

Competition Season

April 2024



Getting Ready for Competitions

- Session 2 onwards arrive 45 minutes before your warm-up
- Bring some cash for the canteen
- There is a door charge for all non-gymnasts
- Most clubs use Scoreholder to show gymnasts scores, the link/QR code will be made available either before the comp or at the venue.

Arrive at the venue wearing

- Competition leotard
- Plain black tights
- Club Jacket or Hoodie for Step 1
- Hair done
- Remove shoes and socks and be ready to be called to the floor by your coach

Parents remember to smile, be encouraging and take lots of photos and videos.

Please do not enter the competition areas once the event is underway. Get in touch with head coaches if you have queries.

Leotards

Hang in wardrobe when not in use
May not need washing after every wear

Washing:

- 1/2 cup salt to 1/2 bucket cold water
- Add leotard and gently squeeze, rinse
- Lay on a towel and roll up, squeeze
- Lay on a towel in the shade to dry

Leotards returned in poor condition will incur a \$50 replacement fee

Competition Hair

Use a hairstyle that works for your gymnasts hair

- Neat, tidy & secure for the entire comp
- Out of the way of eyes, hands and skills
- Secure with hair coloured, strong hair ties and flat clips
- Apply mousse before styling & hairspray afterwards!

Club Backpack

Have in your backpack:

- Water bottle
- Small healthy snack
- Hair brush, extra hair ties, hairspray
- Small packet of tissues & wipes
- Plain black bike shorts if choose to wear
- Black socks, especially if it's cold