



Unit 12, Mews 2  
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## **Region 5 - INFORMATION**

The South African Gymnastics Federation would like to congratulate you on your selection as a member of the RSA Region 5 Team due to participate in Gauteng & North West Province, South Africa, from **Thursday 1<sup>st</sup> November 2018 to 4<sup>th</sup> November 2018.**

### **Travel Arrangements**

All gymnasts and officials are required to make their own travel and accommodation arrangements for this event.

### **Clothing**

All gymnasts are required to have the blue Region 5 Federation Tracksuit and leotards / shorts / longs etc.

The Rhythmic Gymnasts will not need to purchase a leotard and will compete in the leotards that they wore at the SA Gym Games 2018.

Although there is an official T-Shirt as well as a backpack, these items are not compulsory.

The uniform for this competition has not changed so should you already be in possession of the official attire, you will not need to purchase those items again.

Should your son have White / Navy shorts or long whites, there is no need to purchase another pair.

### **Team Acceptance Form , Code of Conduct, Consent and Clothing Order Forms**

All forms (The Team Acceptance Agreement, Code of Conduct, Clothing Order Form and Consent Forms as well as entry fees proof of payment are to be returned by Thursday 19<sup>th</sup> October 2018 to Stacey Adams and Mandy Jeppe (fax : 087 237 1238 or e-mail [stacey@sagf.co.za](mailto:stacey@sagf.co.za) / [mandy@sagf.co.za](mailto:mandy@sagf.co.za) ). Please note that once you have indicated that you will competing in the Region 5 competition, you will be liable for all associated costs.

Should you not wish to compete in this event, please let Stacey Adams know ASAP so that the reserve gymnast can be contacted timeously.



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COSTS		
<b>FIXED COSTS</b>	ENTRY FEE	R 870.00
	ADD ENTRY (TRAMP only)	R 200.00
<b>CLOTHING</b>		
	Tracksuit	R 650.00
	Boys Leotard	R 390.00
	Girls Leotard	R 395.00
	Boys White Longs	R 370.00
	Boys White Shorts	R 230.00 (All disciplines except Trampoline / Tumbling)
	Boys Blue Shorts	R 230.00 (Trampoline / Tumbling only)
OPTIONAL	Team T-Shirt	R 185.00
OPTIONAL	Backpack	R 275.00

When making payment, please use your child's name, discipline and the number 2050.

Eg. **“John Brown, MAG, 2050”**

#### SAGF Banking Details

Name : South African Gymnastics Federation  
Bank : Nedbank  
Branch Code : 191305 (Cresta Branch)  
Acc Type : Chq  
Acc No : 1913 207 536

Further information will be circulated as it becomes available.

Once again, congratulations on your selection to the RSA team, good luck for the competition.



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		THUR	FRI	SAT
	Venue	01 Nov	02 Nov	03 Nov
		<b>Arrival of Delegations</b>		
RG	Matsport	Training, Meetings	<b>Competition</b>	
MAG / WAG	Matsport	Training, Meetings	Training, Meetings	<b>Competition</b>
GFA	Matsport	Training, Meetings	<b>Contest</b>	GFA Clinic (Wrestling Hall)
TRA/ DMT / TUM	Gezina		Training, Meetings	<b>Competition</b>
AER	Brits		Training, Meetings	<b>Competition, Prize Giving at Matsport</b>
Functions			<b>Opening Ceremony for ALL at Matsport (16h00)</b>	