



GYM FOR LIFE
 2ND WORLD CHALLENGE *Cape Town*
 10-14 July 2013 *South Africa*



WORLD GYM FOR LIFE CHALLENGE

- NEWSLETTER 2 -

NOVEMBER 2012



CITY OF CAPE TOWN | ISIKENO SASEKAPA | STAD KAAPSTAD
 THIS CITY WORKS FOR YOU



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1. LOCAL ORGANISING COMMITTEE

SOUTH AFRICAN GYMNASTICS FEDERATION (SAGF)

39 Boshof Avenue, Newlands,
7700, CAPE TOWN

SOUTH AFRICA

TEL: +27 (0)21 674 2377

FAX: +27 (0)21 671 4094

E-MAIL: info@gymforlife.co.za / megan@sagf.co.za

WEBSITE: www.gymforlife2013.com; www.gymforlife2013.co.za

FACEBOOK: www.facebook.com/GymforLifeWorldChallengeCapeTown

TWITTER: <https://twitter.com/#!/GymForLife2013>

CONTACT: Megan Letley

2. FÉDÉRATION INTERNATIONALE DE GYMNASTIQUE (FIG)

FEDERATION INTERNATIONALE DE GYMNASTIQUE

1003 Lausanne
Switzerland

TEL: +41 (0)21 321 55 10 / Direct: +41 (0)21 321 55 18

FAX: +41 (0)21 321 55 29

EMAIL: acola@fig-gymnastics.org

WEBSITE: <http://www.fig-gymnastics.com>

CONTACT: Alexandre Cola

3. MESSAGE FROM THE FIG GYMNASTICS FOR ALL COMMITTEE

The World Gym for Life Challenge is an International Contest for Gymnastics Groups. It is a **Gymnastics for All** event held every four years. Participation is for everybody, regardless of gender, age, race, religion, culture, ability or social standing.

With this event we want to:

- Provide a second FIG event for gymnastic groups.
- Offer gymnastic groups the opportunity to participate in a contest and have their performance evaluated.
- Create an interesting and exciting event in gymnastics for the participants and the audience.
- Offer interesting workshops for gymnasts and coaches.

WELCOME TO CAPE TOWN, SOUTH AFRICA AND THE 2ND EDITION OF THE WORLD GYM FOR LIFE CHALLENGE.



4. LOCATION OF THE CONTEST, GALA AND WARM-UP HALLS

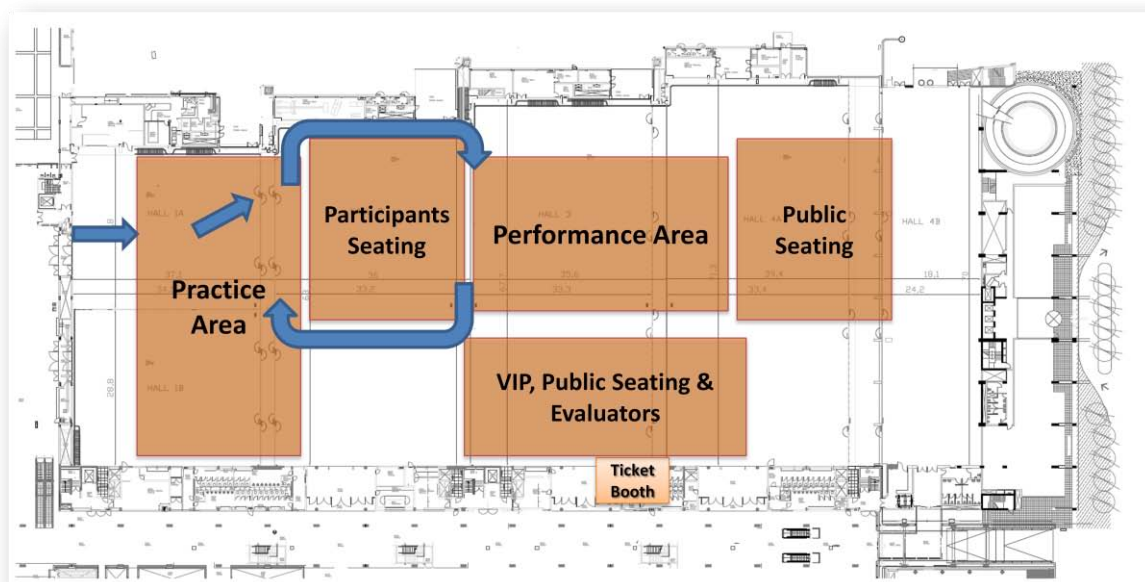
CAPE TOWN INTERNATIONAL CONVENTION CENTRE (CTICC)



