

Met West Regional Competition

Sunday 6th June

KSTP Athlete Information Booklet



Athletes required to be at venue at 7.30am

Venue: Sydney Gymnastics Centre
Rooty Hill

Metwest Regional Competition

Sunday 6th June

1 Session

8am to 1.30pm

KSTP Athletes required at venue: 7.30am

Apparatus Warm Up: 8.00am - 8.45am

Competition: 8.45am - 1.00pm

Presentation: 1.15pm

Important information for competition day

- Please ensure your child is on time.
- Meeting point will be at the bottom of the stairs at the entry.
- The schedule can run ahead or behind time, please use it as a guide only.
- Athletes should arrive at the competition ready to compete, in their KSTP leotard.
- Unfortunately the uniforms and leotards have not made it in time for this competition, if you do not have a leotard black shorts with the club polo is preferred, if you don't have the polo the red shirt is acceptable. No other gear is allowed.
- Hair should be pulled back. Long hair must be braided or put into a bun. Hair should not move or touch the floor while competing.
- No jewelry of any kind should be worn.
- Girls underwear is not to be shown below the leg of the leotard, nor should crop tops or bras be seen. Points can be deducted by the judges. Skin colour is recommended.
- Only white socks are allowed, please ensure there are no brand markings.
- Athletes will be required to stay downstairs in the athlete's area during their session.
- Parents are not allowed downstairs unless they are volunteering.
- At the conclusion of presentation, our coaches will walk the athletes to the same meeting point to be collected by their parent.

At the competition

- No one is permitted to leave before their session is finished.
- Where possible, we ask that all KSTP families try to sit together as it prompts everyone to encourage all athletes and provides a great atmosphere of support.
- Cheering from the stands by families is encouraged for ALL KSTP athletes.
- Photos and recording is allowed of your child only. Please turn off the flash.
- We expect our families to be an extension of our athletes and therefore hope that you conduct yourself in a positive way towards all competitors (including other clubs). This sets a good example for your children as it promotes good sportsmanship.

Contact number

Please contact Bec for any questions you have. 0435 155 834

This is a really exciting time for all our athletes, families and coaches as we come together as TEAM KSTP

We wish all our athletes all the best and look forward to watching them shine on the floor.

Met West Regional Schedule

| | TRAMPOLINE | DMT | Tumbling | Level 1 & 2 |
|------------------|--|---|---|---|
| | <p align="center">Level 3 M - 4, 5, 6 F <i>Judge: n/a</i> <i>Volunteer: n/a</i> Coach: Vanessa</p> | <p align="center">Level 3 M & F <i>Judge: n/a</i> <i>Volunteer: n/a</i> Coach: Ethan</p> | <p align="center">Level 2 & 3 M - Level 2, 5,6 F <i>Judge: Dima CJP, Breannah E1, Krystal E3</i> <i>Volunteer: Rebecca Tulk (scorer)</i> Coach: Jack</p> | <p align="center">Lvl 1 M & F Trp - Lvl 2 M & F SMT <i>Judge: Koralee E1</i> <i>Volunteer: n/a</i> Coach: Cheyanna</p> |
| 8.45am - 10.45am | <p>Level 5 Female Jessica McKeon Lucy Gleeson Frater Matilda Zimmer Ruby Gleeson Frater</p> <p>Level 4 Female Flight 2 Savannah Nowland Annaliese Edwards Chelsea Micallef Nicole Grima Mia Pilling Sabela Vendramini</p> <p>Level 3 Male Heath Broughton Isaac Kachan James Grima</p> | <p>Level 3 Male Flight 1 Joshua Britton Rhys Clinch Flight 2 Heath Broughton Isaac Kachan Ivan Kachan</p> <p>Level 3 Female Flight 1 Olivia Taylor Sarah Dowding Sophie Hilder Tanisha Galea Zarna Proudford Flight 2 Jessica Del Carmen Ashley French Emily Hilder Georgia Tarpey Lauren Maraan Lorena Del Carmen Mia Pilling Sarah Cauchi Summer Wade Alyssa Seymour Flight 3 Eden Smith Sophie Gerke Ella Richardson Leisha Nowland Liesel Ware Zoe Williams June Britton Scarlett Nest Scarlett Parkes</p> | <p>Level 2 Female Nicole Grima Emily Hilder Lorena Del Carmen Alyssa Seymour Eden Smith Sophie Gerke Leisha Nowland Scarlett Nest</p> <p>Level 2 Male Joshua Britton Rhys Clinch</p> <p>Level 3 Male Heath Broughton Ivan Kachan</p> <p>Level 5 Female Chelsea Micallef Jessica McKeon Matilda Zimmer Ruby Gleeson Frater</p> <p>Level 6 Female Lucy Gleeson Frater</p> | <p>Level 1 Tramp Male Beau Sieders</p> <p>Level 1 Tramp Female Abigail Williams Celina Edwards Skyla Seymour</p> <p>Level 2 Tramp Female Amelia Letch Leisha Nowland Liesel Ware</p> <p>Level 2 Tramp Male Joshua Britton Rhys Clinch Ivan Kachan</p> |

