



Western Cape Gymnastics Association

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RE: ARTISTIC SOUTH ZONE GROUPING

Dear All Western Cape Clubs

I would like to extend a huge thank you to all clubs for allowing us to test a different system in grouping at the recent Level 1-3 Trials. As you will have read it was to do with the LTAD system.

For those who may have read up on the LTAD you will be aware that the system primarily is to have it be non-competitive for all athletes under 9 years old. Therefore, after discussions with both Eastern Cape and our Provincial PMs a team made up of Eastern Cape representatives and WCGA Provincial and District PMs will work together to put a program together to South Zone that will truly follow the LTAD.

Therefore we are working towards the following:

Under 9 Age Groups

- Regardless of level all under 9 age groups will compete in their clubs with their club coaches on the floor with them
- Awards will be handed out in no particular order (no acknowledgement of placings will be given – besides the gold, silver and bronze awards)

Age 9 and over Groups

- All 9 and over groups will compete in their age group and as a District team with district coaches on the floor with them only
- Awards will be handed out in order – bronze awards, then silver awards, then gold awards and 1st, 2nd and 3rd placed gymnasts will be acknowledged (no additional prizes necessarily).

Therefore, as per the email sent out earlier – all club coaches will be allowed on the floor with the under 9 gymnasts. Should you not be a selected District coach for the older levels and you wish to wear a District coach t-shirt and jacket, you are welcome to purchase these at cost. Selected District coaches will be supplied t-shirts and jackets should you not already have.

We trust that this format will have the best result for what is intended for the LTAD system, with a more non-competitive format for under 9 and a competitive format for the 9 years and older.

Thank you once again to everyone for working with the various changes and we will re-evaluate everything at the end of South Zone.

Yours sincerely
Anne Vermaak

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Committee: Warren Buchanan, Andre Nieuwoudt, Melvin Edwards, Karl Schneeberger, Theuns Botha
The Western Cape Gymnastics Association is affiliated to the South African Gymnastics Federation (SAGF)
and the Western Cape Provincial Sport Confederation (WCPSC)