- Host of the official rehearsal for teams, Contest, workshop, Gala & participants party
- Located in the City Centre and close to city attractions such as the V&A Waterfront
- Catering services available
- Walking distance from the local train/bus station

NB: Federations to please take note of where the evaluators will be seated

CTICC Venue Layout







For more information on this venue, visit: <http://www.cticc.co.za>

5. SHOW PERFORMANCES/COMMUNITY PERFORMANCES

SHOW PERFORMANCES:

- Due to the fact that it is winter during the 2nd World Gym for Life Challenge, the show performances will be done in nearby shopping malls & indoor venues.
- These venues are situated within walking distance from the local train/bus station.
- The performance area is limited in space and with a hard surface.
- Please see below the list of performance areas.
- Preferred performances areas for each team must be filled in on the registration system & will be taken into consideration by the LOC when booking teams at each venue.
- Please note that limited apparatus will be available.
- The apparatus available at each venue will be confirmed in newsletter 3.

<p>The City Civic Centre</p>	
<p>The Central Train Station</p>	
<p>The Golden Acre</p>	
<p>Cavendish Square</p>	

COMMUNITY PERFORMANCES:

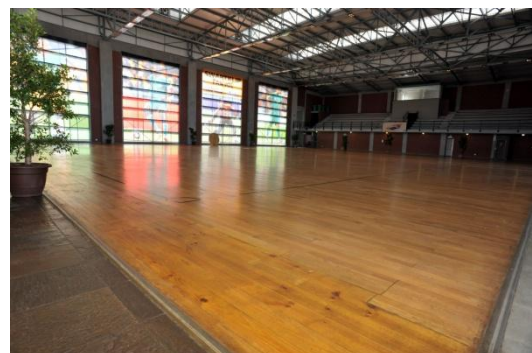


- Groups will engage with the Official Community Based Legacy Programme for the World Gym for Life Challenge.
- The Gym for Life Legacy Programme is implemented by 7 mentors/coaches who are employed to work within the 6 districts of Cape Town. These mentors/coaches reach 21 community centres each week and work with children & adults.
- Groups will have the opportunity to give show performances as well as to run small workshops with the local participants in the selected community centres.
- The community centres have limited apparatus; therefore, teams need to indicate on the registration system whether they require apparatus or not.
- Preferred performance areas for each team must be filled in on the registration system and will be taken into consideration by the LOC when booking teams at each venue.

PLEASE NOTE: The apparatus that will be available at some of the centres will be confirmed in the next newsletter.



MEOW WAY COMMUNITY



SWARTKLIP INDOOR

6. WORKSHOPS

A variety of practical workshops focusing on the Gymnastics for All areas like Gymnastics & Dance, Fitness, Health and working on or with apparatus will be offered.

These workshops will be for all participants (coaches, leaders, observers and gymnasts) and will serve as a way of spreading the values of Fun, Fitness, Fundamentals and Friendship.

Each participating Federation will be able to sign-up to present one or more workshops during the event, either at selected community centres, during Show Performances, or at the International Convention Centre on Saturday between 09h00 – 13h00pm.

