

# LONDON GYMNASTICS

*Providing the perfect balance of fun, passion and precision*



## PARENT/GUARDIAN INFORMATION SHEET

### WINTER SEASON EVENT 1 DMT

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#### The Event

Event title:	<i>Winter Season Event 1 DMT</i>
Date/s:	<i>Saturday 16th November 2019</i>
Venue:	<i>Arena, Kingston College, Kent Road, Kingston Upon Thames, Surrey, KT1 2AQ</i>
Directions:	<a href="https://bit.ly/33NbQ5M">https://bit.ly/33NbQ5M</a>
Public transport:	<a href="https://bit.ly/33yU8nz">https://bit.ly/33yU8nz</a>
Parking:	<a href="https://bit.ly/33NbQ5M">https://bit.ly/33NbQ5M</a> <i>Nearest train stations: Kingston or Surbiton</i>
Doors open:	<i>8.25 am</i>

#### Ticket Information

Tickets prices:	<i>£5 – Adults £3 - Child</i>
Advance tickets:	<i>Not available</i>
Pay-on-the-day tickets:	<i>Payment by credit or debit card only</i>
Programmes:	<i>Not available</i>

#### Venue Facilities

Café:	<i>No onsite facilities. The town centre has a variety of small supermarkets, restaurants and coffee shops nearby</i>
Shopping mall:	<i>No photos or leotards are for sale at this event</i>
Changing rooms:	<i>Located on the ground floor by reception desk</i>
Toilets:	<i>Located on the ground floor by reception desk</i>

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#### Gymnast Information

Gymnast's hand over / registration:	<i>Gymnast registration / handover points will be sign posted</i>
Gymnast membership levels	<i>GfA levels: Require Bronze membership NDP levels: Require Silver membership FIG level: Require Silver membership</i>
Warm-up gym:	<i>Parents or guardians are not allowed into the warm-up gym</i>
Competition times:	<i>Timetables are subject to change. Gymnasts should be ready to compete up to 30 mins. before the stated time</i>
Gymnasts Seating:	<i>Gymnasts will sit in the specified seating with their club</i>
Gymnast supervision:	<i>Gymnasts will be under the supervision of their coaches for the duration of the event</i>
Gymnasts attire:	<i>As per BG Trampoline Code of Points. Jewellery, body piercing and similar adornments are not allowed.</i>
Bandaging:	<i>Bandaging should be flesh coloured</i>
Hair / jewellery:	<i>Jewellery is not allowed. Hair must be dressed</i>
Provisions/refreshments:	<i>There are no refreshments at this event.</i>
Storage of personal belongings:	<i>Must be placed in the bleacher seating and not taken onto the competition floor.</i>
Medical /First Aid Provision:	<i>Medical provision for the assessment and/or treatment of injuries sustained on the day will be available for the duration of the event</i>
Welfare Officer:	<i>A welfare officer will be available for the duration of the event and may be contacted via the event organiser</i>
Presentations:	<i>Gymnasts and coaches participating in the presentation ceremony must march on in competition attire.</i>
Gymnast Dismissal:	<i>Club coaches are responsible for the dismissal of their gymnasts</i>
Host venue	<i>Gymnasts must respect and follow the rules of the host venue</i>

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Emergency evacuation procedure	<i>In the case of an emergency (e.g. fire) the coaches will lead their gymnasts to the fire assembly point and take a register. The spectators will be directed to fire exits and the fire assembly point by the event host venue personnel.</i>
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#### Spectator Information

