



# MIKE WALKER INVITATIONAL SOUTHAMPTON GYMNASTICS CLUB

WWW.SOTONGYM.CO.UK 02380 529952

FACEBOOK: SOUTHAMPTON GYMNASTICS CLUB TWITTER: @SOTONGYM



**Mike Walker Invitational Handbook**  
**Acrobatic: 12<sup>th</sup> & 13<sup>th</sup> October 2024**

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## The Mike Walker Invitational

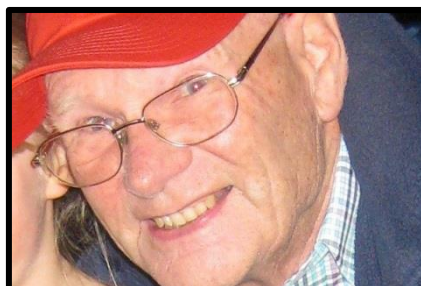
### MIKE WALKER (1936 - 2014)

Mike Walker, former Head Coach at Southampton Gymnastics Club and British National Coach in Acrobatic Gymnastics, passed away on December 30, 2014, at the age of 78 years, after a long illness.

Mike, along with his wife Pat, began coaching as a parent volunteer in the seventies, leading to a career that spanned over three decades as a coach with a great passion for the development of Acrobatic Gymnastics at Club, Regional, National and International level. The fundamental spirit that underpinned Mike's work within the sport was one of inclusion and friendliness combined with a desire to share knowledge which he so freely imparted to so many developing clubs across the country.

Mike led Southampton Gymnastics Club in cementing Acrobatic Gymnastics as a discipline within the country, with gymnasts from the club achieving many firsts within the sport with World, European and International medals at a time when this was a rarity within British Gymnastics. This resulted in Mike's appointment as British National Coach for Acrobatic Gymnastics, where the success of Great Britain continued and participation in the discipline across the country grew. Indeed, it is true to say that Mike was amongst those who created the sound building blocks for the incredible success that Acrobatic Gymnastics has achieved in Great Britain.

Southampton Gymnastics Club aim to deliver a great competitive opportunity for clubs to take part in a fun and friendly competition, whilst keeping Mike's memory in the sport.



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## Acrobatics

**Date** Saturday 12<sup>th</sup> – Sunday 13<sup>th</sup> October 2024

### **Venue**

Southampton Gymnastics Club  
(same site as Redbridge Community School)  
Cuckmere Lane  
Southampton  
SO16 9AR

### **Competition Categories (subject to entries)**

- Regional Grades 2 & 3
- NDP Grade 1 – 5
- Youth
- IDP 1 & 2
- FIG 11-16
- FIG 12-18
- FIG 13-19
- FIG Senior
- Disability

### **Category Information for Regional Grades and NDP Grades**

The NDP Grades 1 to 5 will be termed 'National' Grades in the competition. In addition, NDP Grades 2 and 3 will also have an additional category termed 'Regional' Grades. There will be separate medals and groups for 'National' and 'Regional' Grades. In order to enter 'Regional' Grades 2 or 3 the gymnasts must meet the following eligibility criteria:

- They normally only train a maximum of two sessions per week (It is considered acceptable that they may on a very occasional basis train an additional session – perhaps in the week or two before the competition)
- They normally only train a maximum of 6 hours per week (It is considered acceptable that they may on a very occasional basis train a couple of extra hours –perhaps in the week or two before the competition)
- It is reliant on the integrity of the coach / club that gymnasts who are entered at 'Regional' Grades meet the above criteria (in the spirit, as well as the letter, of the rules)

### **Other Information**

No age restrictions. No height deductions. We will be awarding medals for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place per routine (e.g. for balance, dynamic and combined). If there's only one partnership in the category, one overall medal will be presented.

No outdoor shoes are to be worn in the warm up gym or on the competition floor.

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## Category Rules

Regional Grades 2 & 3	Following NDP 10 rules. 1 Combined Routine
NDP Grade 1 – 4	Following NDP 10 rules. 1 Combined Routine
Youth	Following NDP 10 rules 1 Combined Routine
NDP Grade 5	Following NDP 10 rules 1 balance routine & 1 dynamic routine
IDP (1 & 2)	Following NDP 10 rules 1 balance routine & 1 dynamic routine
FIG 11-16	Following 11-16 FIG rules 1 balance routine & 1 dynamic routine
FIG 12-18	Following 12-18 FIG rules 1 balance routine & 1 dynamic routine. Finals - 1 Combined Routine
FIG 13-19	Following 13-19 FIG rules 1 balance routine & 1 dynamic routine. Finals - 1 Combined Routine
FIG Senior	Following Senior FIG rules 1 balance routine & 1 dynamic routine. Finals - 1 Combined Routine

## Entry Fee

There is an entry fee of £35 per gymnast. This entry fee is to be paid via bank transfer with final entry. Entry fees are non-refundable after the competition entry closing date.

