Scottish Gymnastics

Gymfest

Sat 11 & Sun 12 November 23

Meadowbank Sports Centre

Edinburgh

Programme

sport scotland

LOTTERY FUNDED

Welcome

We are delighted to return to Meadowbank with our dazzling display event. Gymfest showcases our values of inclusive, supportive and aspirational, making it one of the best-loved events in our calendar.

With teams travelling from across the country, Gymfest is the perfect opportunity to experience how gymnastics creates a positive and uplifting experience for all. At Gymfest, you see gymnasts of all ages, abilities, and disciplines come together to perform as one.

An event like this cannot run without the dedicated support of our amazing volunteers in crucial roles. Thank you for helping ensure our event is enjoyable, safe, and open to everyone.

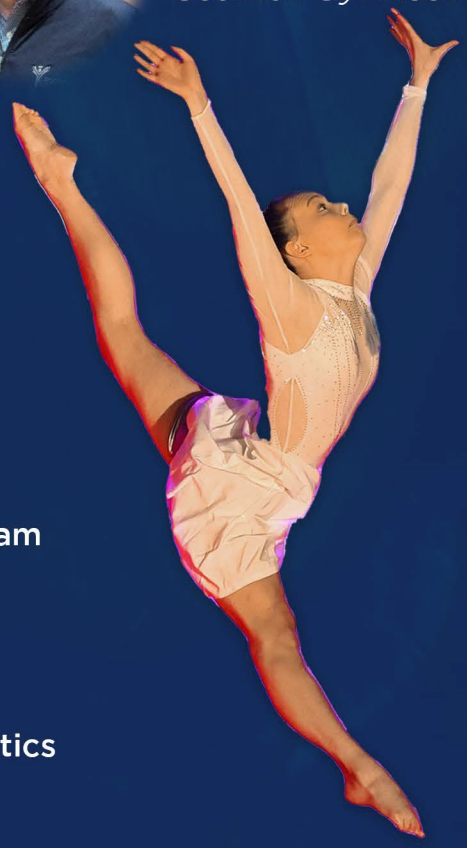
Members of our wellbeing team are here to chat this weekend, if you have any questions you might have about keeping everyone safe in our sport.

We are grateful for the continued support of our partners. Quatro is here with a range of leotards and colourful accessories. PSB Photography is capturing memories from the event, and you can buy photographs from them throughout the day.

Gymfest is an opportunity to meet up with friends old and new and create memories you can cherish together. It is a weekend of celebration of everything that makes our sport so special.

I hope you enjoy what is set to be another fun-filled weekend of gymnastics and I hope you enjoy what is set to be anotherfun-filled weekend f gymnastics and I look forward to chatting to you at Meadowbank.

Doc McKelvey
Chief Executive, Scottish Gymnastics



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Quatro FREEDOM TO PERFORM
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Venue Information

Parking at the venue is limited. Please prepare to park elsewhere and use public transport. You must have a ticket before arriving at the venue to guarantee entry.

The ticket desk is at the main entrance on level 0 where wristbands will be checked. You will be asked to queue before entering the venue, where your email confirmation will be checked, and you will be issued your wristband.

Spectators can enter the performance hall on level 2. Please follow signage and volunteer instructions.

There is plenty to see and do between performances on level 2 and 3.

Visit partners Quatro Leotards, PSB Photography, and buy exclusive Gymfest Merchandise. You can also relax and recharge at Café Refresh on level 0.

Please try not to move around the spectator seating area or leave during a performance. A volunteer will be positioned at the spectator entrance to hold spectators until a suitable time to enter the performance area.

Areas of interest

Level 2
- Spectator seating entrance
- Merchandise area

Level 3
- PSB Photography
- Gymnast and team seating

Toilets

- Female and male toilets are available on all levels
- Accessible toilet and baby changing are on level 3

Photography

Scottish Gymnastics is committed to creating a positive, safe and healthy environment through safeguarding policies and procedures so everyone can enjoy our sport.

We ask that you take time to think about the photos you take of gymnasts and whether they are appropriate to publish and share. This means all photos and videos taken by photographers, coaches, participants, and spectators using professional cameras or personal devices including mobile phones.

You can ask a member of our team if you are unsure about appropriate imagesand read more about safeguarding on our website.

Anyone with professional or dedicated camera and video equipment must be accredited. Please report to the ticket desk to register your equipment before entering the performance hall.

PLEASE NO FLASH PHOTOGRAPHY DURING THE EVENT

UKAD Protecting Sport

Scottish Gymnastics believes in clean gymnastics and works in partnership with UK Anti-doping (UKAD), adopting its anti-doping policy and rules.

All athletes have the right to compete in sport knowing that they, and their competitors, are clean. Whether by accident or on purpose, doping is against the rules of the sport.

The use of performance-enhancing drugs, other banned substances and doping behaviour severely damages the legitimacy of sport and undermines the integrity of clean athletes.

If you are a member of Scottish Gymnastics, these clean sport rules apply to you, regardless of the level you participate at.

Please read all the information on our website to ensure you are working with the laws for gymnastics. **scottishgymnastics.org/clean-sport**

Saturday - 11 November 2023

Morning
9.30am – 12.30pm approx.
Doors open 9.00am

- ELGA
- Ibex Display Team
- EKGC Junior Display Team
- PHD Fundamentals - Team Evolution
- Ayr Display Team
- Linlithgow School of Gymnastics
- Kingston Senior Display Team
- Falkirk Infinity Juniors
- Caithness - Fusion Display Team
- EKGC Senior Display Team
- Largs Gymnastics Club
- Storm Gymnastics
- Acrobay Gymtasia Dream

Medal Presentation & Dance!

