



14th WORLD  
**GYMNAESTRADA**  
LAUSANNE 10-16 JULY 2011

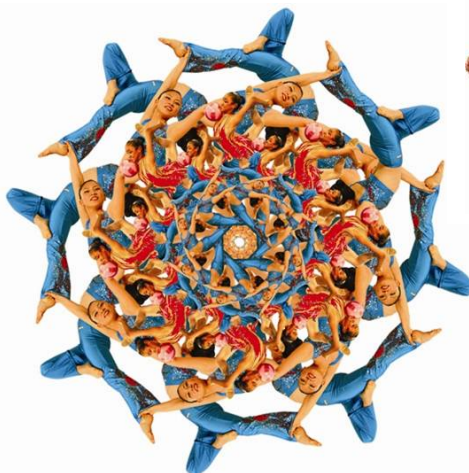
# Bulletin One

# May 2009

2011 Australian  
World Gymnaestrada Team  
Participation Guidelines



**Gymnastics Australia**  
Gymnastics For All



## Meet the Magic

# World Gymnaestrada Lausanne 2011

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The city of Lausanne in Switzerland is preparing to welcome the World Gymnaestrada participants from 10<sup>th</sup> to 16<sup>th</sup> July 2011. Lausanne is expecting more than 20,000 participants from over 50 countries to meet the magic and share in the colour and movement of gymnastics.

French-speaking Lausanne is a charming city built upon three hills on the northern shore of Lake Geneva, opposite the Alps and among the vineyards which flank the lake. The towering Mont Blanc is visible across the water. Lausanne is the administrative capital of world sport; home to the International Olympic Committee and the FIG.



View of Lausanne, across Lake Geneva to the Alps beyond

The World Gymnaestrada follows the FIG Gymnastics for All Committee regulations and is managed by an Organising Committee, overseen by the Swiss Gymnastic Federation. More information can be found at: [www.wg-2011.com](http://www.wg-2011.com).

This Bulletin contains information and guidelines for joining the 2011 Australian World Gymnaestrada Team, plus technical information on WG performances and preparation.

## Performance Opportunities

According to the FIG's World Gymnaestrada Guidelines, the World Gymnaestrada has many aims including to: advertise the value and diversity of Gymnastics for All; provide incentive for meaningful work; inspire enjoyment in exercise and encourage personal activity; demonstrate the possibilities of different conceptions and diffuse ideas about them; bring together gymnasts from the four corners of the globe as a contribution towards the friendship of nations; present GFA to a wider public; assist in the general and technical education of coaches. The entire World Gymnaestrada week is most importantly a social gymnastic event.

World Gymnaestrada events comprise demonstrations from the entire range of Gymnastics for All, exclusive of competitions. The displays will usually fall within the categories of:

- Gymnastics and Dance
- Apparatus Gymnastics
- Wellness, Health and Fitness

Displays should be constructed with safety, cultural exchange and entertainment in mind.

## World Gymnaestrada Program

During the 7 days of the World Gymnaestrada, there is a range of performance opportunities covering a variety of formats. Program areas include:

A. Opening Ceremony	B. Group Performances
C. Large Group Performances	D. FIG Gala
E. National Evenings	F. Educational Forums
G. City Performances	H. Closing Ceremony
I. World Gymnaestrada Villages	

## Draft Programme

	Sunday 10.07.2011	Monday 11.07.2011	Tuesday 12.07.2011	Wednesday 13.07.2011	Thursday 14.07.2011	Friday 15.07.2011	Saturday 16.07.2011
09:00		Group Performances	Group Performances	Group Performances	Large Group Performances	Group Performances	
10:00							Educational Forum
11:00			Large Group Performances	Group Performances	Group Performances	Group Performances	
12:00							Educational Forum
13:00					Large Group Performances	Group Performances	
14:00							Educational Forum
15:00					Group Performances	Group Performances	
16:00	Opening Ceremony						Educational Forum
17:00							
18:00	Time to be announced	National Evenings	National Evenings	National Evenings	National Evenings	FIG Gala	Time to be announced
19:00							
20:00							
21:00		National Evenings	National Evenings	National Evenings	National Evenings	FIG Gala	
22:00						FIG Gala	

