**SAVE THE DATE!**

**U7 and U8 NOVICE 2 piece “Championships”**

**Sunday 23rd June 11am – 4pm**

**Holmewood House School, Tunbridge Wells Kent TN3 0EB**

**The two disciplines are voluntary floor and set vault. ISGA rules, but no flicks. A gymnast will not be penalised if they need a little assistance from their coach to remember their floor. The vault height will be 60cm. ISGA judges will officiate.**

**Teams will consist of up to six gymnasts. Reserves may also be entered to compete as individuals. You may enter as many teams as you like but please specify A or B. £25 per team and £5 for a reserve, we often put together an All Stars team.**

**There will be two categories for the individual awards, novice, up to two hours training per week and intermediate, between 2-4 hours each week. Please split your teams between the novice and intermediate sections by their ability which may not always relate to the hours they train. We always have too many in the novice section. Gymnasts who train for more than four hours a week are not eligible.**

**The aim of this competition is that it will be a positive experience for EVERY girl, a confidence booster and to act as a platform for them to go on to greater things. It is also an opportunity for those recreational gymnasts who will never make a national team to have their moment of glory. Every team will have their time on the podium. Entry forms will be available at the AGM and put on the website next term.**

**Vikki Cook vcook@holmewoodhouse.co.uk**