



CIRCULAR 3 : National Gym for Life Challenge 2019

The South African National Gym for Life Contest will take place at SA Games in Cape Town.

Venue: UCT Sports Hall, Cape Town

Date: Thursday 26 September 2019

Information

The Gym for Life Challenge is a national Gym for All event with open entry criterias

- Performance must be accompanied by music
- Duration of performance: Minimum 2,5 to Maximum 5 minutes
- Performance area is 12 x 12 meters (artistic competition floor)

Please contact Barbara Murphy on 0737917581 or email: bemurevents@gmail.com with any special request of equipment or questions?

Evaluation Criteria

- Entertainment value
- Innovation, originality and variety
- Technique, quality and safety
- Overall impression

Groups will receive feed-back after the event. Gold, silver or bronze medal based on their ranking will be given to all participants with a participant's certificate. SAGF Gym for Life Trophy will be awarded to the most impressive performance group.

Program

All participants are to be at the UCT Sports Hall by 08:00 AM for registrations, warm up starts 08:15-08:30.

08:00	Teams report/General Warm Up
08:30	March on/Welcome
09:00	Displays: Round 1 -Dry Run
09:45	Round 2 - Contest
10:45	Awards Ceremony
11:00	*Workshop: How to create the "wow moment"?
12:00	Closure

**All gymnasts and coaches are invited to the floor to learn basic lifts, positions, acrobatic and dance formations to enhance their display work and to learn safety points.*

Team Coaches to send their music in MP3 format via email to Monnique on admin@sagf.co.za before 18 September (Wednesday) !!!

Please find PROGRAM and EVALUATION SHEET attached! Look forward to meeting you there soon.

Yours in Gymnastics: Marti Heri, SAGF Development Manager

GFA Technical Committee

Technical	Barbara Murphy	☎ Tel:	☎ Cell: 0737917581	✉ Email: bemurevents@gmail.com
Development:	Meisie Ndala	☎ Tel:	☎ Cell: 0824280091	✉ Email: ndalarm@gmail.com
SAGF Development:	Marti Heri	☎ Tel:	☎ Cell: 0712453819	✉ Email: marti@sagf.co.za