

NEW ZEALAND NATIONAL CHAMPIONSHIPS

What are the New Zealand National Championships?

The New Zealand National Championships (Nationals) is the pinnacle event for gymnastics in New Zealand. It is the biggest competition of the year which sees gymnasts from all around the country compete against each other for National titles as individuals (all around and on apparatus), and teams. Nationals is held annually and tends to be in a different location each year. Nationals for MAG and WAG are always held together but there may be years where Rhythmic Gymnastics, Aerobics, Tumbling and Trampolining are held in the same venue as well. Gymnasts represent their province when competing at Nationals rather than their individual clubs. North Harbour gymnasts compete as part of the "HARBOUR" region which includes North Harbour gymnasts and Mahaurangi gymnasts.

Who can go to the Nationals?

Nationals are for gymnasts in Step 5 and above (WAG) and Level 4 and above (MAG). Gymnasts need to qualify throughout the competition season and be selected for either the Harbour National team, or as a Harbour individual gymnast, in order to attend Nationals. There are limited spaces at Nationals for gymnasts in each step/level. To ensure each province is represented, provinces are always entitled to enter one team of four gymnasts in each step or level.

Qualifying

There are two ways in which a gymnast can qualify for Nationals:

(1) As part of the Harbour Provincial Team

Gymnasts in both MAG and WAG get selected based on the North Harbour Nationals qualification criteria and the Nationals qualification scores. This essentially comes down to which four gymnasts achieve the National qualification scores and perform the strongest during the regular competition season in each step and level.

In WAG there is a maximum of four gymnasts (one team) allowed to be entered in each of the Steps for Nationals. The teams can be made up of a combination of over and under gymnasts. Only one team is allowed to be entered in each Step. All members must achieve the GNZ National qualification score (by achieving at least 50.00 for step 5/6, 44.00 for step 7, 43.00 for step 8-10, all at at least 2 competitions in different provinces throughout the season) in order to be eligible for selection into a Step team.

In MAG there is a maximum of four gymnasts allowed in each of the Levels teams for Nationals. Multiple teams are allowed to be entered in each level as long as the competition has spaces available for more than one team per province. There is no GNZ National qualification score needed for junior MAG gymnasts (Level 4 – 6) to compete at Nationals however gymnasts need to attend at least 2 qualifying events throughout the season. The North Harbour province does however have a provincial score of 60.00 that MAG gymnasts need to achieve in order to be selected. For juniors who only do a select number of apparatus vs. the full 6, the Lead Coach and Manager Competitive Gymnastics will use their discretion (on a case by case basis) to see if they determine that a gymnast's apparatus routines are Nationals worthy/ready to an acceptable standard for the level of competition. The above also applies to level 7 U16 gymnasts. Senior gymnasts (Level 7 open +) need to achieve a National qualification score of 63.00 at any one competition or 11.5 for individual apparatus qualification.

(2) As a Harbour provincial individual

Gymnasts in both MAG and WAG can qualify as individuals.

In WAG, gymnasts who achieve the GNZ qualification score (by achieving at least 50.00 for step 5/6, 44.00 for step 7, 43.00 for step 8-10, all at at least 2 competitions in different provinces throughout the season) but do not make the provincial team will have their names submitted to GNZ. GNZ will then rank all the girls from around the country and fill the remaining available places at Nationals in each step by working their way down the ranked list (in order from highest score to lowest score).

In MAG, gymnasts who achieve the qualification score (either the Senior National qualification score of 63.00 or the Junior Provincial score of 60.00) but do not make the provincial team will have their names submitted to GNZ. GNZ will then rank all the boys from around the country and fill the remaining available places at Nationals in each level by working their way down the ranked list (in order from highest score to lowest score). Juniors still need to attend at least 2 qualifying events throughout the season in this case.

If you would like more information regarding the North Harbour Nationals qualification criteria, please contact the Manager Competitive Gymnastics.

Entries and Withdrawals

The entry fee for Nationals is usually more expensive than that of a regular competition. In 2019 the entry fee is \$190.00 for artistic gymnastics. Once announced, if selected, your child will be entered into Nationals unless you advise the club that your child will not be going.