7. PROVISIONAL PROGRAMME (SUBJECT TO CHANGES)

OPTIONAL PRE-EVENT PROGRAMME:

- The intention of the pre-event programme is to give delegates an opportunity to acclimatise to the Cape Town environment and to also give greater opportunity to experience Cape Town’s attractions:

DATE 2013	PROGRAMME DETAIL
Sunday, 07 July	Optional arrival day for delegates
Monday, 08 July	Optional arrival day & Training at Good Hope Centre
Tuesday, 09 July	Optional arrival day & Training at Good Hope Centre

PLEASE NOTE: All costs for earlier arrival is not included in the Participant Card, therefore transfers from the airport, local transport, meals and accommodation is for each federations own account. The LOC can organise transfers and accommodation if indicated on their registration system. Teams need to indicate if they would like to make use of the extra training that will be hosted at the Good Hope Centre.

OFFICIAL WORLD GYM FOR LIFE CHALLENGE 2013 PROGRAMME

DATE 2013	PROGRAMME DETAIL
Wednesday, 10 July	Official arrival day for delegates
	Official rehearsal for teams in the Convention Centre Orientation Meeting : Heads of Delegations Rehearsal for the South African Evening
Thursday, 11 July	Opening Ceremony
	Gym For Life Challenge – Contest
	Show / Community Performances – Workshops
	South African Evening
Friday, 12 July	Gym for Life Challenge – Contest
	Show / Community Performance-Workshops
Saturday, 13 July	Gym For Life Workshops
	Practice for Gym for Life Gala
	Gym For Life Gala
	Closing Ceremony & Party
Sunday, 14 July	Departure of all delegates

PLEASE NOTE: Schedule is provisional and may be adjusted after entries are received

Once all entries have been received, each team will receive the official rehearsal times.

a. WELCOME TO THE SOUTH AFRICAN EVENING:

Come and enjoy an entertaining evening of gymnastics, fun and dance. Spectators will have the opportunity to be wowed by the performances of the 9 Provinces of South Africa, showcasing their talent and skills as well as the diversity and culture of South Africa.

8. PARTICIPATION RIGHTS AND ACCREDITATIONS

Delegates will be accredited upon arrival in Cape Town. Accreditation grants access to various services for the duration of the official event programme 10-14 July 2013.

PARTICIPATION CARD FEES

Please note that (1 Euro = 11 South African Rand [ZAR] – November 2012)

- **Participation Card per person attending & Observers:**
 - Official Guide
 - Local Transport (excluding airport transfers)
 - Entrance to the opening and closing ceremony
 - Entrance to the contest, workshops & show performances
 - Discounted entrance price to the Gala
 - Cost = **R1 650**

- **VIP Participation Card:**
 - Official Guide
 - Local Transport (excluding airport transfers)
 - Entrance to the opening and closing ceremony
 - Entrance to the contest, workshops & show performances
 - Entrance to the Gala & South African Evening
 - Entry to VIP room, which includes snacks, lunch & refreshments

 - Cost = **R2 650**
 - 1 free VIP participation card will be issued for every federation who enters a team

- **Gala Ticket Cost:** (Can be ordered beforehand on registration system)
 - Non participants = **R100**
 - Discounted price for accreditation card holders = **R75**
 - Children (up to 12 years) / pensioners (from 60 years) = **R50**

- **South African Evening:** (Can be ordered beforehand on registration system)
 - Non participants = **R100**
 - Discounted price for accreditation card holders = **R75**
 - Children (up to 12 years) / pensioners (from 60 years) = **R50**

- **Contest tickets for non-participants:** Can be purchased upon arrival at venue on the day of contest
 - Non participants = **R80 per day**
 - Children (up to 12 years) / pensioners (from 60 years) = **R50 per day**

All bank fees in connection with the bank transfers must be covered by the payee. Please state the name of the federation, the contact person and the payment purpose on the transfer. The payment must be made in South African Rands only.

50% of the participation card is to be paid with the submission of the definitive entry, by latest **23 January 2013** and the remaining 50 % by **10 May 2013**.

