

December/ Desember 2025

KAROO
GYMNASTICS

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Gimnaste van die jaar!

Karoo Gymnastics

News/ Nuus

Oorsig 2025

2025 het in 'n oogwink verbygevlieg. Sedert my terugkeer in April het my voete skaars grond gevat!

Een van die belangrike verwickelinge hierdie jaar was dat Karoo Gymnastics (Somerset Oos) en Karoo Gymnastics (Graaff-Reinet) in twee afsonderlike klubs verdeel het. Karoo Gymnastics (Graaff-Reinet) gaan voort as 'n onafhanklike klub met 'n nuwe naam, onder leiding van Jade Edwards. Karoo Gymnastics (Somerset Oos) tree die nuwe jaar binne as Karoo Gymnastics Club, met myself en Leandi Muller aan die stuur.

In dieselfde asem wil ek Leandi Muller hartlik verwelkom as afrigter by Karoo Gymnastics Club. Sy was voorheen as gimnas by die klub betrokke en kry nou die geleentheid om haar passie vir die sport as afrigter uit te leef.

'n Verdere positiewe ontwikkeling is dat ons sedert die Somerset Oos Landbouskou eksklusiewe gebruik van die gimnastieksaal het. Dit skep 'n veiliger, meer ruim en beter geventileerde omgewing vir ons gimnaste.

Sedert April het die klub ook merkwaardig gegroei – van byna geen gimnaste nie, tot 'n totaal van 29 gimnaste vandag. Ons ontvang steeds gereeld navrae van ouers wat hul kinders vir gimnastiek wil inskryf, en ons sien met opgewondenheid daarna uit om nog meer kinders by die sport te betrek.

Aangesien die saal nou vyf dae per week beskikbaar is kan ons 'n groter verskeidenheid klasse aanbied. Van die klasse wat ons in die vooruitsig stel is onderandere 'n "Ma en Kleuter" klas waar die moeders saam met hul kleuters betrokke is.

Die moontlikheid bestaan dat ons Parkour klasse sowel as algemene fiksheid en soepelheid klasse kan aanbied.

Ons wil ook 'n eersthulp kursus reel indien daar genoeg belangstelling is. (Ons sal minstens 10 kandidate per kursus benodig.)

Ek wil hiermee ook almal bedank vir hul ondersteuning gedurende die afgelope jaar. Dit beteken geweldig baie vir ons.





Klub Registrasies 2026

Om die klub registrasie proses te vergemaklik is daar besluit om, waar gymnaste wat reeds in 2025 geregistreer was en voortgaan na 2026, dit nie nodig is om die volledige registrasie vorm weer in te vul nie. Die registrasie besonderhede sal dan na 2026 oorgedra word, en nagegaan word vir ontbrekende inligting, byvoorbeeld ID Nommers, wat dan individueel aangevra sal word.

Nuwe gymnaste moet egter steeds die registrasie vorm invul deur die skakel te volg. <https://forms.gle/fhb6aUZiw6Mwe93T6>

Prys Struktuur 2026

Weens stygende kostes en inflasie moet ons weer hierdie jaar 'n aanpassing in ons pryse maak.

Ons probeer om die veranderinge so laag as moontlik te hou.

In behoeftige gevalle vra ons dat daar met ons gesels word sodat 'n ooreenkoms bereik kan word. (Alle inligting sal streng vertroulik hanteer word.)

Alle betalings is streng vooruit tensy daar reelings getref is.



Prys Struktuur 2025		
Somerset Oos		
Item	Beskrywing	Fooi
Admin en toerusting heffing.	Jaarlikse fooi om toerusting in stand te hou en administrasie af te handel.	R185 per jaar.
1 x les per week	Moet kwartaalliks vooruit betaal word.	R525 per kwartaal.
2 x lesse per week	Moet kwartaalliks vooruit betaal word.	R1020 per kwartaal.
Besoeker klasse.	Moet met elke les betaal word.	R70 per les.
Jaarlikse Tarief (1 x per week)	Vooruit betaalbaar voor 01 Januarie 2026	R2000 per jaar
Jaarlikse Tarief (2 x per week)	Vooruit betaalbaar voor 01 Januarie 2026	R4000 per jaar.
Maandelikse Terme (1 x per week)	Vooruit betaalbaar voor die 1ste van die maand.	R210 per maand.
Maandelikse Terme (2 x per week)	Vooruit betaalbaar voor die 1ste van die maand.	R410 per maand.