Once the closing date for entries passes there will be no other chances to withdraw your child and get a refund unless a medical certificate is provided. Even if a medical certificate is provided you will only be entitled to a smaller percentage of the full entry fee being refunded to you.

Nationals Timetable

Nationals is a week long event that includes a training day at the Nationals venue for each province and two days of competition for each step/level (usually separated by a rest day). Like most other competitions, the dates for Nationals are known early in the year, however, the Nationals timetable is usually only confirmed closer to the competition date. The timetable for a typical Step/Level will be: Training day, day break, competition day one, day break, competition day two (if qualified), day break or closing ceremony day then gala dinner (optional). Different step/levels will start on different days but you will only know this for certain once a timetable has been confirmed.

Venue and Location

Nationals will usually be held at a different location each year. The location for the 2019 New Zealand Nationals will be the Trust Stadium, Waitakere, Auckland.

Travel and Accommodation

Parents are responsible for making their own travel arrangements to get themselves and their child/gymnast to the Nationals location. You may be able to drive to some Nationals events but you may have to fly to others. You will only find out if your child has qualified after the regular competition season finishes (late August) by which time flights can be very expensive. It is best to try organize flights/accommodation early in the competition year if your child has a possibility of qualifying for Nationals (please ask your child's coach if you are unsure). It is a good idea to pre book only, in case gymnasts do not end up qualifying, get injured or something else comes up and you can't make the competition.

If Nationals are held outside of Auckland the Harbour team must all stay together at the designated accommodation. Our events coordinator (Sarita) will make a pre booking at a hotel/motel/s for North Harbour parents/gymnasts to stay at, similar to how accommodation is sometimes organized for standard away competitions. The hotel/motel/s will be communicated to you and you will then need to book any accommodation you need. When doing so it is important that you mention you are with the North Harbour Nationals gymnastics team or you may be told there is no accommodation available. It is up to parents to pay for rooms. If you have any questions regarding this, please contact the events coordinator. If Nationals are held in Auckland, gymnasts and parents do not need to make any accommodation arrangements.

Managers and Selected Coaches

At Nationals, Harbour will have a team manager for MAG and a team manager for WAG. Our Team managers for Nationals will be announced closer to the date of the competition. The

team managers are responsible for relaying any information from the competition organizers to the coaches/parents/gymnasts. This could include changes to start times, prizegiving information, queries for scores or any new information needing to be communicated during Nationals.

The Harbour coaches for Nationals will be announced closer to the date of the competition. There are restrictions on the number of coaches allowed on the competition floor depending on the number of teams/individuals a province has in each step/level. This may mean that a gymnast competes at Nationals with a different coach to the one they usually train with.

Nationals Uniform

Some items of the Harbour Nationals team uniform are different to the North Harbour club uniform. Please make sure that if your child is selected for Nationals they have the correct uniform (please see below).

Competition tracksuit

The Provincial tracksuit for nationals is different to the North Harbour club tracksuit. Both MAG and WAG gymnasts wear the same provincial tracksuit at Nationals. The Harbour provincial tracksuit and other uniform items are shown in the photos below:

MAG and WAG Nationals Tracksuit



WAG leotard

WAG Senior leotard **(NEW FOR 2019 so NEED to get a new one if you do not have it)**



MAG leotard, shorts and longs

The MAG leotard and shorts for Nationals are the same as the MAG North Harbour club uniform. The longs for nationals are white (same as the club uniform). Below is the boys Nationals leotard, shorts and longs. Remember, longs are only required for Level 6+.

MAG leotard

MAG black gymnastics shorts

MAG white longs

\$100 ish from the North Harbour office

\$60 ish purchased from [Turn Gymnastics Shorts](#)

\$80 ish purchased from [Turn Gymnastics Longs](#)



Nationals T-Shirt

There is a Harbour Nationals t-shirt that gymnasts can wear on the competition floor when they are warming up. The Nationals t-shirts can be ordered from the office closer to the time of Nationals. If gymnasts do not want the Harbour Nationals t-shirt they can not wear anything else. They will have to wear their leotard or Nationals jacket ONLY.