Registrations without the appropriate payment of the registration fees within the given deadline will result in participants not being guaranteed, (i.e. the gymnasts will not be allowed to participate).

Federations which have not fulfilled their financial obligations towards the FIG (e.g. annual membership fees, unpaid invoices etc.) and towards the Local Organising Committee will not be allowed to participate in the World Gym for Life Challenge.

9. AGE LIMIT OF GYMNASTS

According to the World Gym for Life Challenge Regulation Article 6.2, there are no age restrictions for participating in the World Gym for Life Challenge. FIG Member Federations are fully responsible for the supervision and welfare of all their participants for the duration of their stay at the World Gym for Life Challenge. Special supervision must be provided for all minors. Participants under the age of 16 years must be organised in groups of up to ten (10) under the care of a named adult. Participants with disabilities may require a higher ratio of assistance.

10. REGISTRATIONS AND ENTRY FEES

Registrations from all participating Groups must be done through their FIG Member Federation to the FIG and LOC. Registrations will not, in any instance, be accepted unless coming through the FIG Member Federation.

Registrations can only be made by FIG affiliated federations in good standing. Click on the following link to get to the registration system: <http://capetown.gymnaplana.org/login/>

The registration will be done on-line via a secured area for every FIG Member Federation. The invitation, the forms and the Newsletters can be found on both the FIG Intranet site and the LOC web site.

Definitive Registration

The definitive registrations must be completed online by **23 January 2013**

Final Payment

Final payment must be completed by entering the composition of the delegation online by **10 May 2013**



11. CONTEST FORMAT AND PROGRAMME

The Contest will be divided into the different Categories (see Art 5.2.9 of the World Gym for Life Challenge Regulations for more detail) and depending on number of groups' registered in each category, scheduled over the day.

The starting order will be included in the Official Guide. (See Art 6.4.6 of the World Gym for Life Challenge Regulations for more detail).

All groups will start in warm-up area, move to the waiting area and then proceed to the performance area. After the performance, they will move back to the warm-up area, and then back into the main public area and then proceed to seating.

No participant will be allowed to remain on the floor (Field of Play) other than when they are performing or at their Medal Ceremony.

12. EVALUATION, RESULTS & FEEDBACK

All information concerning the evaluation and result of the Contest and Gala can be found in the World Gym for Life Challenge Regulation, Art 5.2.10, Art 5.2.11, Art 5.2.12 and Art 5.3.3.

The Regulation is published on www.fig-gymnastics.com under Rules/Gymnastics for All.

NB: Please take note on Page 4, no 3, where the evaluators will be seated for this event.

13. BIOGRAPHIES

We will require that groups send their biographies and general information about the group by the latest 10 May 2013, for media & publicity purposes. [A special web platform will be used for this – TBC.]

14. EQUIPMENT

The following equipment will be provided by the LOC:

Equipment List: (PTO)

ITEM	NO OF ITEMS
Men's Parallel –bars	6
Boxes	6
Mini Trampolines	6
Springboards	6
Vaulting Table	1
Air Track	1
Rollable Floor exercise mats	14
School Mats	58
Happy Landing Mats	4
Landing Mats	7
Landing Mats Foam Core	7
Winch for Aerial act	1

NB: Remember that it is mainly the group itself that are responsible for bringing in and out the apparatus for the performance.

Please note: The supplier for this equipment list is in the process of being chosen, once supplier has been chosen we will supply a description list, including pictures.

APPARATUS

If a group plans to bring their own apparatus, the LOC must be informed in advance and the group must register the equipment with the LOC by the definitive registration date (23 January 2013).

The FIG Member Federation is then responsible for this apparatus. Any advertising or manufacture's name on the apparatus must be covered.

If a federation would like to use extra equipment that does not appear on the list, the Federation should request from the LOC to organise additional apparatus for hire from local clubs.

TRANSPORTATION AND STORAGE OF BROUGHT APPARATUS

FIG Member Federations must pay the cost of transporting any apparatus they bring, including any import costs. The LOC can only provide a limited amount of storage facilities for additional apparatus.