## A. Opening Ceremony

Date: Sunday 10<sup>th</sup> July 2011  
Venue: Pontaise Olympic Stadium  
Capacity: 30,000 spectators

- The Opening Ceremony marks the beginning of a festive, cheerful World Gymnaestrada week.
- March on of all teams with the National Flag, official speeches & performances

## B. Group Performances

Dates: 11<sup>th</sup> to 15<sup>th</sup> July 2011, 09:00 - 17:00  
Venue: Beaulieu Lausanne  
Details: Eight halls with warm-up and change rooms nearby  
6 with 20m x 20m performances space; 1500 seats  
1 with 20m x 40m performance space; 3000 seats  
1 with 14m x 14m theatre performance space; 1800 seats  
Option to use roll mats or wooden floor in all venues  
Tumbling strips in four halls  
Sound system and white spotlights in all halls  
Audience on three sides

- Each team is to perform three times throughout the WG.
- A minimum number of ten participants are to be active at all times throughout each group performance, there is no maximum number of participants per team.
- Teams can choose a 10 or 15 minute performance slot, including time taken to move equipment
- Small teams may be combined with another group to share a timeslot or work together. Only five slots are guaranteed per Federation.

## C. Large Performances

Dates: 12<sup>th</sup> and 14<sup>th</sup> July 2011  
Venue: Pontaise Olympic Stadium  
Details: 62m x 90m field with grid marks every 2m

- Performances for large groups with a minimum of 200 active participants.

## D. National Evenings

Dates: 11<sup>th</sup> to 14<sup>th</sup> July 2011  
Times: 18:30 and 21:00  
Venue: Malley Sports Centre  
2 halls with 2500 or 5000 seats  
Warm-up and change rooms  
WG Village party venue

- Australia has again agreed to be part of the English-speaking Nations performance along with Great Britain. Other nations are yet to confirm their involvement.
- Teams can opt to perform in this evening gala performance, with a set theme which is to be confirmed.
- All other Australian team members, not performing, will have a ticket as part of their package.
- Audience will be on three sides, so the choreography will need to accommodate this.

## E. FIG Gala

Dates: 15<sup>th</sup> and 16<sup>th</sup> July 2011  
Performances: Three  
Training: Daily throughout the week  
Idea: To show the diversity of Gymnastics for All

- **Teams with experience performing at a high standard may apply to perform in the FIG Gala. Contact the GA GFA Program Manager Petrina Hutchinson by 31<sup>st</sup> May 2009 for further details [phutchinson@gymnastics.org.au](mailto:phutchinson@gymnastics.org.au) .** A DVD demonstrating the team's usual performance qualities and styles will be required by the FIG Gala choreographer. Teams will be advised by December 2009 of their selection.
- Teams will be selected according to the following criteria:
  - Quality; originality; creativity; how groups fit together; including all continents; including a mix of Gymnastic Dance and Apparatus Gymnastics.
- Teams involved in the FIG Gala can also have their own Group Performance, however rehearsals for the Gala take considerable time and therefore teams chosen may prefer to perform only in the FIG Gala.
- Audience on three sides.

## F. Educational Forum

Dates: 11<sup>th</sup> to 15<sup>th</sup> July 2011  
Venue: Beaulieu Lausanne

- Educational forums will be held daily to allow for a range of interesting presentations.
- GFA Workshop topics are sought from any registered coach travelling to the World Gymnaestrada.

## G. City Performances

Dates: 11<sup>th</sup> to 15<sup>th</sup> July 2011  
Venues: 6 or 7 stages within the city

- Teams may choose City Performances **in addition** to indoor Group Performances.
- Equipment and floor mats available if needed.

## H. Closing Ceremony

Date: 16<sup>th</sup> July 2011  
Venue: Pontaise Stadium

## I. World Gymnaestrada Villages

Dates: Every evening  
Venues: Three designated party villages:  
Bellerive – lakeside village  
Malley – entertainment and food according to the National Evenings on the day  
Beaulieu

## Venues

All demonstration sites are situated within a 4km radius within the city of Lausanne.

