



A Carnivale – Cirque de Gymnastique

**8th October 2009
Melbourne**

Participation Guidelines

Presented by Gymnastics Australia and Gymnastics Victoria



**Gymnastics
Australia**



**Gymnastics
Victoria**

Introduction

Gymnastics Australia and Gymnastics Victoria are proud to present a gymnastic gala event in Melbourne. **“Cirque de Gymnastique”** will be a theatrical show under lights, open to teams from all Gymsports who can create a quality performance within the bounds of the theme: **“A Carnivale”**.

Cirque de Gymnastique began in Western Australia as a way for gymnasts to showcase their many skills in a creative performance arena. Performers are also offered a glimpse of one possibility for their talents post-competitive career. Gymnastics Australia and Gymnastics South Australia produced a Cirque de Gymnastique show for the Adelaide Fringe in March this year following on from a successful 2008 event in Adelaide. Over 170 athletes from all gymsports performed in five sold out shows. Victorian teams will have the opportunity to perform their own routines within the same theme.

Gymnastics Australia will be applying to enter Cirque de Gymnastique into the Melbourne Fringe Festival. The Melbourne Fringe has been running since 1982 and is a festival for developing the arts. Being part of the Fringe Festival gives the show a greater exposure to the general public through the Festival Guide and offers performers an entry point to discover the wider fringe program. Sport meets art in Cirque de Gymnastique.

The show will be advertised to the general public within the Melbourne Fringe Festival Guide along the lines of: *Be transported to a colourful carnivale with Cirque de Gymnastique. Over a hundred tumbling, dancing, flying acrobats and gymnasts will amaze you with their skill. The massive cast combine to create a vibrant parade with human pyramids, cheerleading, trampolines and the impressive German Wheel.*

All ages, abilities and gymsports are welcome to participate in this national event for Australian display teams.

These Participation Guidelines will assist coaches in preparing their teams for the 2009 Melbourne Cirque de Gymnastique and help make the most of the opportunity. Teams requiring additional information should contact Gymnastics Australia's Gymnastics for All Program Manager, Petrina Hutchinson: phutchinson@gymnastics.org.au or Gymnastics Victoria's Sport Operations and Development Manager, Melanie Jones: sport@gymnasticsvictoria.org.au.

The aims of Cirque de Gymnastique are:

- To promote the diversity of gymnastics to the general public
- To provide an opportunity for members to display their talents in a performance arena
- To assist in the development of all participants and coaches
- To be a stepping stone towards participation in a World Gymnaestrada
- To increase participation in Gymnastics for All, amongst all ages and abilities
- To assist in the growth and development of Australian Gymnastics for All events

The Program

Cirque de Gymnastique will include two performances plus a dress rehearsal, all on **Thursday 8th October 2009**. Local participants will also have the opportunity to be part of other Melbourne Fringe Festival activities.

The features of Cirque de Gymnastique are:

- Non-competitive
- All performances are linked under the theme **a Carnivale** to create one unified show
- Increased exposure, benefits and opportunities for promotion as part of the Melbourne Fringe Festival
- Participating teams can apply for sanction to attend the 2011 World Gymnaestrada
- No participation fees – all production costs are covered by ticket sales

Getting Involved

Team Registration:

All teams who wish to perform in Cirque de Gymnastique need to complete the form attached to this information sheet, giving details of proposed team numbers and type of performance. This registration form must be returned by 5th June 2009 to Melanie Jones, Gymnastics Victoria's Sport Operations and Development Manager via email: sport@gymnasticsvictoria.org.au. Melanie can be contacted via telephone on: (03) 9214 6020 ext 206. A Word copy accompanies this document to assist with email returns.

Individual names of participants and support crew will be required by mid September. Coaches are required to sign a Team Agreement to show a commitment to their group's full involvement and acceptance of the right of GA and GV to photograph and film the show and performers.

Team Commitments:

In order to be involved, local teams must commit to the following:

- Introductory meeting for coaches on **Sunday 14th June at 4.30pm** at the Victorian HPC
- Two rehearsals prior to the event for all performers: tentatively 16th August and 20th September, dates will be confirmed at the 1st meeting in consultation with coaches
- Promote the show within their local community and encourage ticket sales

Choreography:

Teams can choreograph their own performance and will be given further information at the first coaches' meeting. Performances should give the feeling of being part of a street parade, especially via strong directions in the entrances and exits, choice of music, costumes and presentation to the audience (have a look on YouTube for a variety of street parades from around the world for inspiration). Choreography assistance can be arranged if required. Audience will be seated on three sides.