Afternoon
2.00pm – 5.00pm approx.
Doors open 1.30pm

- Enigma Gymnastics Club
- Ace Gymnastics
- Kingston Junior Display Team
- Arabian "Jewels" Display Team
- Alvah Gymteam
- Eclipse Oz
- KC Gymnastics
- Falkrirk Infinity Seniors
- Spelthorne
- Dumfries Y GC - Limitless
- EKGC Senior Display Team
- Stonehaven Gymnastics Display Team
- Acrobay Seniors

Medal Presentation & Dance!

Sunday - 12 November 2023

Morning
9.30am – 12.30pm approx.
Doors open 9.00am

City of Edinburgh GC

Alvah Gymteam

Arabian "Jewels" Display Team

Linlithgow Juniors

Eclipse Wonderland

Kestrel Display Team

Illusion Spirals

Stonehaven Gymnastics Display Team

Irvine Bay - Cosmic

Caithness – Fusion Display Team

Salto Display

Aberdeen Heroes

Spartans

Sapphire Gymnastics Club Juniors

JUMP Gymnastics

Medal Presentation & Dance!

Afternoon
2.00pm – 5.00pm approx.
Doors open 1.30pm

Aberdeen Acro Villains

Irvine Bay Galaxy

Storm Gymnastics

ELGA

KC Gymnastics

City of Glasgow Rhythmic

Newton Gymnastics

PHOENIX FORFAR

Perth Gymnastics Club

Arbroath

Sapphire Gymnastics Academy Jewels

Irvine Bay Tsunami

Illusion Seniors

Linlithgow School of Gymnastics

Acrobay Gymtasia

Medal Presentation & Dance!

RUN YOUR GYMNASTICS CLUB WITH CONFIDENCE

ClassForKids
an access company

~~£420.~~ £0 ClassForKids licence fee for a year + free set up service*

*T&C's apply

Merchandise

Buy exclusively designed t-shirts and hoodie from the Gymfest shop starting at £13!

Pre-orders can be collected from the merchandise area on level 2, where you'll also find a selection of items to buy.

PSB Photography

PSB Photography is capturing every routine this weekend

Visit Howard and his team to buy your photographs to take home and treasure.

@psbphoto

www.psb.photo

Learn the Gymfest Dance!

We welcome all of our performers to join us on the floor during the medal ceremonies to do the new Gymfest Dance. Family and friends, the fans in the stands, can join in the action too by following the steps below. You can also dance along to the video on our YouTube channel!

Intro

X2 counts of 8 free to prepare

X2 counts of 8 high claps (arms in line with shoulders then clapping above head)

Part 1

Grapevine to the right (step, step behind, step, flick behind left foot)

Grapevine to the left (step, step behind, step, flick behind right foot)

Turn to the right, punch right arm up

Turn to the left, punch left arm up

Repeat grapevine and turns

Step, together, step, clap to the right

Step, together, step, clap to the left

Step forward on right foot raising right arm diagonally above head

Step forward on left foot raising left arm diagonally above head

Step back on right foot putting right arm on hip

Step back on left foot putting left arm on hip

Tap right heel forward and back in

Tap left heel forward and back in

Part 2 (Chorus)

X4 counts jump with right arm punching in air

X4 counts jump with left arm punching in air

X4 counts jump with right arm punching in air

X4 counts jump round in circle turning clockwise with left arm punching in the air

Repeat all chorus

Part 3

Step onto right foot (bending left leg) raising right arm up to ear for x4 counts

Step onto left foot (bending right leg) raising left arm up too to ear for x4 counts

Step right foot back in bending both arms down together for x4 counts

March for x4 counts starting on right foot

Step out right foot whilst rolling arms up high to the right for x4 counts

Step out left foot whilst rolling arms up high to the left for x4 counts

Step out right foot whilst rolling arms down low to the right for x4 counts

Step out left foot whilst rolling arms down low to the left for x4 counts

Repeat all rolls

Heading to the right side - step back right, left, right whilst circling arms up

then snap arms down and feet together on 4th count

Heading to the left side - step back left, right, left whilst circling arms up then

snap arms down and feet together on 4th count

Step to right putting right arm directly in front of you, step left foot in to tap,

bringing right arm back to side

Step to left putting left arm directly in front of you, step right foot in to tap,

bringing right arm back to side

Step to right putting right arm straight up next to ear, step left foot in to tap,

bringing right arm back to side

Step to left putting left arm straight up

next to ear, step right foot in to tap,

bringing right arm back to side

End Pose

Standing in big star shape!

Routine Order

- Intro
- Part 1
- Part 2
- Part 1
- Part 2
- Part 3
- Part 1
- Part 2
- Part 3
- Part 3 (from rolls only)
- End pose

If you've played The National Lottery, you've supported gymnastics across Scotland.

THANK YOU

Every week, National Lottery players raise an amazing £30 million for good causes, including gymnastics.

By buying a National Lottery ticket, you have supported clubs across the country, creating opportunities for everyone to get involved in the sport.

www.sportscotland.org.uk

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the national agency for sport

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INVINCIBLE
Gymnova are proud sponsors of
Scottish Gymnastics – Bringing Communities Together
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