

Rise to the challenge



# Dynamite Gymnastics

21ST OCTOBER 2023



# General Information

## **PARKING**

Please use allocated bays in car park or on street parking, please do not park on driveway, across neighbours gates or on double yellow lines.

## **SPECTATORS**

Entry for Spectators will be £5 adults £3 under 16s ( competing gymnasts do not pay spectator entry). Tickets should be purchased in advanced from Stage Stubs Link below. Please have ticket ready to scan on arrival <https://stagestubs.com/dynamite-gymnastics/claire-devitt>

## **SEATING**

Please utilise seats available, we ask that you do not leave gaps and that whilst competing gymnasts do not leave belongings on a chair to make sure there are enough seats for everyone. Please do not sit on any equipment around the gym.

## **REGISTRATION**

On arrival competing gymnasts should register at registration table and enter warmup. Gymnasts should use storage areas provided in warmup for belongings these should not be left in spectators area.

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## **PRESENTATIONS**

Presentation will be given after rounds as soon as all gymnasts from the Category have competed. Please see running order and times for list of presentations. Gymnasts are free to leave after relevant presentation, when leaving please make sure check around you to ensure have all belongings and rubbish placed in bins provided.

## **STALLS**

We will have variety of fundraising stalls, tuckshop and cafe available throughout the day. These will be cash only.

## **WHAT TO WEAR**

Gymnasts can wear class leotards (red zone leotard) or club red diamond t shirt with red or black shorts. Gymnasts should compete barefooted and all jewellery should be removed prior to competition. Hair can be worn in style of choice, long hair should be tied back securely.

Competitive Floor and Vault team members should wear new competition leotard and hair should be worn in 2 x dutch braids.

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## **WHAT TO EXPECT AT A RISE COMPETITION**

On Arrival at the gym at the time given, gymnasts will be signed into warm up and spectators will take a seat in seating area.

Gymnasts will do a general warm up in the back hall with coaches before marching out to fun music into the main hall. They will have a chance to practice their routine in the main hall.

Before performing gymnasts will hold up their number for the scorers to see

Gymnasts will then perform routine one at a time to our scorers who will award marks for what they show and achieve. Marks are not taken off or deducted. Coaches will be on hand to help and assist gymnasts.

Once everyone in your gymnasts age group and level has competed we will bring gymnasts back out onto the floor for presentations, this may be straight after the perform or slightly later depending on number of gymnasts in their category please see running order. After presentations gymnasts will be released back to parents.

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## **WHAT TO EXPECT AT A RISE COMPETITION- CONT**

Rise gymnastics has been developed by British Gymnastics to allow all gymnasts to progress and have a positive experience in the sport.

Our Rise competition is one of the first to be held in the UK and aims to allow all gymnasts opportunity to have fun and show off their skills.

With this in mind please make sure to give all gymnasts your support and encouragement throughout the day.

All Gymnasts will show off routines based on the skills in the rise level they are currently working, you will therefore see gymnasts of similar ages showing of a variety of skills depending on their age and skills they want to showcase.

Gymnasts in our Eclipse and Atomic classes have the option to compete in 3 different strands of gymnastics during the competition - Floor, Vault and Beam/Bench.

All gymnasts will be awarded a participation medal and certificate, bronze, Silver and Gold will be awarded based on score achieved for age and level.

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## **FLOOR AND VAULT TEAM COMPETITION**

The Competitive floor and vault team from the club will be competing in an in house competition according to Scottish Floor and Vault Rules.

This in-house competition give them the opportunity to showcase routines ahead of them entering external competition's later in the 2023/2024 season.

Awards will be given according to age groups as per Scottish Floor and vault rules.

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## NUMBERS

You will see from running order that each gymnast has been allocated a number. This will be held up by the gymnast before they compete their routine to help scorers identify them.

To add to the fun gymnasts are welcome to create their own number to hold up. This can be a simple poster or a 3D design as they wish. Gymnasts should create this using the number they have been allocated and bring it along with them on the day. Prizes will be given for the best numbers on display.

We have included some examples below to help get ideas about what to create.