## Apparatus

Standard gymnastics equipment is supplied by Spieth, Alder and Eurotramp and includes:

• Rollable floor mats	• Tumbling track, plus run-up & landing area
• Pommel horse (not anchored to floor)	• Parallel bars
• Landing mats	• Standard mats
• Vaulting table	• Springboards
• Balance beam	• Trolleys for P-bars
• Mushrooms	• Eurotramp grand master
• Double mini-tramp	• Safety tables and safety mats
• Open-end mini-tramp	• Vaulting box
• Gymnastics bench	

Teams will need to specify their apparatus requirements during the registration process. Equipment in addition to the specified list will need to be supplied by individual teams.

## Organisation

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### Catering

- Breakfast will be served in the accommodation consisting of hot and cold drink, bread, butter, jam, cheese and fruit.
- Lunch will be offered at the Beaulieu complex, with a hot meal and drink and is included in the cost of the participant package.
- Dinner can be purchased by participants at any number of restaurants or stalls in the city or WG villages.

### Transport

- During the Gymnaestrada regular public transport will service all school accommodation and venues and is included in the participant fee.
- After the Gymnaestrada teams wishing to extend their travels will find that Lausanne is well served by trains travelling to other areas of Switzerland plus France, Italy, Germany, Spain and beyond.
- The closest international airports are: Geneva (45mins); Zurich (2h45); Milan (3h45).

### Accommodation

- All Australian participating team members will be accommodated together in a local school with:
  - 12 people per room
  - Shared showers & toilets
  - Fresh breakfast delivered daily on-site
  - 24hr Security
  - Gymnastics Australia-nominated school leader
- For supporters only, other accommodation options are limited and expensive in Lausanne and include:
  - Hotels
  - Guesthouses and pensions
  - Camping (BYO tent)
  - Youth Hostels (limited)

# Joining the 2011 Australian World Gymnaestrada Team

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## Gaining Sanction

In order to participate in the FIG World Gymnaestrada, display teams must gain sanction and register via their National Federation. There are two options for teams to gain sanction listed below, with the view to assist teams to budget for international travel. All performances need to be viewed within the four years prior to the World Gymnaestrada for which sanction is sought. As in the past, teams must fulfil the requirements as per the "Team Requirements" section below. To assist with the organisation of the event, teams can gain sanction AFTER their team has returned their Expression of Interest Form.

### Option A:

A display team performs at their State Gymfest or Festival of Gymnastics event. At least six weeks prior to the state event, the coach or team manager must inform both the State and National GFA Program Managers so that arrangements can be made to view the performance.

### Option B:

Teams perform at a Gymnastics Australia display event. There are a few opportunities within this four year cycle with more possible:

Adelaide: 13<sup>th</sup> & 14<sup>th</sup> March 2009 – Cirque de Gymnastique  
Melbourne: 8<sup>th</sup> October 2009 – Cirque de Gymnastique  
28<sup>th</sup> April 2010 – Pacific Rim Opening Ceremony

### Composite Team:

Participants who wish to perform at a World Gymnaestrada but whose club cannot field a viable team can join a composite team. These participants must apply directly to Gymnastics Australia's GFA Program Manager with details of performance skills. Performers of all ages and abilities are welcome. Composite team members must be over 18 years old or be accompanied by an adult to the WG. A sense of adventure will be a definite advantage for composite team members.

A choreographer will be appointed for this team and all team members will need to abide by the choreographer's decisions. The routine will be devised prior to, and then completed at, the training camp directly prior to the World Gymnaestrada. Team members interested in applying for the position of composite team choreographer can contact Petrina Hutchinson for further information.

