



DATE	TIME	ACTIVITY	
09 th December	- 16h00 18h00 – 20h00	Team arrival Accommodation Opening Ceremony Standard Bank Arena	
Day 1			
10 th December	08h30 – 09h00 09h00 - 09h30 09h30 – 11h30	WAG and MAG judges meetings MAG & WAG Grouping and warm up– Session 1 All Around competition – Session 1	
LUNCH			
	12h00 – 12h30 12h30 – 14h30	MAG & WAG Grouping and warm up– Session 2 All Around competition – Session 2	
	15h00 – 15h30 15h30 – 17h00	MAG & WAG Grouping and warm up – Finals FINALS MAG and WAG U13, u15, Disability	
	17h00-17h30	Prize giving	
DAY 2			
11 th December	08h30 – 09h00 09h00 – 09h30 09h30 – 12h00	Rope Skipping Judge's / Aerobics Judge's Meeting Rope Skipping / Aerobics Grouping and warm up Rope Skipping Speed/ Aerobics Individual Session 1 Competition : Boys and Girls – u13, u15, Disability	
12h00 12h30			
	12h30 – 13h00 13h00 – 16h00	Rope Skipping / Aerobics Grouping and warm up Rope Skipping Speed / Aerobics Session 2 Competition: Boys and Girls U13, u15, Disability	
	16h00-17h30	Schools Gymnastics Technical Assembly	
DAY 3			
12 th December	08h30 – 09h00 09h00 – 09h30 09h30 – 12h00	Rope Skipping / Aerobics Judges meeting Rope Skipping/Aerobics Grouping & warm up Rope Skipping Routines/ Aerobics Pairs Session 1 Competition Boys and Girls – u13, u15, Disability	
LUNCH			
	12h30 – 13h00 13h00 – 16h00	Rope Skipping/Aerobics Grouping and warm up Rope skipping Routines/ Aerobics Final 1 Competition: Boys and Girls U13, u15, Disability	
	16h00 – 17h00	Rope Skipping Speed Finals	
	17h00 – 17h30	Prize Giving	
Day 4			
13 th December	08h30 – 09h00 09h00 - 11h00	Rope Skipping/ Aerobics warm up Rope Skipping Routines Final/ Aerobics Final 2	
	11h30 - 12h00	Prize Giving	
LUNCH			
	12h30 – 16h00	Teacher's workshops:	
	WAG and MAG	Skills Teaching and correct spotting technique	Melvin/Riaan
	Aerobics	Correct Technique and Judges Workshops	Stella/Patricia
	Rope Skipping	Routines and Judging Workshop	Keo/Shirley
	Disability	How to support your gymnasts with special needs?	Marti/ Mogotso
	18h00 - 20h00	Closing ceremony – Standard Bank Arena	
14 th Dec	08h00 -	Teams Departure	

South African Schools Gymnastics

Program 2018 Summer Game

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