

Greater Green Island Rhythmic Gymnastics Club



Competing for GGI

Here is an information sheet explaining requirements and what to expect at a competition when representing GGI.

Whether your child is competing in Level 1 or Level 10 it is important to ensure that your child is prepared for any competition. GGI has a tracksuit that can be borrowed, to wear for prize giving. Your child should arrive at the competition in plain black leggings, a plain black t-shirt and **black socks**, with their tracksuit over the top if they have been previously given one.

Spectators are more than welcome to sit in the stands to watch the gymnasts compete, however, please be aware of others and wear a mask when necessary. Bear in mind that spectators can be sitting for a long time and the stands can often be uncomfortable. Therefore, feel free to bring something to make the seating more comfortable (a pillow, etc.). There is always a schedule sent out saying what time each level is competing. Your child's coach will always ask you to arrive at the gym **EARLIER** than this time (usually an hour). This is to make sure the gymnast feels as relaxed as possible and vice versa for the coach. Sometimes the competition will be running early so it is always important that nothing is left to the last minute.

When competing, each gymnast wears a leotard. GGI has club leotards available to use (the black and green ones shown below) or they may wear their own, which can often be purchased online or sometimes from the cupboard at the back of our gymnasium. Underneath your leotard, the girls should wear a nude under-tard or nude underwear that matches closely to the gymnast's skin tone.



Arrive at the gym with your child ready to compete. This includes a neat bun. If you are unable to do your child's hair talk to your coach **prior to competition day** and they will find an alternative for you. Make sure you use hairspray or gel when doing a bun to stop any 'flyaway hairs'. Have a bun net, bun pins and bobby pins in your child's hair as this is the most effective method for a long-lasting bun. Make sure the bun net matches your daughter's hair colour and that their high ponytail is super solid as that is the most important part of the bun. There is a tutorial on our website if you would like to see how we do hair at GGI. (you can find this under the competitions tab.) The goal is for a slick bun, so please don't be shy with hairspray and clips. Glitter hairspray and sparkly clips are not compulsory but are allowed if your gymnast would like it.



Upon arrival at the gym, the gymnast must be ready to go with their training uniform on underneath their tracksuit. The training uniform consists of plain back leggings and our club training singlet or club t-shirt (or a plain black top if you do not have the club uniform). The singlets are available to purchase from the club. Please speak to your coach about purchasing one of these. We highly recommend purchasing this as they are also required at training from Level 3 upwards. They are good quality so they can be sold on if your gymnast grows out quickly. They are made of quick-dry material, so are easy to wash and dry quickly before the next training session. The training uniform at a competition is worn for warm-up and makes gymnasts easy to spot amongst the crowd when practising on the floor or out the back.

When your child is getting ready to compete please make sure you are not distracting them. The warm up area is for coaches and athletes only. Please respect this and allow the coaches to keep the girls focused. If you wish to talk to your child or the coach, you will have to wait. As a spectator please refrain from talking while others are competing, clap for everyone before and after their routine, and clap if they do something impressive in the routine. Please be respectful of others. **Don't walk around the stands while someone is competing**, wait until the music has stopped then make your way to your seat. We expect the parents to have a **healthy attitude** towards competition and to not question results until the time is appropriate. Sportsmanship is very important so please have a good attitude about your

daughter's performance. The coaches are more than happy to explain situations as long as it is non-confrontational. Please respect that our coaches are volunteers and are doing their best. They are all very knowledgeable so please do not question them and their advice.

Prize givings are held, normally at the end of competitions. The time for these will also be in the competition schedule. Beware that if the competition is running early or late (which they generally do) the prize giving will also be earlier or later than the scheduled time. So if you are planning to attend it is important that you come early to be safe. If your daughter is getting a prize they should attend the prize-giving if possible. However, if they are not there are participation certificates that the girls will be presented so they are still encouraged to come and receive those and have their photos taken. During the prize-giving the tracksuit and **plain black socks** should be worn and hair should still be tidy. It is a good way for the girls to increase sportsmanship and support for each other when their name is called.



From Level 2 or 3 it is common for gymnasts to start attending 'away' competitions, such as Christchurch. We think that these competitions are beneficial as the gymnasts get the opportunity to compete against new athletes and it gets them used to travelling. By Level 5 the gymnasts are able to get the opportunity to attend Nationals if their scores are consistent and good. This is when away competitions are important for gymnasts to get more opportunities to score high.

Please help out the coaches and your daughters by having them practice at home for competitions. Ask your daughter's coaches for a copy of their music so they feel more confident with the moves.

What to bring to a competition:

- Leotard
- Skin coloured under-tard or underwear
- Tracksuit
- Training gear (black leggings and club singlet)
- Black socks**
- Hairspray, bun nets, bun clips and bobby pins (in case more is needed in your daughter's bun)
- Drink bottle**
- Hairbrush
- Comb
- Equipment (if owned)
- Toe shoes (if owned)
- Healthy Snack (Fruit, nuts, muesli bar)

If you have any further questions talk to your daughter's coach. Otherwise, enjoy your competitions with GGI and good luck!

Tracksuit Hire:

Your gymnast will be assigned a tracksuit with a number on it at training. Please keep the tracksuit clean and in good condition while it is in your care.

Do not wear the tracksuit for anything other than Gymnastics events.

If your daughter outgrows her tracksuit, please contact your daughter's coach or email ggigymclub@gmail.com and another one will be issued.

The tracksuits are to be returned in December, following the end of year performance.

Borrowing Leotards:

Borrowing a leotard is optional. It is an option for those who do not wish to purchase a leotard yet.

Please let your daughter's coach know prior to the competition if you are wanting your daughter to borrow a leotard so it can be gotten from the downstairs cupboard.

Your daughter will be given the leotard at the competition. The leotard should be given back to the coaches by the end of the competition. These leotards belong at the club and should not be taken home.

We appreciate your co-operation and look forward to seeing you and your daughter at the competitions!