## Team Requirements

Sanction for a team to join the 2011 Australian World Gymnaestrada Team is conditional upon all members meeting the requirements detailed below:

- All participants are registered members of Gymnastics Australia and their State Association, from the time sanction is provided, at least, and up to 31/12/2011
- All Coaches are registered Technical Members with Gymnastics Australia up to 31/12/2011
- Standard of the display must be maintained to at least the level viewed at the time sanction was granted, especially in regards to quality and safety
- The Coach named at the time sanction was granted is the coach who will be responsible for and travelling with the team. If a new coach is appointed, the GA GFA Program Manager must be informed and arrangements made to ensure that the new coach has sufficient experience to lead a team to an international event
- The team pays all monies owing by the due dates and all members enter into Gymnastic Australia's team agreement.
- All Gymnaestrada travel and accommodation bookings will be co-ordinated by Gymnastics Australia and teams must adhere to timelines required to confirm bookings
- For Indoor Performances, all teams require a minimum of 10 active performers at all times. Large Group Performances require a minimum of 200 team members. As only five indoor performance slots are guaranteed to each Federation, small teams may be required to join together to share a time slot. Alternatively, small teams can choose to combine to create a larger performance group.

## **Sanction Requirements**

The State and National GFA Program Managers will view team's displays and recommend sanction based on quality and safety.

### **Quality**

Many factors come into consideration with regards to the quality of a display, including:

- Entertainment - the performance can gain and keep the attention of the audience
- Numbers - suitable to venue and in-line with Gymnaestrada requirement and appropriate to the performance area and display content
- Content - choreography matching abilities of participants; safe and harmonious
- Duration - in line with Gymnaestrada requirements and participants' abilities

### **Safety**

The safety of all participants will be considered as being the most important factor when being considered for sanction.

### **Team Uniform**

A simple and functional Australian team uniform is currently being designed. All feedback received after the 2007 WG will be considered in the design. Further suggestions are welcome!

### **Training Camp**

All active Australian team members must attend the training camp to be held immediately before the World Gymnaestrada from the 5<sup>th</sup>/6<sup>th</sup> to 9<sup>th</sup> July. The camp will be held within three hours travel of Lausanne.

The purpose of the camp is to allow for all individual groups to come together as one Australian team; recover from long-distance travel and to rehearse routines. Time is also given for sight-seeing. At the conclusion of the camp, the team will travel together to the school accommodation in Lausanne.

### **Team Management**

Gymnastics Australia is responsible for the management and co-ordination of the Australian World Gymnaestrada Team and will have a Team Management structure in place to support the team.

Each of the individual club display teams which make up the Australian team must nominate a chaperone for every ten children aged between 0 -16 years. The chaperone will be fully responsible for the supervision of their group, at all times during the tour. These requirements are in-line with World Gymnaestrada Guidelines and must be met by all teams:

### **Team Supporters**

Non-performing family and friends who plan to travel to Lausanne to watch the World Gymnaestrada are welcome as Team Supporters. By registering as an official Australian team supporter, they will receive the same care and benefits as an Australian team participant. Official team supporters must book their travel through Gymnastics Australia and take out the event package which includes a participant card, public transport pass and ticket to the English Speaking National Evening. Other parts of the package are optional for supporters. Accommodation in hotels and pensions can be arranged through the WG organising committee by Gymnastics Australia for official supporters.

Alternatively, spectators can arrange their own travel, on-ground transport, accommodation and tickets to view the Gymnaestrada performances; however Gymnastics Australia cannot provide support for those spectators who are not travelling as part of the Australia team.

## Costs and Expenses

The Australian World Gymnaestrada Tour is self-funding and GA aims to keep all costs as low as possible for all participants. All flights must be booked through our travel agent, Moves Travel, who will search for the best price for the team as a whole. All costs associated with a team's participation remain the responsibility of individual clubs.

It is estimated that the cost per person will be approximately \$5500. Participants will be invoiced for three payments of \$1400 plus a final payment, the cost of which will be dependant upon individual choices. Exact amounts of compulsory items will alter according to the fluctuation of airline ticket prices and the exchange rate at the time of payment to the WG Organising Committee.

The following is a guide to the tour inclusions per person. All costs are approximate and estimated at the upper range.