Bank transfer: please use reference code MKI 'name of club'. Account Number: 34182685, Sort Code: 40-42-18, Account Name: Southampton Gymnastics Club.

## Judging

Each club to supply at least 1 judge. A £70 penalty fee will be incurred if no judge is supplied. 2 judges per club would be preferred if possible. Food & drink provided.



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## Coaches

All coaches must hold the appropriate British Gymnastics membership and qualifications to the level of the elements being performed by their gymnasts. All gymnasts must always have a coach present on the competition floor and in the warm up gym.

## Gymnasts

All gymnasts must hold current British Gymnastics Silver membership to enter the competition.

## Music

Music to be received by S&G Media before **Sunday 29<sup>th</sup> September 2024** an email address will be made available once we have received entries. Please also copy in [chloe@sotongym.co.uk](mailto:chloe@sotongym.co.uk) when you send your music so that we can double check all is in working order. Please bring CD as back up on the day. Late submission of music will incur a late submission fee of £5 per partnership.

Please label music in the following format:

Competitor Number, Competitors surnames, category, Club

## Tariff Sheets

All tariff sheets are to be received by S&G media, again an email address/further instructions will be made available once all entries are received, and please also copy in [chloe@sotongym.co.uk](mailto:chloe@sotongym.co.uk) before **Sunday 29<sup>th</sup> September 2024**. Please ensure you also bring a paper copy on the day as a backup.

## Deadline Summary

- Final Entries & Payment | Wednesday 31<sup>st</sup> July 2024
- Music | Sunday 29<sup>th</sup> September 2024
- Tariff Sheets | Sunday 29<sup>th</sup> September 2024

**Definitive Entry** will be available to download from the club website ([www.sotongym.co.uk](http://www.sotongym.co.uk)). This will be an excel spreadsheet, if you are unable to open this document, please contact Southampton Gymnastics Club. Please ensure you complete the correct entry form, and complete the coach/judge tabs. It is your responsibility as a club to ensure all of your competing gymnasts hold the appropriate British Gymnastics membership. Please email entries to [lauren@sotongym.co.uk](mailto:lauren@sotongym.co.uk) by **Wednesday 31<sup>st</sup> July 2024**.

**Programme** We aim to get the finalised competition programme out to all clubs a minimum of 2 weeks prior to the competition

**Media** S&G Media will be our official photographer for the event and will also provide routine filming, live streaming and sound services.

## Other Event Details

**Spectator Entry:** There will be a charge for spectators at this competition. Tickets will be available to buy on the day. There will be 1-day and 2-day spectator tickets will be available.

A small selection of drinks and food will be available to purchase on site.



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Please note, spectators (including parents/guardians) are NOT permitted into the gymnast warm up area.

**Parking:** As we are on the site of a school, we do have a car park onsite, however it does get very busy on competition days. When the car park is full, spectators will need to find roadside parking in the local side roads.

**Withdrawals:** Entry fees are non-refundable after the competition entry closing date. Please inform the competition organiser of any withdrawals as early as possible.

**Gymnast Registration:** On arrival at the Competition, coaches must register gymnasts in the warm up gym. Gymnasts will not be allowed to register without a coach present.

**Video/Filming/Photography:** We are pleased to inform you that we will again be joined by S&G Media, who will be taking professional photographs, videos of routines and providing a live stream service. Anyone who does not wish for themselves or their child to be photographed or filmed at the event, please contact the competition organiser.

Although it is not always practical to manage the content of live stream footage, we will make every effort to ensure any identifiable images of the participants are not published.

Announcements will be made and clear signage will be displayed around the club about the photography and filming taking place at the event.

Routines photographs and videos will be available to view and purchase via [acrogym.tv](http://acrogym.tv)

## Accommodation Details

As we are very close to the city centre, there are a range of local hotels available, see a select few below:

1. Holiday Inn Express Southampton – West Adanac Park, Redbridge Lane, Southampton, SO16 0YP - 1.5 miles from competition venue
2. Premier Inn, Southampton North Hotel Romsey Road, Nursling, Southampton SO16 0XJ - 2 miles from competition venue
3. Novotel Southampton West Quay Road, Southampton, S015 1RA - 3 miles from competition venue
4. IBIS Southampton Centre West Quay Road, Southampton, S015 1RA - 3 miles from competition venue.
5. Premier Inn Southampton West Quay 6 Dials, New Road, Southampton SO14 0AB - 4 miles from competition venue.