

# GYMSTART

## Are you up for the GymSTART Challenge?

In November & December 2019, Gymnastics Ireland is once again inviting gymnasts of all ages, levels and abilities to take part in our participation events programme - 'The GymSTART Challenge'. Last year's events were a great success, and we are encouraging more clubs to take part this year and join in the fun!

Based on the GymSTART Floor Awards, these events are designed to provide gymnasts with a fun and progressive national event to take part in where the focus is on personal achievement.

### Dates and Venues:

- Dublin: November 24th 2019 - National Indoor Arena
- Limerick: December 1st 2019- University of Limerick

Gymnasts can take part in one of two challenges:

**The GymSTART Levels Challenge:** Gymnasts will put together a routine of 7 skills from within one of the GymSTART Floor Award levels of their choosing.

**The GymSTART Super Challenge:** Gymnasts will put together a routine of 10 skills from within the entire range of GymSTART Floor Award Levels to achieve the following...

- Bronze Award: Four skills from level 1, Four skills from level 2; Two skills from level 3
- Silver Award: Four skills from level 4; four skills from level 5; Two skills from level 6
- Gold Award: Three skills from level 7; three skills from level 8; two skills from level 9; two skills from level 10.

Routines will be performed on a 12metre strip, in front of a Gymnastics Ireland GymSTART assessor. All gymnasts will be awarded a GymSTART National Medal for the level entered.

### Entry Info:

- GymSTART Challenge is open to all Gymnastics Ireland members of all ages & levels of ability. It is specifically designed to provide a national events programme for recreational members.
- Both GymSTART Challenges cost €35 per gymnast.
- To attend GymSTART Challenge as a spectator, the cost is: €10 per adult; €5 per child; €25 per family

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