



## Western Cape Gymnastics Association

Postal Address: P.O. Box 293 Edgemead, 7407

www.westerncapegymnastics.com

NPO Registration: Pending

Comprising: Cape Town Gymnastics, Cape Winelands Gymnastics, Eden Gymnastics and West Coast Gymnastics

# Trampoline Program (DMT & TRA) - 13 September 2014

## Bellville Velodrome

<b>Session 1</b>	<b>Level &amp; Age Group</b>	<b>Grouping &amp; General Warm-up</b>	<b>Apparatus Warm-up</b>	<b>Competition</b>
<b>DMT</b>	Level 3 10&Under Level 4 10&Under Level 5 10&Under	08:15	08:30	08:55
<b>Session 2</b>	<b>Level &amp; Age</b>	<b>Grouping &amp; General Warm-up</b>	<b>Apparatus Warm-up</b>	<b>Competition</b>
<b>TRA</b>	Level 3 13-14 Level 3 15&Over	09:10	09:30	09:50
<b>Session 3</b>	<b>Level &amp; Age Group</b>	<b>Grouping &amp; General Warm-up</b>	<b>Apparatus Warm-up</b>	<b>Competition</b>
<b>DMT</b>	<b><u>FEMALE ONLY</u></b> Level 3 11-12 Level 4 11-12	09:50	10:10	10:30
<b>Session 4</b>	<b>Level &amp; Age</b>	<b>Grouping &amp; General Warm-up</b>	<b>Apparatus Warm-up</b>	<b>Competition</b>
<b>TRA</b>	Level 4 15&Over Level 5 15&Over	10:40	11:00	11:20
<b>Session 5</b>	<b>Level &amp; Age Group</b>	<b>Grouping &amp; General Warm-up</b>	<b>Apparatus Warm-up</b>	<b>Competition</b>
<b>DMT</b>	<b><u>MALE ONLY</u></b> Level 3 11-12 Level 4 11-12 Level 5 11-12	11:30	11:50	12:10
<b>Session 6</b>	<b>Level &amp; Age</b>	<b>Grouping &amp; General Warm-up</b>	<b>Apparatus Warm-up</b>	<b>Competition</b>
<b>TRA</b>	Level 3-5 10&under Level 3-5 11-12	12:05	12:25	12:45
<b>Session 7</b>	<b>Level &amp; Age Group</b>	<b>Grouping &amp; General Warm-up</b>	<b>Apparatus Warm-up</b>	<b>Competition</b>
<b>DMT</b>	Level 3-5 13-14	12:55	13:15	13:35
<b>Session 8</b>	<b>Level &amp; Age Group</b>	<b>Grouping &amp; General Warm-up</b>	<b>Apparatus Warm-up</b>	<b>Competition</b>
<b>DMT</b>	Level 3-4 15&Over	14:05	14:25	14:45
<b>Session 9</b>	<b>Level &amp; Age Group</b>	<b>Grouping &amp; General Warm-up</b>	<b>Apparatus Warm-up</b>	<b>Competition</b>
<b>DMT</b>	Level 5 15-16 Level 5 15&Over	15:05	15:25	15:45

Please note: Gymnasts competing from session 3 onwards should be at the venue 30 minutes early