Item	Includes	Approximate Cost
WG Package - compulsory	<ul style="list-style-type: none"> <li>• Participant Card</li> <li>- transport</li> <li>- entry to view Indoor &amp; Large Performances</li> <li>- participation in one team</li> <li>- entry to Opening &amp; Closing Ceremonies</li> <li>• Accommodation in schools</li> <li>- for 8 nights including breakfast</li> <li>• Catering</li> <li>- 7 lunches at WG venue</li> <li>• Insurance</li> <li>• Transfers</li> </ul>	\$1000
Training Camp – compulsory	<ul style="list-style-type: none"> <li>• Accommodation and meals for 3 or 4 nights</li> <li>• Transfers from airport</li> <li>• Sightseeing activity</li> <li>• Training for Group Performances</li> <li>• Team building</li> </ul>	\$500
Australian Team Uniform - compulsory	<ul style="list-style-type: none"> <li>• Australian Team Tracksuit</li> <li>• T-shirts</li> <li>• Hat</li> <li>• Backpack</li> <li>• Team trading pins</li> </ul>	\$350
Additional WG costs and events	<ul style="list-style-type: none"> <li>• Mattress for in-school use</li> <li>• Ticket to English Speaking National Evening (compulsory if not participating)</li> <li>• Tickets to National Evenings &amp; FIG Gala (optional)</li> <li>• Sightseeing (optional)</li> </ul>	\$350
Airfares - compulsory	<ul style="list-style-type: none"> <li>• Flights Australia – Europe – Australia</li> </ul>	\$3300
Pre or post-event Holidays – optional	<ul style="list-style-type: none"> <li>• Take advantage of Switzerland's central European position</li> </ul>	Priceless!

## Refund Policy

The following policy will apply in regards to the refund of any payments made to Gymnastics Australia for the 2011 Australian World Gymnaestrada Team. Any refund requests need to be made in writing to Petrina Hutchinson.

- Airline Ticket Deposits: Any deposits for flights are generally non-refundable.
- Definitive Entry: A 20% cancellation fee will apply up until 20<sup>th</sup> January 2011 for all Participation Fees paid. After this date all fees paid will be non-refundable except in special circumstances.
- Final Payment: All fees paid will be non-refundable except in special circumstances.

## Registration Timeline

To ensure their place on the 2011 Australian World Gymnaestrada Team, clubs need to complete the following steps:

Task	Details	Due Date	Procedure
<b>Preliminary Registration</b>	FIG Gala interest	<b>31 May 2009</b>	Contact <a href="mailto:phutchinson@gymnastics.org.au">phutchinson@gymnastics.org.au</a>
	Confirmation of team's participation	<b>Until 30 June 2009</b>	Team Expression of Interest e-form <a href="http://www.gymnastics.org.au">www.gymnastics.org.au</a>
	National Evening interest		Teams will then receive all further Information Bulletins and electronic registration details
	Estimated number of participants		
	Estimated number of hotel rooms for supporters		
<b>Provisional Entry</b>	Names of team members	<b>11 June 10</b>	Team Names via excel spreadsheet First quarterly fee instalment of \$1400 per person
	10 or 15 minute performance preference		
	Confirm school accommodation		
	Confirmation of participation in National Evening		
	25% of fees due to GA		
<b>Airline bookings and Travel Plans made</b>	Pre and Post event travel arrangements to be negotiated by Sport Moves Travel	<b>July 2010</b>	Non-refundable deposit of between \$200-\$500 per person for flights as they are booked to be taken from first payment
<b>Definitive Entry</b>	Final team names	<b>31 Oct 10</b>	Final team names, uniform order, plus second quarterly fee instalment \$1400 per person
	Preliminary Uniform orders		
	50% of fees due		
<b>Third Payment</b>	75% of fees due	<b>20 Jan 11</b>	Third quarterly fee instalment \$1400 per person
<b>Final Payment</b>	Team Agreements & Medical Consent forms signed	<b>8 April 11</b>	Final fee payment: balance of individual costs
	Confirmation of Travel arrangements		
	100% of fees due		

## What now?

Register your team by completing the non-binding, expression of interest e-form at: [www.gymnastics.org.au](http://www.gymnastics.org.au). Follow: Gymnastics Australia/Technical Information/Gymnastics for All/Event Opportunities/World Gymnaestrada

Start practising your French-speaking skills.

For further information on the 2011 Australian World Gymnaestrada Team, please contact GA's Gymnastics for All Program Manager, Petrina Hutchinson [phutchinson@gymnastics.org.au](mailto:phutchinson@gymnastics.org.au).