teams</p>	<p>Presentation MAG Champion Club</p>

Saturday: Training in the AIS gym in the afternoon for the Div 1 (A)and Div 2 (B) gymnasts.

Training in the AIS gym on the Sunday am for the Div 3 (C) gymnasts if required. Other training offered at WVGC