GSA Registrations

Gymnastics South Africa requires that every gymnast participating in gymnastics in a club must be registered with GSA annually and must be paid by end February 2026.

It is recommended that all gymnasts be registered as Category B or C (if applicable) and then be upgraded to A or E when needed.

Category	Description	Fee
A	Competitive gymnasts Level 4+ who qualify to participate in Gym Games.	R645
B	Pre-school and noncompetitive gymnasts. (Can be upgraded to Category A or E when needed.)	R110
C	Financially disadvantaged gymnasts. (Proof of income and means test to be done.)	R220
E	Competitive gymnasts Level 1 – 3 who may be allowed to compete in EC competitions and Zone Trials/ Zone Competitions.	R435
B to A	Upgrade Cat B to Cat A	R535
B to E	Upgrade Cat B to Cat E	R325
E to A	Upgrade Cat E to Cat A	R210

Competitions

We are planning to host at least three Club Invitation competitions as well as three District Trials during the year to qualify gymnasts for the district championships that normally takes place in June.

The dates will be shared as soon as we receive the GSA and ECGA calendars.

We are also going to have several challenges based on the required skills during the year.

The competition age for kids is as follow:





Girls			
Age	Competition		
3 years and above	Club and Invitation Competitions		
6 on 31 December but may not compete while still 5	District Trials & District Championships. (Levels 1 to 3)		
7 years and older	May qualify for L4 and above to go to the National Championships.		
Boys			
Age	Competitions	Apparatus	Pinnacle Event
3 Years +	Club and Invitation Competitions		
7 Years	1st Division	4 Apparatus	Provincial Championships
8 Years	1st Division	4 Apparatus	National Championships
9 - 14 Years	1st Division	4 Apparatus	
	Premied Div	6 Apparatus	
Junior 16 Years and Under	2nd Division	1-6 Apparatus (GSA Rules)	
	1st Division	1-6 Apparatus (FIG Rules)	
	Premier Division	1-6 Apparatus (FIG Rules)	
Junior 17 to 18 Years	2nd Division	1-6 Apparatus (GSA Rules)	
	1st Division	1-6 Apparatus (FIG Rules)	
	Premier Division	1-6 Apparatus (GSA Rules)	
Senior 18 Years and older	2nd Division	1-6 Apparatus (GSA Rules)	
	1st Division	1-6 Apparatus (FIG Rules)	
	Premier Division	1-6 Apparatus (FIG Rules)	

Note:

GSA Rules = Gymnastics South Africa Rules and Scores

FIG Rules = International Rules and Scores that is used in international competitions.

Levels

Here is a short explanation of the different levels:

Level	Description
Mom & Toddler Class	This age group is 18 months to 3 years. This group is for moms who come to class with their toddlers and do exercises with them. We focus on mobility, motor skills, interpersonal skills, etc.
Pre-School	This is the 3 to 5-Year-old kids and we focus on Motor Skills, Agility, Fitness, Flexibility, basic gymnastics skills.
Pre-Level 1	This group is normally about 5 - 6 years old, and we introduce them to the Level 1 skills to prepare them for Level 1.
WAG (Girls) Level 1	This group is normally 6 years or older. It normally takes about 6 – 12 months to develop the skills needed for Level 1, although exceptions are possible. Gymnasts at this level can take part in the Gymnastics Festivals and can be awarded District Colors.
WAG (Girls) Level 2	This group have completed (and preferably competed in) level one and moved up into more challenging routines. It is a step up from Level 1 and requires more focus and dedication. It is preferred that Level 2 gymnasts train at least 2 hours per week. Gymnasts at this level can take part in the Gymnastics Festivals and can be awarded District Colors.
WAG (Girls) Level 3	To move up to Level 3 the gymnast must have acquired all the skills for Levels 1 and 2 and have competed on Level 2. At this level the gymnast must train at least 2 hours per week. Gymnasts at this level can take part in the Gymnastics Festivals and can be awarded District Colors.
WAG (Girls) Level 4 and above	At level 4 and above the gymnast moves to higher competition levels and may qualify for provincial colors and represent Eastern Cape in the Gymnastics SA Games. <u>A gymnast on Level 4 needs at least 4 hours of training per week.</u>
MAG (Boys)	A new system is being implemented that consist of 1 st Division, 2 nd Division and Premier Division. Competitions will be per age group and division. 1 st Division (7 years old) gymnasts can qualify to take part in Provincial Championship while 1 st Division (8 years old) can qualify to take part in the National Championships. More details will be provided as soon as possible.