Doors open	<i>8.25 am</i>
Directions to seats	<i>The spectator seating will be sign-posted</i>
Spectator Seating	<i>The red bleacher seating</i>
Warm up gym	<i>Parents or spectators will not be allowed into the warm-up gym/area.</i>
Competition Organiser:	<i>Andrew Freeman</i>
Welfare Officer:	<i>Andrew Freeman will be on duty for the duration of the event</i>
Dismissal & Collection of Gymnasts:	<i>Club coaches are responsible for the dismissal of their gymnasts</i>
Photography:	<i>By entering an LG event, there is an acceptance that the participant may be photographed and the photograph may be published by LG. Recorded images must only be used for personal purposes in accordance with the BG Child Protection Policy Photos may not be used, distributed or copied for commercial purposes. Flash may not be used at any time while gymnasts are warming up or competing. The Competition Organiser may at any time in his or her absolute discretion, direct that photos shall not be taken</i>
Timetable:	<i>The finalised timetable will be distributed to clubs on the day, and all other draft timetables should be ignored. Times are subject to change and gymnasts should be ready to compete up to 30 minutes before their allotted time.</i>
Additional:	<i>Parents should not approach the officials or judges under any circumstances.</i>
Final Scores:	<i>The final scores will be uploaded to the event page on the LG website.</i>

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#### Timetable:

Start	End	Activity		Pink		Blue		Green	
<b>FLIGHT 1</b>									
08:45	09:00	Warm Up Range & Conditioning	15	NDP 1 (9-10)	4	Kingston (GfA 1)	14	Kingston (GfA 2)	11
09:00	09:45	Compete Range & Conditioning	45	NDP 1 (11-12)	11			Elstree (GfA)	1
09:45	10:25	Warm Up DMT	40						
10:25	11:25	Compete DMT	60						
11:25	12:00	Presentation	35						
<b>FLIGHT 2</b>									
10:25	10:40	Warm Up Range & Conditioning	15	NDP 1 (13+)	15	Nitro (GfA)	7		
10:40	11:25	Compete Range & Conditioning	45			NDP 2 (9-10)	1		
11:25	12:05	Warm Up DMT	40			NDP 2 (11-12)	6		
12:05	13:05	Compete DMT	60						
13:05	13:30	Presentation	35						
<b>FLIGHT 3</b>									
12:05	12:20	Warm Up Range & Conditioning	15	FIG (13-14)	3	NDP 2 13+	19		
12:20	13:05	Compete Range & Conditioning	45	FIG (15+)	1				
13:05	13:45	Warm Up DMT	40	NDP 4 (11-12)	2				
13:45	14:45	Compete DMT	60	NDP 4 (13+)	1				
14:45	15:15	Presentation	35	NDP 3 (9-10)	2				
				NDP 3 (11-12)	2				
				NDP 3 (13+)	6				

#### Start List:

##### DMT Level 1 - 11-12 Arrive at 08:25

- |    |                   |          |
|----|-------------------|----------|
| 1  | Freya Georges     | Kingston |
| 2  | Sadie Welbourn    | Kingston |
| 3  | Eloise Gardner    | Kingston |
| 4  | Amelie Geller     | Elstree  |
| 5  | Aoife Moore       | Nitro    |
| 6  | Libby Barnett     | Elstree  |
| 7  | Sophia Theodokis  | Nitro    |
| 8  | Lilia Hamblin     | Kingston |
| 9  | Toby Eckes        | Kingston |
| 10 | Tom Simpson       | Kingston |
| 11 | Daniel Polykarpou | Kingston |

##### DMT Level 1 - 9-10 Arrive at 08:25

- |   |                 |          |
|---|-----------------|----------|
| 1 | Sky Taylor      | Nitro    |
| 2 | Jessica Randall | Kingston |
| 3 | Riley Washburn  | Elstree  |
| 4 | Tyler Digweed   | Elstree  |

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#### **DMT Level 1 - 13+ Arrive at 09:55**

1	Amy Stayte	Nitro
2	Tamsin Want	Nitro
3	Mia Wanli	Kingston
4	Charlotte Fairfoull	Kingston
5	Sophie Hillman	Inspire
6	Jemima Welbourn	Kingston
7	Imogen Waterman	Nitro
8	Martha Barrett	Nitro
9	Imogen Swain	Kingston
10	Ellie Panto	Kingston
11	Anna Ganevitch	Kingston
12	Lucy Corlesd	Inspire
13	Alex Bonato Madden	Kingston
14	Olivia Inman	Nitro
15	Olivia Secord	Nitro

