



# COMPETITION GYMNASTICS INFORMATION

## General Information

Competition gymnasts are selected from out general gymnastic programmes. Each year gymnasts are asked to participate in a trial and the results from the trials are used to select the new gymnasts to the competition squad.

To be selected, gymnasts need to show flexibility, strength, good attitude, that they are hard working, and are normally under 7 years of age.

Competition gymnastics starts from Level 1 and progresses to Level 10. There is also an elite stream for extremely talented gymnasts. Levels 1 – 6 are junior levels while level 7 through to international elite are senior levels.

There are many competitions held throughout the year and the competition coaches will select which competition each gymnast will enter. Depending on the gymnast and which level they are in, a gymnast will compete in 4 or 5 competitions each year.

Competition training is very hard with level 1 – 3 gymnasts training approximately 4 hours per week, while level 4 and above will train for over 10 hours per week. Involved in this training will be flexibility and strength work, skill development and routine learning.

At this level, gymnastics is very demanding, both gymnasts and their families must be willing to put in a great deal of their time and energy into the sport.

Porirua GymSports is affiliated to GymSports NZ. WE are committed to fair play in sport, having only trained and qualified coaches, and using approved resources available through New Zealand gymnastics.

All classes are held at Te Rauparaha Arena.



For further information please phone Lynda on 04 237 3556 or  
Email [lmcandrew@pcc.govt.nz](mailto:lmcandrew@pcc.govt.nz)  
[www.terauparaha-arena.co.nz](http://www.terauparaha-arena.co.nz)