Klub Leotard



Klub Unitard



Klub Sweetpak (Smarag groen kappietop met swart broek)

Klaredrag

Oefen Drag

Meisies

Oefen drag vir meisies is 'n leotard of vol lyf swembroek. 'n T-Hemp en Tigh kan daarmee saam aangetrek word.

Oefen leotards kan bestel word van:

<https://kiddiemajjgs.co.za/> or
<https://flexiblefashion.co.za/>

Seuns

Oefendrag vir seuns is 'n Tigh en T-Hemp wat lank genoeg is om by die tigh in te steek, of 'n unitard. (Los passende klere kan maklik aan die apperate vashaak en 'n T-Hemp wat nie ingesteek is nie is ook gevaarlik.)

Algemeen

- Geen horlosies of juweliersware mag tydens oefeninge of kompetisies gedra word nie.
- Meisies wie oorbelle dra mag slegs "studs" dra.
- Lang hare moet ten alle tye vasgemaak wees. (Voorkom asb. stywe bollaas aangesien dit mag seermaak tydens sekere oefeninge. Vra die afrigters se hulp indien onseker.)
- Tydens klub kompetisies is dit nie verpligtend om klub uitrusting te dra nie. Oefendrag is voldoende.

Klub Uitrustings

Klub uitrustings word teen einde Januarie tot midel Februarie bestel aangesien dit doelgemaak word volgens elke kind se mates. Tydens proewe sowel as distrik kompetisies moet 'n klub leotard/ unitard en klub sweetpak gedra word.

Aangesien niemand in die klub oor die oorspronklike uitrustings beskik nie het ons besluit om 'n nuwe uitrusting bekend te stel.

Sien fotos van die nuwe klub uitrustings links.

Klas Tye

Die eerste week of twee van die nuwe jaar is gewoonlik baie deurmekaar soos die kinders hul plekke in die skolesport probeer vind.

Ons sal egter voor die skole heropen 'n konsep rooster saamstel met al die beskikbare tydgleuwe sodat ons rondom die kinders se ander sportsoorte kan werk, maar ons wil ook probeer om 'n minimum van vier gimnaste per tydgleuf te hê.

Almal se samewerking sal opreg waardeur word ten einde dit vlot te laat verloop.

Rules & Code of Conduct

As with anything in life there are certain rules that need to be followed for everybody's safety. Here are a few:

1. Respect your fellow gymnasts.
2. No bullying, rough play, swearing or bad names.
3. Respect your coaches. (Do not interrupt.)
4. Do not play on any equipment without the coach's permission.
5. No gymnast may leave the hall without the permission of the coach.
6. Always bring a water bottle to training.
7. Parents to please inform coaches when a gymnast cannot attend class.
8. Coaches must be informed of any injuries or illness before the class commences.
9. Clothing:
 - No shoes on the mats or equipment.
 - Girls: Leotard or One Piece Swimming costume. T-Shirt and Tights can be worn with it.
 - Boys: Tights and T-Shirt or Unitard.
 - No jewellery, watches or cell phones allowed during training.
10. On arrival at the club gymnasts must wait in the area indicated by the coach until the start of their session.
11. Gymnasts are to remain in the hall after training and must be fetched by their parent/ caregiver.



*Ons wens almal 'n geseende
Kersfees en voorspoedige
2026 toe.
We wish everybody a
blessed Christmas and
prosperous 2026.*