



INTRODUCTION

The 16th World Gymnaestrada will be hosted from 7th to 13th July 2019 in Dornbirn, Austria. With over 20 000 active participants, this gymnastics festival is one of the largest sports events in the World. Dornbirn and other towns and villages in the Vorarlberg Region are the hosts of this extraordinary festival.

A whole variety of events and performances in different places within a week will bring the spirit of the World Gymnaestrada to all over Vorarlberg Region.



The opening ceremony starts on 7th of July 2019 in the Birkenwiese Stadium in Dornbirn. Large group performances are taking place in Bregenz, the city performances in eight different villages, the national evenings, the FIG Gala, the Dornbirn Special, the World-Team, and ending with the grand closing ceremony on 13th of July 2019.

Gymnaestrada is a recreational team-gymnastics event for all ages and levels including those with disabilities. This is the biggest gymnastics event in the World which occurs every 4 years with over 20 000 gymnasts from 60 Nations and 100 000 spectators!

The South African Gymnastics Federation will be represented by 6 teams from 20 different clubs of 5 Provinces. For more details visit: www.wg2019.at

TEAMS

1. GAUTENG:



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Team Title: The Secret World of Dolls				
TOTAL	Gymnasts	Clubs	Leaders/ Coaches	Supporters
	11	Gold Reef	6	17
	1	Gymagic		
	4	Havies		
	2	Jozi Rhythmic Club		
	2	St. Mary		
	6	Toccata		
	26	5		



2. EASTERN CAPE:



Team Title: Jewels of Africa				
TOTAL	Gymnasts	Clubs	Leaders/ Coaches	Supporters
	8	All Stars	2	3
	20	Aqua		
	28	2		

3. KWA ZULU NATAL:

Team Title: Girls Rule the World				
	Gymnasts	Clubs	Leaders/ Coaches	Supporters
TOTAL	2	Central		
	7	Glenwood		
	12	Ocean		
	3	Silvermist		
	1	TUKS		
	25	5		



4. NORTHERN CAPE:



Team Title: Torn				
	Gymnasts	Clubs	Leaders/ Coaches	Supporters
TOTAL		Floors		
	21	1		

5. NORTHERN CAPE:

Team Title: Diamonds in the Rough					
TOTAL	Gymnasts	Clubs	Leaders/ Coaches	Supporters	
			Rhythmia		
	22	1	2	16	



6. WESTERN CAPE

Team Title: Hello SA -From Dawn to Dusk				
TOTAL	Gymnasts	Clubs	Leaders/ Coaches	Supporters
	12	Bemur		
	2	Eversdal		
	2	Jump It		
	4	Oaks		
	1	Paarl		
	2	Wynland		
	23	6	2	0



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The teams started their preparation from July 2018 and showed their determination in signing a commitment letter in August 2018.

It's been a long journey for the last year with many stations:

- TEAM -X Course held by SAGF Facilitators: Marti Heri (SAGF Development Manager) and Barbara Murphy (Gym for All Technical Committee).
- Choreography Training Course gave an opportunity for more advanced work lead by international expert from Slovakia: Monika Siskova (Vice President -FIG Gym for All Committee).
- Intensive training started from July 2018 with extra weekly team sessions over and above the usual club training.
- Gymnaestrada Task Team was established in August 2018: Marti Heri (SAGF Development Manager), Caron Henry (Project Manager), Michelle Davids (Logistical Coordinator), Barbara Murphy and Heather Keyton (Technical Experts).
- The teams entered the Gym for Life Contest held during the National Gymnastics Games on 4 October 2018 at Wits University, Johannesburg.
- Gauteng Team participated at the opening ceremony of Region 5 Championships on 2 November 2018 at Matsport Centre, Pretoria.
- Over 250 people were entered the Gymnaplana (international interactive online registration platform for World Gymnaestrada) and paid their entry fees in January 2019
- By end of May, 218 participants: including 165 gymnasts, 18 coaches and leaders and 35 supporters applied for visas and participation cards.
- The event is self-funding, which required a huge effort from the families of participants with joint forces of club coaches, provincial team leaders and other stakeholders to arrange fund raising events, apply for sponsorship, subsidies and some received support from local and provincial government.

The SA Gymnaestrada Team will depart to Austria on 5 July 2019 to show the diversity and culture of South African Gymnastics for All to the rest of the world and to join the theme of the **16th World Gymnaestrada: "Show your Colors" - We are One -**

Follow our journey on Social Media **#SAGymnastics #WG2019**

For more information visit www.sagf.co.za or contact Marti Heri, Team Manager at SAGF (021) 671 4818