Performance Requirements:

- Relation to the theme of "a Carnivale" (i.e. a colourful parade)
- Performances to be no longer than 4 minutes in duration within a ninety minute show
- Performance space of 12m x 12m, Acromat sprung floor, plus un-matted surrounds

- The creative use of other equipment is encouraged. If portable, the movement of supplementary apparatus must be included into the choreography.
- Teams to be of 8 or more participants with some smaller specialty groups also welcome
- Costumes in bright colours with a feature of purple
- Choreography that creates the illusion of a street parade
- All performances to start at the entrance from backstage
- All participants will be part of a mass finale to be taught at the rehearsal
- Participants should be registered members of affiliated gymnastics clubs or participate as special guests

Performance Quality:

As part of the Melbourne Cirque de Gymnastique, teams should ensure that they perform to the best of their abilities. Quality of performance must take priority over skill difficulty. Simple skills performed well have a greater impact than poorly performed, difficult skills. Safety must always be of the highest concern.

When choreographing, remember that the overall aim is to entertain the audience, or at the least have them interested in the performance!

Before including something in your routine, please consider if it is performance worthy and age appropriate to all performers.

Coaches, Manager and Chaperones:

Coaches must be a registered technical member of Gymnastics Australia. Each team will need to ensure that their athletes are supervised throughout the production by providing a chaperone to assist the coach if the performers are under the age of 16. Make-up, costumes and food are the responsibility of each individual team.

Costs:

There will be no participation costs for performers or coaches other than those relating directly to your performance. All teams must provide their own costumes and any specific props. Any profit from the show will be distributed amongst the teams to assist with costs. Please note: There is no guarantee of a profit!

Tickets:

Gymnastics Australia members will be able to purchase tickets via post or the GA website. Tickets will be sold to the general public via the Melbourne Fringe Festival ticket office. Each team can help promote ticket sales within their own communities by putting up posters in the gym and in local shops, distributing flyers and talking up the show to friends and family. The more tickets sold means a better vibe during the shows plus a greater likelihood of a financial contribution back to teams.

Posters & Flyers:

An event poster will be produced and a number will be available for each group to help with promotion. Flyers will also be given to each team to promote the event to your members.

T-shirts:

Event t-shirts can be purchased and will need to be ordered prior to the show. T-shirts will cost approximately \$25 each.

Venue:

The Cirque de Gymnastique will be held in the Show Court of the Melbourne Sports and Aquatic Centre, Albert Park. Warm-up areas will be available in the adjacent basketball courts.

Lighting:

The lighting design is being created by a professional and has the potential to greatly enhance the show. Please let the organisers know if you have any specific lighting requirements as soon as possible. A rough sketch of your floor pattern will be required at the first rehearsal in August.

Music:

If using pre-recorded music, please check the lyrics for explicit language. Teams need to supply a quality copy of the music to Melanie Jones at the August rehearsal. Please include the song title and performer. Live music is most welcome – please inform Melanie if using.

Equipment:

The performance space will be set with the following equipment for the duration of the show:

- Full Acromat sprung floor with a performance space of 12m x 12m plus 2 metre surround
- Two “Rebound” string bed trampolines as used in the 2007 World Championships, will be situated across the back of the floor
- Other large apparatus such as beams, bars, rings etc can be arranged
- Supplementary equipment as required, such as crashmats, mini-tramps, boxes etc will also be available if required

Teams should indicate their proposed apparatus use on the registration form and indicate if it needs to be supplied.

The placement and removal of the supplementary equipment needs to be part of the choreography rather than a break between performances. Get creative!

Pathway to the World:

After participating in Cirque de Gymnastique, teams can apply for sanction to attend the 2011 FIG World Gymnaestrada as part of the Australian Team. This is the pinnacle event worldwide for display gymnastics and an incredible experience for athletes of all Gymsports. The 2007 WG had over 20,000 participants from 52 countries with 172 from Australia. Participants ranged from young children to veterans, folk dancers to World Champions and everywhere in between. More details available at: www.wg-2011.com or contact phutchinson@gymnastics.org.au for information on the Australian team.



Gymnastics Australia
Gymnastics For All

**2009 Melbourne Cirque de Gymnastique
A Carnivale
Team Registration Form**

Name of Club and Team:

Coach and contact for the event:

Telephone:

Best time to call:

Email:

Team Manager:

Proposed number of performers:

Approximate age range:

Are you able to attend the coaches' meeting at 4.30pm on 14th June, HPC? Yes No

How would you describe the style of your group? eg: Gymsport, level of skills, specialities

What apparatus will your performers use? Will you bring it yourself?

If you have a routine idea already, please describe briefly.

Would you like help with the choreography or performance ideas?

**Please return to Melanie Jones at Gymnastics Victoria:
sport@gymnasticsvictoria.org.au or fax to: 03 9214 6024
By 5th June 2009**