



International Invitational Gymnastics Festival

Malta 2012

Under the Auspices of the Malta Gymnastics Federation.

GymStars Gymnastics Club

Church Street, Tarxien

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GymStars Gymnastics Club would like to invite clubs for our Gymnastics Festival organized here in Malta. Gym Fest is a Gymnastics display, in a non competitive, professionally run display festival which aims to promote gymnastics for all that it encompasses the sheer enjoyment and appreciation of the sport that so many people have. Everyone is invited to enter Gym Fest from the beginner to the advanced gymnast; we focus on ensuring that all performers have the opportunity to display their talents to their family, friends and other gymnasts in a stress- free and enjoyable environment. Gym Fest is an opportunity for those gymnasts wishing to participate abroad.

Prices and Packages

We are privileged to say that our facilities comprise of our own hostel accommodation with all rooms having shower en suites. The package price will include airport transfers, accommodation on half board basis, farewell party and Gym Fest entry all for € 215.00 per person from Thursday to Monday. Those clubs that will get more than 10 gymnast 1 coach will be accommodated for Free for the weekend package only; extra days will have to be paid for. Coaches Fee for less than 10 gymnasts will be at a cost of €190.00 each. Those clubs who wish to arrive earlier and leave later; there will be an extra cost of € 25.00 per person per day on half board basis. The Hostel is on **first come first serve basis** and rooms will be secured by 50% deposit of the total.

Accommodation and Details - Bowyer Hostel (GymStars)

Accommodation is on first come, first serve basis. Travelling parents will only be accommodated depending on the number of athletes attending.

Hotel - Soreda Hotel - Qawra - 30 minutes away from the Club

Those clubs who wish to stay at the Soreda Hotel can deal directly, please mention GymStars. This hotel offers a special rate for the delegation, clubs and guests. You can view the hotel on www.soreda.com.mt and their email address is reservation@soredahotel.com.mt where you ask for John Borg.

Travel Agency

For Flights arrangements please contact Howards Travel Agency. They can deal with your Flights and Transfers. Email address is michael.gatt@mt.fcm.travel. Please mention **subject GymStars**. We are looking forward to your visit and to welcome you to our beautiful island.

Yours in Sport,

Sandra Borg - Gym Director

INFORMATION SHEET

GYMFEST RATIONALE

All gymnasts should have the opportunity to perform at their own level. GymFest is as much for beginners as it is for the international performer; all should have the opportunity to display their talents to family, friends and other gymnasts in a non-competitive, stress-free and enjoyable setting.

DISPLAYS

- 1 Should be a **maximum of 5 or 8 minutes**, including march-on and -off.
- 2 For each club/group may apply for **one 5 or 8 minute** slot on each day unless otherwise agreed by the organiser.
- 3 Any form of gymnastics (i.e. Artistic, Rhythmic or Acrobatics) may display.
- 4 Group and mass displays are encouraged, rather than individual ones.
- 5 The use of apparatus is encouraged.
- 6 The safety of the gymnast is of prime importance and the event Health and Safety Officer reserves the right to stop any performance considered unsafe. **Please ensure that skill level in performance equals coach qualification.**

MUSIC

- 1 Music must be submitted on CD. All parts of a team's music should be on **one CD only**.
- 2 Always ensure that you have a 'fresh' spare copy of music in case of emergency.
- 3 Please label all music correctly (refer to music information sheet).
- 4 To achieve the best effect in the performance arena, a good quality copy must be used.
- 5 **All music and music information sheets are required to be submitted by 15th February 2012, to be checked for sound quality, length and appropriateness.**
- 6 Music should be collected from the music desk immediately after the performances.

EQUIPMENT

A limited amount of gymnastics equipment is available. All matted performances will take place on a 12m x 12m "sprung floor". If you require any equipment please inform us as soon as you decide to come, to see if we have available for your performance, this should be clearly stated and listed on your application form.

A matted warm-up area and run-through area will be available for teams. Music facilities will be available (for CD only). The Warm-up Coordinator's instructions must be followed at all times to maintain a smooth-running event.

MEDALS

All participating gymnasts and coaches will receive a commemorative medal and a certificate, All team members are encouraged to take part in the presentation march-on.

MEDICAL ASSISTANCE

All requests for medical assistance should be addressed to the announcer or a member of the stewarding staff, who will contact the Medical Officer or First Aid personnel. First Aid personnel will be available in the warm-up area and also in the performance hall.

CATERING

A canteen Service is available within the Centre.

TRANSPORT

Transport can also be organized for clubs staying at Soreda Hotel with a charge of €5.00 per person per both ways and €10.00 per person per one way each for Airport Transfers.