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# Timetable

	Warm Up	Practice	Compete	Presentations
Round 1	9.00am	9.10am	9.30am	10.10am 4/5 Explore Floor 6 Explore Floor
Round 2	9.20am	9.30am	9.50am	10.10am 4/5 Explore Floor 6 Explore Floor
Round 3	10.10am	10.20am	10.40am	11.20am 7 Explore Floor Floor & Vault
Round 4	10.30am	10.40am	11.00am	11.20am 7 Explore Floor Floor & Vault
Round 5	11.20am	11.30am	11.50am	1.40pm 7/8 Floor, Vault and Bench/Beam 2.50pm 9-11 Floor, Vault and Bench/Beam



# Timetable

	Warm Up	Practice	Compete	Presentations
Round 6	12.10pm	12.20pm	12.40pm	1.40pm 7/8 Floor, Vault and Bench/Beam 2.50pm 9-11 Floor, Vault and Bench/Beam
Round 7	12.30pm	12.40pm	1.00pm	1.40pm 7/8 Floor, Vault and Bench/Beam 2.50pm 9-11 Floor, Vault and Bench/Beam
Round 8	12.50pm	1.00pm	1.20pm	1.40pm 7/8 Floor, Vault and Bench/Beam 2.50pm 9-11 Floor, Vault and Bench/Beam
Round 9	1.40pm	1.50pm	2.10pm	1.40pm 7/8 Floor, Vault and Bench/Beam 2.50pm 9-11 Floor, Vault and Bench/Beam
Round 10	2.00pm	2.10pm	2.30pm	1.40pm 7/8 Floor, Vault and Bench/Beam 2.50pm 9-11 Floor, Vault and Bench/Beam

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## **ROUND 1**

### **AREA 1 - AGE 4/5 EXPLORE FLOOR**

- 1- Ellie -Rose Maevers
- 2-Lana Smith
- 5-Chloe Reilly
- 6- Helena Kozica
- 7- Livvy More
- 8- Sofia Brown

### **AREA 2 - AGE 6 EXPLORE FLOOR**

- 12-Lily Chalmers
- 13Millie Nobel
- 14-Olivia Chalmers
- 19-Lily Robbins
- 22-Olivia Ashdown

**PRESENTATIONS FOR THIS  
ROUND WILL BE AT 10.10AM  
APPROX**

# Rise to the challenge

## **ROUND 2**

### **AREA 1 - AGE 4/5 EXPLORE FLOOR**

3-Dylan Sinsac  
4-Rainia McKillop  
9-Indie Cameron  
10-Lucy Leavy  
11-Skye Cameron

### **AREA 2 - AGE 6 EXPLORE FLOOR**

15-Amber Keegan  
16-Bella Byrne  
17-Grace Monaghan  
18-Karlo Gallagher  
20-Peter Vardy  
21-Sophia Souter

**PRESENTATIONS FOR THIS  
ROUND WILL BE AT 10.10AM  
APPROX**

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## **ROUND 3**

### **AREA 1 - AGE 7 EXPLORE FLOOR**

28-Amelia Sinclair  
29-Aria Gray  
30-Ariah Mcleod  
31-Gabriella Bowie  
32-Lewis Ross  
33-Nicole Quigley  
34-Olivia Connolly  
35- Robyn Prior

### **AREA 2 - FLOOR AND VAULT TEAM FLOOR**

76-Casey McLeod  
77-Emma McQueen  
86-Honey-Grace Dennison  
Goode  
78-Sophie Cook  
79-Megan McDonald  
80-Gabi O'Neil  
81-Emily McIntyre  
82-Annie Donnelly  
83-Chloe Taggart

**PRESENTATIONS FOR THIS  
ROUND WILL BE AT 11.20AM  
APPROX**

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## **ROUND 4**

### **AREA 1 - AGE 7 EXPLORE FLOOR**

23-Hamish Boyd  
24-Matty Hannah  
25-Amelie Johnstone  
26-Georgia-Rose Campbell  
27-Lucia- Rose McDonald  
36-Lexie Catchpole  
37-Neive Curran  
39-Erin McAllister

### **AREA 2 - FLOOR AND VAULT TEAM VAULT**

76-Casey McLeod  
77-Emma McQueen  
86-Honey-Grace Dennison  
Goode  
78-Sophie Cook  
79-Megan McDonald  
80-Gabi O'Neil  
81-Emily McIntyre  
82-Annie Donnelly  
83-Chloe Taggart

