



Circular TRA TC 16-2019

30 Jun 2019

To: SAGF Board & TTC Members
Trampoline Coaches
All Provinces, Districts, Clubs & Members

RE: TRAMPOLINE CAMP & 2ND TRIALS PROGRAM WC & WAGC.

Dear Clubs, Coaches & Gymnasts.

The training times for the National Training Camp on Thursday 4th & Friday 5th July is as follows

09:00 - 11:00	L8 and L7 (17 - 21)	10 Competitors
11:00 - 13:00	L7 11 - 12, 13 - 14 and 15 - 16	16 Competitors
14:00 - 16:00	L6 all age groups - The final session is for this group and can also be attended by the Seniors if so decided during the morning training.	

All competitors are to be there 30 minutes prior to training for Warm up and registration. Warm up and stretching will be done by competitors own coaches.

A reminder that all participating gymnasts must be entered online and that the camp is compulsory for all trial gymnasts.

Please find as an attachment the trial programme for WC & WAGC which will take place on Saturday 6th July at Frederika Sportstadium, Gezina.

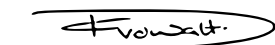
Please take note of grouping times, arrangements regarding the handing in of competition cards etc.

REMINDER

1. Gymnasts **MUST** have competed in 2018 Gym Games – if they didn't then a letter of explanation or doctor's letter should already have been sent in.
2. There should not be any outstanding amounts from any previous events.
3. If a gymnast didn't participate in 1st trial's, then a doctor's letter should already have been submitted.

The onus is on coaches to ensure that their gymnasts comply with all the above and that all required documents and pop's have been submitted.

Kind Regards

A handwritten signature in black ink, enclosed in a hand-drawn oval.

Cheryl van der Walt
Trampoline Programme Manager