#### **DMT Level 3 - Women 11-12 Arrive at 11:30**

1	Gabrielle Park	Kingston
2	Julia Prestigiacomo	Kingston

#### **DMT Level 4 - Men 11-12 Arrive at 11:30**

1	Tyler Baylay-Bell	Kingston
2	Joshua Baker	Kingston

#### **DMT FIG Dev - Men 13-14 Arrive at 11:30**

1	Alfie Shepherd	Kingston
2	Dovydas Olekas	Kingston
3	Zachariah Wilson	Kingston

#### **DMT Level 3 - Women 13+ Arrive at 11:30**

1	Sophie Borley-Holden	Inspire
2	Sophie Macneill	Inspire
3	Siobhan Daley	Inspire
4	Jemima Eckes	Kingston
5	Vaishali Balachandran	Kingston
6	Caroline Howard- Jones	Inspire

#### **DMT Level 4 - Women 13+ Arrive at 11:30**

1	Bethany Randall	Kingston
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#### **DMT FIG Dev - Men 15+ Arrive at 11:30**

1	Matthew Mason	Kingston
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#### **DMT Level 3 - Men 9-10 Arrive at 11:30**

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1	Samuel Newman	Kingston
2	Thomas Muller	Kingston

#### **DMT Level 2 - 11-12 Arrive at 09:55**

1	Amy Spears	Elstree
2	Beatrice Andrews	Nitro
3	Grace Nunn	Elstree
4	Amelia Chapman	Elstree
5	Alice Harris	Nitro
6	Kwame Mceyeson	Elstree

#### **DMT Level 2 - Women 9-10 Arrive at 09:55**

1	Daisy Nunn	Elstree
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#### **DMT Level 2 - 13+ Arrive at 11:30**

1	Polly Fennell	Kingston
2	Delilah Lloyd	Inspire
3	Phoebe Craddock	Kingston
4	Jannah Smith	London DMT
5	Bethan Calder	Kingston
6	Shauna Mcglynn	Nitro
7	Sophie Birch	Nitro
8	Megan Jones	Nitro
9	Jemima Clayden	Elstree
10	Amelie Gowe	Kingston
11	Ella Forde	Nitro
12	Rebecca Salvage	Nitro
13	Eleonora Lucic	Inspire
14	Daisy Poole	Kingston
15	Emily Mann	Kingston
16	Clementine Shanahan	Inspire
17	Camilla Rasulova	Kingston
18	Tirion Hill	Nitro
19	Joseph Birch	Nitro

#### **DMT GfA Level 1 - Kingston Arrive at 08:25**

1	Beatrice Collins	Kingston
2	Hayden Fok	Kingston
3	Ariadni Kalomoira Manolitza	Kingston
4	Caiden Allday	Kingston
5	Andy Yang	Kingston
6	Mia Henson	Kingston
7	Florrie Osmand	Kingston
8	Vishal Sunil	Kingston
9	Liza Coimbra	Kingston
10	Krystal Amoiridou	Kingston

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11	Joanna Amoiridou	Kingston
12	Leo Hall	Kingston
13	Charlotte Kirkman	Kingston
14	Kieran Quarcoo	Kingston

#### **DMT GfA Level 1 - Nitro** **Arrive at 09:55**

1	Daisy Hargreaves	Nitro
2	Chloe Stevens	Nitro
3	Sarah Paul	Nitro
4	Xzara Viccary	Nitro
5	Jasmine Harley	Nitro
6	Aimee Dawkins	Nitro
7	Aissatou Diallo	Nitro

#### **DMT GfA Level 2 - Elstree** **Arrive at 08:25**

1	Eva Barnett	Elstree
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#### **DMT GfA Level 2 - Kingston** **Arrive 08:25**

1	Olivia Klein	Kingston
2	Alexa Higginson	Kingston
3	Gabriella Hillyard	Kingston
4	Amelie Delaney-Meinesz	Kingston
5	Holly Gaylor	Kingston
6	Eloise Gummer	Kingston
7	Gracie Rose Line	Kingston
8	Elodie Osmand	Kingston
9	Lili Coen	Kingston
10	Freddie Hoath	Kingston
11	Luke Higginson	Kingston
12	Thea Shirley	Kingston