5th Annual Gymnastics Tournament

Dear Parents and Gymnasts,

You are cordially invited to enter the 5th Annual ESF Educational Services Gymnastics Tournament and this will take place on **Sunday 22 March, 2009** at **South Island School**, **50 Nam Fung Road**, **Shouson Hill, Hong Kong.**

Please take a look at the details below and send your application together with payment to '**ESF Educational Services Ltd**; to **Sports Section, Gym Tournament, ESF Educational Services Ltd, 5/F, Cigna Tower, 482 Jaffe Road, Causeway Bay, Hong Kong**. It promises to be a special event, so act quickly to avoid disappointment. We will have **Trampoline** and **four different Gymnastics ability divisions,** so please read the information carefully and join the division that best suits you. If you have any questions please speak to your coach directly or call 27111280 or email sports@esf.org.hk

Time: Registration from 9:00am for Trampoline, Junior & Senior Gym Club (Competition starts 9:30am Sharp). 4-6 yrs old Gym Club & 7 yrs+ Gym Club Divisions Registration starts at 10:30am.

Fee: $ 100 for entry to 1 competition
$ 150 for entry to 2 competitions
$ 200 for entry to 3 or 4 competitions

Application Deadline : Saturday 7th March

ENTRY FORM

(One per child)

Gymnast's Name:_____ Age & D.O.B._____

Address:_____

Tel:_____ Mobil:_____

Email:_____Current Coach:_____

Coaching Venue, Day & Time:_____

Division Entered (Please tick the appropriate box)

- ☐ **Trampoline**
- ☐ **4-6 years old Gym Club**
- ☐ **7 years+ Gym Club**
- ☐ **Junior Gym Club**
- ☐ **Senior Gym Club**

Competition Entered (Please tick the appropriate box)

- ☐ **8-10 Bounce Routine**
- ☐ **Floor Routine**
- ☐ **Balance Beam**
- ☐ **Vault**

I agree that my children will abide by rules and regulations set by ESF Educational Services Ltd; school venue and the teachers. I will not hold ESF Educational Services Ltd, responsible for any injury to my children, or damages to property as a result of participation in the gymnastics tournament.

Parent/Guardian Name:_____ Signature:_____Date:_____

Trampoline Division :open to current students

Time: 9:30-11:00

Competition: 8-10 bounce routine

Gymnastics

Time: 11:00-1:30

Division: 4-6 years old Gym Club

Competition:	Floor Routine	1 foot front balance 3 secs, forward roll, forward roll to pike seat, bridge 3 secs, tuck & roll to standing position, straight jump, tuck jump
	Balance beam	Walk forward 3 steps, squat down & up, dip step 3 steps, 1 foot side balance 3 secs, 90 degrees turn, walk sideway 3 steps, star jump dismount
	Vault	Run, hurdle step onto springboard, straight jump to land on mat

Division: 7 years+ Gym Club

Competition:	Floor Routine	Cartwheel, cartwheel a quarter turn, squat position stand on tip toes, shouders stand 3 secs, roll forward & stand up, scale balance 3 secs, forward roll to straight jump, half turn jump
	Balance beam	From straddle seat mount, chas'se step 2 times, straight jump, squat down 180 degrees turn on tip toes then get up, walk backward 2 steps, scale balance 3 secs, step forward & turn 90 degrees, straddle jump dismount
	Vault	Squat onto 3 layers box then straight jump off

Time: **9:30-11:00**

Division: **Junior Gym Club**

Competition:	Floor Routine	Run, hurdle jump cartwheel, backward roll, Y-balance 3 secs, run, round off, forward roll to star jump, chas'se step 2 times then jump full turn
	Balance beam	From straddle seat, V-sit balance 3 secs then get up, step kick both left then right leg forward & backward, pivot turn, walk backward on tip toes 3 times, scale balance 3 secs, chas'se step 3 times, cat leap jump, round off dismount
	Vault	Straddle jump onto 4 layers box then star jump off

Division: Senior Gym Club

Competition:	Floor Routine	Minimum 12 moves routine
	Balance beam	Minimum 12 moves routine
	Vault	2 optional vault