PLEASE NOTE: SA customs can take up to 6 weeks to clear large couriered packages.

15.VISA

Please verify with your travel agent or the South African Embassy or Consulate in your country if a visa is required for your travel to South Africa.

The Local Organising Committee will be happy to assist each delegation member with an official invitation letter, provided that the request is made before the Definitive Registration date; 23 January 2013. The request must include the function, full name, gender, date of birth, citizenship and passport number, passport expiry date, and the arrival and departure dates of the delegation member.'

- Email request to megan@sagf.co.za

General visa information can be obtained at:

<http://www.dha.gov.za/Applying%20for%20a%20South%20African%20visa.html>

16.TRANSPORTATION

International Transportation

The international travel to Cape Town International Airport will be at each delegation's own expenses. The FIG and the Local Organising Committee strongly recommend that each Federation take cancellation insurance for their transportation.

There are direct flights to Cape Town and there are numerous connecting flights that pass through Johannesburg at the OR Tambo International Airport and King Shaka (Durban) International Airport. Low cost domestic airlines also operate from Johannesburg and Durban to Cape Town.

Please take note to collect your luggage from the international flight on arrival at OR Tambo and King Shaka International Airport and personally check it in with to the respective domestic flight. We cannot guarantee the safety of your luggage otherwise.

Local Transportation

Accredited team delegations that stay at one of the official hotels/accommodation and book their accommodation through the Local Organising Committee can have transfers organised at an extra cost to and from the airport as per the delegates travel schedule. This service from the airport to the official hotels/accommodation and back will be guaranteed by the Local Organising Committee.

- Cost = R150 per person (one way)

A bus shuttle service will be available for the local transportation of all accredited persons from the official accommodation to the training, warm-up, contest, Gala and workshop venues as well as to any other official activities and back as needed.

Access to these services will only be granted to accredited individuals.



17.ACCOMMODATION

a. OFFICIAL HOTEL ACCOMMODATION

Please note that because July is our winter season, the Local Organising Committee has decided that all accommodation will now be in hotels as it will be warmer and more comfortable. The LOC has been able to obtain Category C hotels at the same price as the UCT hostels ensuring that participants have their own bathroom in their hotel room.

HOTELS

Numerous Hotels are in close vicinity to the City Centre where the Event venue is located. The city hotels are close to city centre attractions and close to the local bus route.

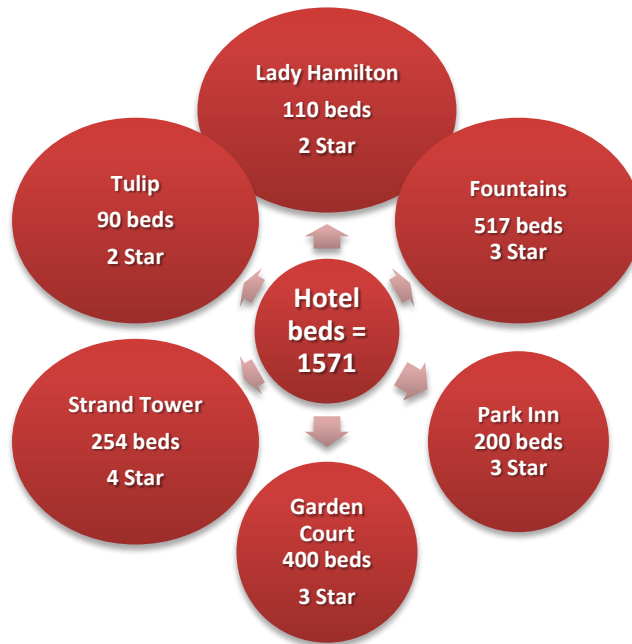
Hotel Accommodation includes breakfast which will be served at the respective hotels

- Range from 2 to 4 star accommodation
- Single or shared accommodation available
- Cost:
 - Category C (Two Star)
Double – R 350 per person per night
Single – R 620.00 per person per night
 - Category B (Three Star)
Double – R 400.00 per person per night
Single – R 700.00 per person per night
 - Category A (Four Star)
Double – R 460.00 per person per night
Single – R 860.00 per person per night

Please note: The majority of the hotel rooms are double rooms, there are a limited number of triple and quad rooms available. Rates are quoted per head, not per room, whether sleeping 2, 3 or 4.

