**SAVE THE DATE!**

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

**Sunday 14th 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 but must have a minimum of four competitors. Reserves may also be entered to compete as individuals and will go into an All Stars team. You may enter as many teams as you like in an age group but please specify A or B. £25 per team and £5 for a reserve.**

**There will be two categories for the individual awards, novice and intermediate. Gymnasts who train for more than five 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 on the website.**

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