**An Introduction to general gymnastics competitions.**

**A gymnasts and parents guide.**

Parents, to help you support your son / daughter we have prepared the following information which outlines some of what will happen in the competition.

Whether this is your son / daughters first competition or they are an experienced competitor we hope that they enjoy the event.

What do gymnasts need to do?

**Before the event:**

* Make sure you know your floor routine.
* Practise each move the best you can.
* Decide with your coach which vault you are doing.
* Make sure you know how far your springboard needs to be.
* Get your bag ready for the competition.
* Go to sleep early!

**On the day:**

* Make sure you are up early enough to get to the competition in time!
* Gymnasts with long hair must make sure that it is securely fastened; your coach will tell you how it should be.
* When you arrive you will go to the registration area.
* Bring a spare copy of your floor music with you (girls in bronze, silver, gold)
* Concentrate in your general warm up to make sure that you are stretched properly.
* March smartly when you are walking around the competition arena.
* Smile at the judges…..they are quite friendly!
* Try to imagine you are in the gym doing your best performance.
* Think about what you are doing on floor and vault, do not worry about what others are doing.
* If you are lucky enough to win a medal then remember to shake hands with the other medallists.

**After the event:**

* Think about your performance. Medals / pins are not as important as knowing that you did your best!
* Plan what you need to do to improve your performance for next time.
* Get back to training and have fun.