**VOLUNTARY & GROUP MUSIC**

**GYM GAMES 2017**

Dear Voluntary, High Performance & Group Coaches

Once again this year we will require all coaches to upload all voluntary and group routine music online through Dropbox.

Please see below details regarding this process, which is exactly the same as last year and quite simple:

All music is to be loaded into a Dropbox folder. All you need is a computer with your music in a MP3 or even WMA format, a web browser like Windows Explorer and an internet connection.

The process is very simple and easy to follow. All you need to do is click on the link

provided below or copy or type the link into your browser and enter and then follow the easy steps to upload your music.

For those with no internet accessibility or for some reason no means to upload, we will be available on the Tuesday 3rd October from 11h00 - 12h00 at the TUKS Competition Venue, where **coaches only** will be able to come and hand in your music.

Before you upload your music you just need to name your file in order for us to recognise it when it gets to us.

**NAMING THE FILE FOR RHYTHMIC:**

**ROUTINE NUMBER-PARTICIPATION NUMBER-GYMNASTS NAME & SURNAME-ROUTINE**

**(For your routine and participation number please use the Program Workbook, which will be circulated once the final program is confirmed and drawn up)**

**Please don’t use short or nick names like Chrissie for Christine or Bella for Isabel.**

**Example: For the gymnast Catherine Lafitte**

Her music will be uploaded with the following file names:

576-125-Catherine Lafitte-Hoop

587-125-Catherine Lafitte-Ball

598-125-Catherine Lafitte-Clubs

609-125-Catherine Lafitte-Ribbon

**Upload Link for Rhythmic**[**https://www.dropbox.com/request/NNFkQ7yiBI1g3etJam63**](https://www.dropbox.com/request/NNFkQ7yiBI1g3etJam63)

If you have any questions, please feel free to contact Ninette Duvenhage via email or cellphone:

[Ninette.ksg@hotmail.com](mailto:Ninette.ksg@hotmail.com) or 072 409 6779

The RGTC would like to urge all coaches to upload the Voluntary and Group Routine Music in the above requested format and procedure.

**All music MUST be uploaded by no later than midnight, Sunday 1st October 2017.**

Thank you in advance for your cooperation and assistance in this regard.

We look forward to seeing you all in Gauteng!