GYM FEST FAREWELL PARTY

Those staying at Hotel a Farewell Party will be organized on Sunday. Price is €25.00 per person for adults, Gymnast €18.00. This will be held at the palazzo annexed to the gym and the Hostel Bowyer House.

GYM FEST MERCHANDISE

Order forms for GymFest are included in this pack. T-shirts will be available and also a GymFest DVD.

CHECK LIST

Name of Team _____

Payment Breakdown and Forms enclosed

Entry Form

Team Payment Form Payment € _____

Team Details Form

Team Information Sheet

T-Shirt Order Form Payment € _____

Signed _____

Name (PRINT) _____

**Please return all forms with payment to GymStars Gymnastics Club:
By email to gymstarsmalta@melita.com or gymstarsmalta@gmail.com**

Payments to be sent to:

**BANIF BANK
203, Level 2,
Rue D'Argens,
Gzira GZR 1368, Malta**

ACCOUNT NUMBER: 00218391101

IBAN NUMBER: MT09 BNIF14502002183911019000000

SWIFT CODE: BNIFMTMT (Banif Malta)

SORT CODE: 014502

Office use only:

Date Received: _____ Cheque No: _____ Amount Received: £ _____:

ENTRY FORMS

MALTA GYMFEST 2012

30th/ 31st March / 1st April 2012

Deposit to be effected by 15th February, 2012

Full payment to reach us by 15th March, 2012

Please complete this form in BLOCK letters

Name of club/group: _____

Name of Head Coach _____

Coaching Qualification _____

(Coaching qualification must be applicable to level of skill being performed - please state current level and discipline)

(All participants must be at least recreational members)

Name of contact: _____

Address: _____

Postcode _____ Telephone number: _____

E-mail: _____

Number of gymnasts: _____ Number of coaches and helpers _____

(Please complete gymnast/additional coach details on attached form)

Please state whether you are applying for a 5 min or 8 min performance:

5 min _____

8 min _____

Equipment required (please add any comments): _____

N.B. Late requests for equipment on the performance day will not be considered.

Travel Details

Method of travel: _____

Flight details: _____

Time of arrival: _____

Time of departure: _____

TEAM PAYMENT FORM (Please complete all sections)

Due 15th February 2012 - 50% (DEPOSIT) _____ (FULL PAYMENT) by 15th March 2012

Name of Team _____

	8mins	5 mins	Total
TEAMS WITH MORE THAN 6 PERFORMERS			
€25.00 per gymnast for 8 min performance
€23.00 per gymnast for 5 min performance
TEAMS WITH 6 GYMNASTS OR LESS			
€28.00 per gymnast for 8 min performance
€26.00.00 per gymnast for 5 min performance
		
		
TOTAL		
LESS DEPOSIT ALREADY PAID (please note initial payment included applicable administration fee of €20)			
TOTAL AMOUNT DUE		

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GYM FEST MUSIC INFORMATION SHEET (Due 15th February 2012)

Please ensure music is labelled clearly showing Team Name, Performance Day and Title of Music. Music is preferred on CD and only one disc should be submitted per performance.

Please return your **music and information sheet** by **15 th February 2012** to:

GymStars Gymnastics Club, No 7, Alley 2, Triq il- Pjazzetta, Attard ATD 1081 - MALTA

Team Name:

Contact Person:

Contact Tel.No.

Email (please write clearly):

1. Title of Music

2. Total length of Music (**max 5 or 8mins**)*.....

3. Any breaks in the music which are more than 2 seconds long? **Yes/No**

Reason.....

4. a) Starting position of team **on floor / off floor**

b) Finishing position of team **on floor / off floor**

5. a) Does Music include March on? Yes/No

b) Does music include March off ? Yes/No

6. Have you labelled your music clearly (i.e Team name, Performance Day, Length of music and Title of Music)?

Yes/No

7. Is your music on one CD?

Yes/No

Note: Music times will be checked carefully and any over the maximum length will be returned.

Under no circumstances will music be accepted in the week beginning 15th March 2012 and definitely not on the day of the event. If no music is received by the stipulated time teams will be expected to perform without.

T-SHIRT SIZING FORM (Due 15th January 2012)

Please indicate the number each size of T-shirt you would require:

Club Name: _____

Size	Quantity
5-6 yrs €9.00	
7-8 yrs €9.00	
9-11 yrs €9.00	
12-13 yrs €9.00	
Sub-Total	€
S (35-37") €11.00	
M (38-40") €11.00	
L (41-43") €11.00	
XL (44-46") €11.00	
Sub-Total	€
Final Amount	€