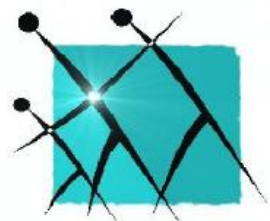


The logo for the South African Gymnastics Federation (SAGF) features the letters 'SAGF' in a bold, blue, sans-serif font.

South African Gymnastics Federation



Gym for All

Excellence through Participation

13 April 2016

GFA Newsletter 1/2016

SA GYM FOR LIFE CHALLENGE 2016 AND WORLD GYM FOR LIFE CHALLENGE 2017

What is the Gym for Life Challenge?

The Gym for Life (GFL) Challenge is a contest for gymnastics groups, who perform gymnastics displays which are evaluated against set criteria by a panel of expert evaluators. Medals are awarded to all group members based on the group score allocated by the evaluation panel. It is a competitive version of Gymnaestrada.

SA Gym for Life Challenge – October 2016

SAGF will host a South African GFL Challenge at the National Gym Games in Cape Town (Western Cape Sports School, Kuilsriver) during the October school holidays. The date is yet to be confirmed but will be either the 1st or 2nd October. The event will be held over 1 day. Each participant will be charged an entry fee (not a group fee). Groups will be responsible for all their travel, meals and accommodation arrangements. In order to participate at the SA GFL Challenge, groups will be required to have participated at their Provincial trials (a display at one of the competitive trials is required). The performance criteria for participation can be found in GFA Newsletter 2.

3rd World Gym for Life Challenge – July 2017

In order for a group to be eligible to participate at the World GFL, the group needs to participate at the SA GFL Challenge. It is important to remember that it is the group that qualifies and not the individual gymnast. So the group members and the performance can change after the qualification event. Registration for the event is done through SAGF.

Information about the event:

Dates: 26th- 30th July 2017

Venue: Oslofjord Convention Centre – Vestfold, Norway (2 hours away from Oslo)

GFA Manager: Caron Henry

GFA PM: Chair - Barbara Murphy (Technical), Themba Lephuthing (Development),
Anton Jordaan (Admin)

Costs: 5 200 NOK (Norwegian Krone) Included are: Participation card, accommodation (4 – 6 people sharing an apartment) for 5 nights, 4 meals (lunch or dinner), 50% discount on a Gala ticket. At the current exchange rate this equates to about R 9 400 per person.

In addition, participants would need to pay for their flights and transfers from the airport (currently about R 10 000 – R 13 500), 1 meal a day and Schengen visa (currently about R 1 420) and costs related to their performance clothing.

Important deadlines:

30 October 2016: Confirmation of group participation

30 November 2016: Confirmation of participation by group members and payment of 50% of participation card, accommodation and meals (2600 NOK – approx R 4 700)

30 March 2017: Balance of payment for participation card, accommodation and meals

More information will be available after the information meeting in May 2016. In the meantime you can go onto their website:

www.gymogturn.no/world-gym-for-life-challenge-2017/

2019 - 16th World Gymnaestrada

The next World Gymnaestrada will take place in Dornbirn, Austria in July 2019. This is the same city that hosted the 2007 World Gymnaestrada.

As you know government financial assistance for recreational events is not a priority so the event will be a self-funded trip. I would like to suggest that anyone interested in attending should start saving now – if you save R 1 000 a month for the next 36 months you will be able to meet all the payment obligations!

Should you have any queries please contact me on the details below.

Kind regards



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