**PRESENTATIONS FOR THIS  
ROUND WILL BE AT 11.20AM  
APPROX**

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## **ROUND 5**

### **AREA 1 - AGE 9 FLOOR**

53-Olivia Gillham  
54-Olivia- Ruby Brown  
55-Daisy Brister  
56-Jorgie McHugh  
52-Sofiia Pavliuk  
65-Arianna Calvert  
66-Isla McGinley  
67-Orlaith Brown  
60- Tia Simpson

### **AREA 2 - AGE 7/8 VAULT**

61-Jessica Anderson  
46-Harriet Vardy  
47-Sienna Mae Wright  
48-Harlow Knight  
49-Naomi Mackrell  
50-Ava McColgan  
51-Kathyrn ( Katy ) Sweeny  
64-Lucie Cochrane  
63-Sophie Murphy

**PRESENTATIONS FOR THIS  
ROUND WILL BE AT 1.40PM  
APPROX FOR 7/8 YEARS AND  
2.50PM APPROX FOR 9-11 YEARS**

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## **ROUND 6**

### **AREA 1 - AGE 8 BEAM/BENCH**

47-Sienna Mae Wright  
48-Harlow Knight  
49-Naomi Mackrell  
50-Ava McColgan  
51-Kathyrn ( Katy ) Sweeny  
45-Akhila Abhilash  
62-Zoey Mullholland  
64-Lucie Cochrane  
63-Sophie Murphy

### **AREA 2 - AGE 9-11 VAULT**

53-Olivia Gillham  
54-Olivia- Ruby Brown  
55-Daisy Brister  
70-Charlotte Anderson  
59-Holly Brister  
60- Tia Simpson

**PRESENTATIONS FOR THIS  
ROUND WILL BE AT 1.40PM  
APPROX FOR 7/8 YEARS AND  
2.50PM APPROX FOR 9-11 YEARS**

# Rise to the challenge

## **ROUND 7**

### **AREA 1 - AGE 7/8 FLOOR**

48-Harlow Knight  
49-Naomi Mackrell  
50-Ava McColgan  
51-Kathryn ( Katy ) Sweeny  
40-Aria Hamilton  
41-Ava Cooper  
42-Bella McLaughlin  
43-Emily Sloss  
84-Charlotte Critcheon

### **AREA 2 - AGE 9-11 VAULT**

56-Jorgie McHugh  
67-Orlaith Brown  
58-Mia Lumsden  
71-Casey Macleod  
72-Lucia Syed  
73-Olivia Jane Wright

**PRESENTATIONS FOR THIS  
ROUND WILL BE AT 1.40PM  
APPROX FOR 7/8 YEARS AND  
2.50PM APPROX FOR 9-11 YEARS**



# Rise to the challenge

## **ROUND 8**

### **AREA 1 - AGE 7/8 FLOOR**

61-Jessica Anderson

38-Grace Carrol

46-Harriet Vardy

47-Sienna Mae Wright

44-Georgie Adam

62-Zoey Mullholland

64-Lucie Cochrane

63-Sophie Murphy

### **AREA 2 - AGE 9-11 BEAM**

58-Mia Lumsden

72-Lucia Syed

73-Olivia Jane Wright

59-Holly Brister

**PRESENTATIONS FOR THIS  
ROUND WILL BE AT 1.40PM  
APPROX FOR 7/8 YEARS AND  
2.50PM APPROX FOR 9-11 YEARS**

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## **ROUND 9**

### **AREA 1 - AGE 10/11 FLOOR**

57-Lucia Bowie  
58-Mia Lumsden  
70-Charlotte Anderson  
68-Sofia Anderson  
59-Holly Brister

### **AREA 2 - AGE 9-11 BEAM**

53-Olivia Gillham  
54Olivia- Ruby Brown  
55-Daisy Brister  
56-Jorgie McHugh  
65- Arianna Calvert  
66-Isla McGinley

**PRESENTATIONS FOR THIS  
ROUND WILL BE AT 2.50PM  
APPROX FOR 9-11 YEARS**

## **ROUND 10**

### **AREA 1 - AGE 10/11 FLOOR**

69-Sophie McEwan  
71-Casey Macleod  
72-Lucia Syed  
73-Olivia Jane Wright  
74-Kirsten Sinclair  
75-Macie Savage  
85- Mirrin Haldane

**PRESENTATIONS FOR THIS  
ROUND WILL BE AT 2.50PM  
APPROX FOR 9-11 YEARS**

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