

DGA WAG Competitive Programmes

Competitive Trials will be held in the middle of term two for children wishing to enter the competitive stream. At DGA we have two competitive streams for girls.

Both programmes are invitation only, and are not available to register on Friendly Manager like our GFA (Gym For All) classes.

Perform is our regional competitive programme. This class is best suited for gymnasts who wish to experience the challenges and excitement that competitions provide without the intensity of training that the national competition structure (STEP programme) requires. This class is best suited for gymnasts who enjoy a more social training atmosphere, with less time commitments.

The **STEPs** programme is the National competitive stream where gymnasts follow set skill and routine requirements to progress. Gymnasts have to achieve a minimum qualifying criteria to progress throughout the levels and work towards regional, national and international competitions.

The Trial Process:

- Trials will be held for any children aged 5 - 10 in the middle of term two. This will be a mixture of skills, strength and flexibility testing.
- From this testing, gymnasts will be selected to the best suited class for the athlete.
- Gymnasts going into a Pre Competitive or STEP group, will start in Term 3 after the trial.
- Gymnasts selected for Perform will go into a GFA extension class until the commencement of Term 4 when their new groups begin.
- Any athletes enquiring about competitive programmes outside of this time will be asked to join a GFA class until the time of the next trial.
- If coaches notice gymnasts are excelling in their groups, or you feel the class is too easy, please enquire about our GFA extension class.
- If you are a competitive gymnast moving from another club, please contact Hayley

For more information regarding GFA or Perform classes, please contact Sapphire

sapphire@dunedingymnastics.co.nz

For more information regarding the STEP's programme, please contact Hayley

hayley@dunedingymnastics.co.nz