*(1 Euro = R11 – November 2012)

Hotel Accommodation breakdown:



Category A (Four Star) Accommodation – The Stand Tower Hotel:



Category B (Three Star) Accommodation – Garden Court Nelson Mandela Boulevard:



Category B (Three Star) Accommodation – The Fountains Hotel:



Category B (Three Star) Accommodation – Park Inn:



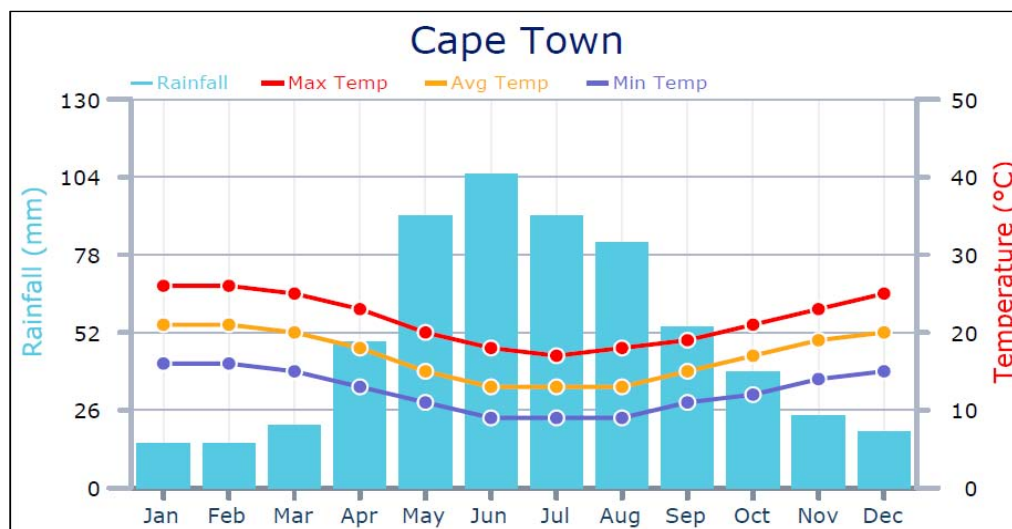
Category C (Two Star) Accommodation – The Lady Hamilton Hotel:



Category C (Two Star) Accommodation – The Tulip Hotel:



18.WEATHER IN SOUTH AFRICA, CAPE TOWN



- Cape Town is a city endowed with natural beauty. This event will be hosted during the winter rainy season of Cape Town. It is not uncommon for some days to be sunny however it is wise to be prepared with warm and water proof clothing.

19.MEALS

Breakfast:

- Included in the cost of the accommodation, and this will be served at the respective hotel accommodation.

Meals:

- A hot meal will be provided for all participants at the Contest Venue (CTICC) for lunch and dinner [please see menu below]. Water is included. However, any additional beverages will be at the delegates own cost.
- Meal tickets are to be ordered by the definitive entry 23 January 2013. If you have not ordered meals by the final date (10 May), we cannot guarantee that delegates will be able to order meals on the day.
- Cost = R150 per person per day per meal.
- Available: 10 – 13 July (Wednesdays, Thursday, Friday & Saturday).

PLEASE NOTE: Only limited tickets will be available for purchase on the day.

- All hotels will serve lunch and dinner at a cost of maximum R150 per meal per person.
- Meal tickets can be ordered on the registration system.
- Delegates may arrange meals at their own cost.
- There is an additional restaurant at the Contest Venue where light lunches and dinners can be purchased at the individuals own cost.