| | TRAMPOLINE | DMT | Tumbling | Level 1 & 2 |
|-------------------|--|--|--|---|
| | Level 3 F - Level 4, 5 M <i>Judge: n/a</i> <i>Volunteer: n/a</i> Coach: Vanessa | Level 4, 5, 6 M & F <i>Judge: n/a</i> <i>Volunteer: n/a</i> Coach: Ethan | Level 3, 4 F - Level 4, 5 M <i>Judge: Dima CJP, Breannah E1, Krystal E3</i> <i>Volunteer: Rebecca Tulk (scorer)</i> Coach: Jack | Lvl 1 M & F Tum, Lvl 1, 2 F & M SMT <i>Judge: Koralee E1</i> <i>Volunteer: n/a</i> Coach: Cheyanna |
| 10.45am - 12.15pm | Level 3 Female Flight 1 Olivia Taylor Sarah Dowding Sophie Hilder Tanisha Galea Zarna Proudford Jessica Del Carmen Flight 2 Ashley French Emily Hilder Georgia Tarpey Lauren Maraan Lorena Del Carmen Sarah Cauchi Summer Wade Alyssa Seymour Eden Smith Flight 3 Sophie Gerke Ella Richardson Zoe williams June Britton Scarlett Nest James Grima | Level 4 Female Flight 2 Savannah Nowland Annaliese Edwards Nicole Grima Sabela Vendramini Level 4 Male James Grima Jaxon Tulk Josh O'Beirne Level 5 Male Thomas Lewis Level 6 Male Jett Preiss | Level 4 Female Flight 1 Olivia Taylor Sarah Dowding Savannah Nowland Sophie Hilder Tanisha Galea Zarna Proudford Annaliese Edwards Flight 2 Lauren Maraan Sabela Vendramini Ella Richardson Liesel Ware Zoe Williams Level 4 Male James Grima Josh O'Beirne Jett Preiss Isaac Kachan Level 5 Male Jaxon Tulk Thomas Lewis | Level 1 Tumbling Male Beau Sieders Level 1 Tumbling Female Amelia Letch Abigail Williams Celina Edwards Skyla Seymour Level 2 SMT Female Female Amelia Letch |
| 12.15pm - 1pm | Level 4 Male Jaxon Tulk Josh O'Beirne Level 5 Male Jett Preiss Thomas Lewis | Level 5 Female Chelsea Micallef Jessica KcKeon Lucy Gleeson Frater Matilda Zimmer Ruby Gleeson Frater | Level 3 Female Jessica Del Carmen Ashley French Georgia Tarpey Mia Pilling Sarah Cauchi Summer Wade Scarlett Parkes June Britton | Level 1 SMT Male Beau Sieders Level 1 SMT Female Abigail Williams Celina Edwards Skyla Seymour |

Met West Regional Work Order from Gymnastics NSW

| | TRP | DMT | TUM | Level 1/2 |
|-------|-----------------------------|----------------------------|-----------------------------|------------------------------|
| 8:00 | General | Warm | Up | |
| 8:15 | | | | |
| 8:30 | | | | |
| 8:45 | level 5+ F (8) 1 flight | Level 3 - M (15) 2 flights | Level 2 - F (11) 1 flight | Level 1 - M (8) 1 flight |
| 9:00 | | | | tramp |
| 9:15 | level 4 F - (14) 2 flights | | | Level 1 - F (14) 1 flight |
| 9:30 | | Level 3 - F (33) 3 flights | Level 2/3 - M (8) 1 flight | tramp |
| 9:45 | | | | |
| 10:00 | | | level 5+ - F (9) 1 flight | level 2 M + F (18) 2 flights |
| 10:15 | level 3 M (7) 1 flight | | | tramp |
| 10:30 | | | | |
| 10:45 | level 3 F - (29) 3 flights | level 4 - F (17) 2 flights | Level 4 + M (7) 1 flight | level 1 - M (8) 1 flight |
| 11:00 | | | | tum |
| 11:15 | | | | level 1- F (13) 1 flight |
| 11:30 | | level 4+ - M (11) 1 flight | level 4 - F (15) 2 Flights | tum |
| 11:45 | | | | Level 2 F/M - (8) 1 flight |
| 12:00 | | | | SMT |
| 12:15 | level 4 + - M (11) 1 flight | level 5+ - F (8) 1 flight | level 3 - F (11) 1 flight | Level 1 M (8) 1 flight |
| 12:30 | | | | SMT |
| 12:45 | | | | Level 1 F (8) 1 flight |
| 1:00 | | | | SMT |
| 1:15 | | Presentation | Presentation | |
| 1:30 | | | | |