Other uniform essentials

Please remember to double check that gymnasts bring everything else with them when they travel to Nationals such as grips, wristbands, tape, wrist/ankle supports. It is always best for gymnasts to travel with these items in their hand luggage if flying, in case their luggage gets lost.

Team Photo

North Harbour will take a Nationals team photo after the competition once all the gymnasts have returned to Auckland. The gymnasts will need to come to training on the set date (which will be communicated to you closer to the time) in their Nationals uniform and must bring all their awards/medals etc. This will be sent out to parents once taken.

A typical Week at Nationals

Getting there

Arrive early. Some parents/gymnasts drive or fly down to Nationals on the same day that their child has training or is competing. This is not recommended in case there is heavy traffic, car issues or flights being delayed which could result in the gymnasts missing their training/competition.

Athlete passes and spectator tickets

When arriving at the venue for the first time gymnasts will gather together and be met by either the team manager or a team coach. Gymnasts will be given a competition pass on a lanyard. It is important that the gymnasts keep this with them at all times. It will give them free entry into the venue as well as access to the warm up area and competition floor. Without it they will not have access to the warm up area or competition floor.

Spectators and parents will have to buy passes for each of the days they intend to watch the competition. These can sometimes be bought online through the GNZ website or else at the venue each day. There are usually full week passes, family passes and individual passes.

Podium training

Podium training is a training session at the competition venue before the competition starts. It usually runs for three hours. It gives gymnasts the chance to get a feel for the equipment and practice their routines one last time before they compete later that week. The Harbour province gets allocated a time for gymnasts to train which will be communicated to parents as soon as it is confirmed by GNZ. It is important for gymnasts to be at the podium training so please take this into account when finalizing any travel and/or accommodation bookings.

Opening and closing ceremonies

Opening and closing ceremonies usually run for about an hour. In the opening ceremony all gymnasts from each province march into the venue and onto the competition floor and are announced by the competition organizers. There are athlete and judge oaths that are read by representatives and a few speeches by GNZ staff such as the CEO. At the closing ceremony special awards and prizes are handed out, some newly crowned champions put on a display of their best routines and lastly some final speeches close the Nationals for another year.

Photographer

Nationals will have an official photographer who you can buy professional photos from after the competition. If you wish to take your own photos/videos you will be welcome to do so but please remember that you cannot use flash photography of any kind. Double check at the entry desk if you are required to register that you will be taking photos/videoing.

How the competition runs

The first day of competition for juniors (WAG Step 5-6 & MAG Level 4-6) will be the team and apparatus final day. Gymnasts scores will count towards their National team placing (if in a team) as well as their individual apparatus placings. The top 20 gymnasts from each junior Step/Level will qualify for day two of the competition. All others who do not qualify will not compete on day two. Day two will be the individual all around finals out of the top 20 in each junior step/level.

For Seniors (MAG Level 7+ & WAG Step 7+) the competition on day one will be the team and individual all around finals. Day two is the individual apparatus finals. The gymnasts who qualify in the top eight positions on each apparatus, in each step/level, will compete on day two.

You will be notified by the Nationals manager if your child has qualified into the second day of competition.

Presentations/prizegiving

At Nationals if a gymnast has won an award they will be told by the team manager and will have to attend a prizegiving ceremony. Gymnasts who are not receiving an award will not be required to be at prizegiving.

Nationals Proficiency Badge

If gymnasts achieve specific scores at Nationals, they earn an extra badge. These badges will be awarded to gymnasts at club prize giving.

Gala Dinner/Harbour Team Dinner

After the last day of competition GNZ usually organizes a gala dinner for provinces to get together and celebrate the championships. Parents/gymnasts will need to buy tickets from GNZ if they are wanting to attend. North Harbour will usually organize a dinner for their Nationals team either at Nationals or back in Auckland at the gym.

Parents role at Nationals

As a parent your role at Nationals should be the same as at a local competition. Support your child and focus on the positive aspects of your child's performance after they compete. Do not spend the time after the competition analyzing your child's competition and the mistakes they made. The pressure of Nationals can be a greater than that of a standard competition. Make sure that your child eats well and sleeps well as sometimes when they are away from home, routine and diet can change and this can affect a gymnast's performance.