- Various restaurants can be found in close proximity to the contest venue and hotels.

Below you will find examples of the menu at the CTICC:

	COLD:	HOT:	DESSERT:
1	Bakers Basket of freshly baked bread rolls Asian Noodle Salad with a sesame dressing Crisp seasonal salad greens and accompaniments	Grilled chicken breast Baked Mediterranean vegetables Roast new potatoes Vegetarian Baked vegetable cannelloni	Fresh fruit kebabs Fruit display
2	Bakers Basket of Freshly baked bread rolls French Salad Mediterranean Pasta Salad	Grilled Line Fish Savoury Rice Roasted Vegetable Medley Vegetarian Vegetable Lasagne with Rocket & Parmesan Shavings	Fruit tarts Fruit display
3	Bakers Basket of Freshly baked bread rolls, Italian pasta and parmesan salad Crisp seasonal salad greens and accompaniments	Roast beef served with balsamic Seasonal grilled vegetables Parsley new potatoes and sweet potatoes Vegetarian Spinach and Feta Ravioli in a chunky tomato sauce	Fresh fruit salad Fruit display

20.INSURANCE

Participating FIG Member Federations must provide insurance coverage for all members of their delegation. The insurance must cover illness, accident and repatriation cost during the entire stay at the World Gym for Life Challenge. The insurance can be organised by the FIG Member Federations own insurance company or bought in advance or on arrival through the LOC.

- Cost = **TBC [dependent on number required]**

The LOC is required to verify the validity of each participant's insurance. The FIG Member Federation must provide the name of their Insurance Company and the policy number for each participant with their Definitive registration.

A participant without insurance will not receive a Participant card and will not, therefore, be allowed to participate in the World Gym for Life Challenge.

21.MUSIC & ANTHEM

Music used for the Contest must be sent via post to the following address:

39 Boshof Avenue
Newlands
Cape Town
7700
South Africa

Teams need to bring a backup copy of their CD with them as well as inform LOC once they have sent their music (include tracking number).

The LOC require each Federation to bring their own National Anthem along with them to be used in the Awards Ceremony.

22.FAREWELL PARTY

All accredited participants have free entry to the farewell party which will be held at the Convention Centre. Refreshments would be for the participants own costs.

Non accredited individuals can purchase tickets at cost of R 100.00 each. Please order on the registration system.

Payment details as stated in section 5 above. Please follow the instruction carefully as stated.

23.OFFICIAL SIGHT-SEEING TOURISM AGENT

CREATIVE CONCIERGE CONNECTION

Booking Office: +27 (21) 4431100

EXT : 1159

Email: manie.creative@telkomsa.net

Mobile: (+27) 82 872 1124 or (+27) 84 558 1285



The following are a few examples of what packages they offer:

<p>CITY TOUR</p> 	<p>WHALE ROUTE</p> 
<p>GARDEN ROUTE</p> 	<p>SHARK CAGE DIVING</p> 
<p>WINE LANDS</p> 	<p>CAPE POINT</p> 

The LOC suggest that teams make use of this opportunity to travel and sight see in Cape Town and to its surrounding Cities and Provinces. Although overseas flights might be expensive, local flights and travel costs are cheaper here and will add value to your trip. A visit to the Game Parks should not be missed.

24.DEADLINES SUMMARY

Definitive Registration: Open 10 July 2012 - 23 January 2013

- 50% deposit due for Participants Card
- 50% deposit due for Accommodation
- Submit request for visa letters
- Order of meal tickets required
- Order of transfers from and to the airport
- Order of Gala and South African Evening tickets
- Order extra farewell party tickets

Final Payment: 23 January 2013 - 10 May 2013

- Deadline for digital music to be sent to the LOC
- Full payment due for Participant Card
- Full payment due for Accommodation
- Full Payment for requested meal Tickets
- Full payment of transfers from and to the airport
- Full Payment for Gala, South African evening
- Full payment for extra Farewell party tickets