

**REVOLVE TRAMPOLINE CLUB – IN-HOUSE COMPETITION 2017**

**COMPETITION DETAILS**

**Sunday 10<sup>th</sup> December**

Darwin Leisure Centre, Charles Darwin School

**Closing Date; Saturday November 25<sup>th</sup> 2017**

Competition to be run in flights from 11am to 3pm

Please complete the entry form below and return to your Head Coach along with the correct amount of money.

**COST PER GYMNAST**

**£12.00ea Individual Comp: £3.00ea Synchro Partner**

**INCLUDED IN COST**

Competition Entry

Participation Medal & Trophies for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> Places

**Entry Form – In-House Competition 2017**

**GYMNAST NAME.....D.O.B.....AGE in 2017.....**

All coaches have a copy of the routines; please discuss with them which category you should be competing in.

Individual Competition		✓	Synchro Competition	✓
<b>Novice</b> Seat Landing To Feet Half Twist Straddle Jump Full Twist Pike Jump Half Twist Tuck Jump Seat Landing Half Twist To Feet	<b>Voluntary Routine</b> Repeat Set Routine. Tariff Given.		Synchro age group will be determined by the oldest gymnast and difficulty by the highest graded gymnast. Mixed entries are also allowed.  Voluntary routine has no tariff limit.	
<b>Intermediate</b> Front Landing To Feet Straddle Jump Seat Landing To Feet Half Twist Tuck Jump Pike Jump Back Landing To Feet	<b>Voluntary Routine</b> Ten bounce routine with a maximum of one somersault. Tariff Given.			
<b>Advanced</b> Full Twist Straddle Jump Seat Landing Half Twist To Seat Landing Half Twist To Feet Pike Jump Back Landing Half Twist To Feet Tuck Jump Front Somersault (T)	<b>Voluntary Routine</b> Ten bounce routine. No Tariff Limit.			

Synchro Partners Name (if required).....

- I have enclosed £..... in cash.  
 I have enclosed a cheque for £..... made payable to 'Revolve Trampoline Club'  
 I have paid via online banking, using the following details;

Account Name: Revolve Trampoline Club (enter Gymnasts name/Comp as Ref)  
 Sort Code: 20-12-26

Acc. No. 80117676