



Miss Rhythmics Gymnastics Club

EVENTS and COMPETITIONS 2025

END OF YEAR PERFORMANCE

All our students are invited to participate in the special Gala Performance that we organise for our community, parents and families and all gymnasts at the end of each year. This is a perfect opportunity to watch your children showcasing their talents and skills developed throughout the year. The concert is a wonderful event for everyone involved! Moreover, it enhances students' confidence, self-esteem and performance skills. This a must-see event!

Date and location: Saturday, 29 November 12pm-3pm at the Light of Christ Centre, Waitara (TBC)

Dress Rehearsal: Saturday, 29 November 9am-12pm (TBC)

COMPETITIONS

At Miss Rhythmics we invite all our students who enrolled into competitive groups to participate in Rhythmic Gymnastics competitions in NSW (L1-10), Interstate (L5-8, Development and HP) and Nationally (L5-8 individuals and Multiples groups).

COMPETITION LEVEL	COMPETITION APPARATUS	COMPETITION OUTFIT	COMPETITIONS
High Performance and L10	Freehand Hoop Ball Clubs Ribbon	Individual RG leotards, Miss Rhythmics tracksuit, Club t-shirt.	<ol style="list-style-type: none"> Sunday, 2 March: Judges Routines Review - Aurora Gymnastics 5-6 April: Trial 1 (HP and L9-10) - PCYC Hawksbury 3-4 May: Trial 2 (HP and L9-10) – NCIE Redfern 23-25 May: NSW State Championships (HP and L9-10) - Shoalhaven Indoor Sports Centre. 12-17 July: Australian Championships (HP and L10) - Gold Coast Sports and Leisure Centre
Development individuals (Pre-high Performance)	Freehand Hoop Ball	Individual RG leotard is allowed, Miss Rhythmics tracksuit, Club t-shirt.	<ol style="list-style-type: none"> Saturday, 7 June: Miss Rhythmics In-Club Competition 26-27 July: Interstate Competition for L5-9 and Development – QLD Challenge 1, Brisbane, Queensland. 16 August, RG Multiples Grand Prix 1 - Valentine Sports Park.

			<ol style="list-style-type: none"> 4. 30 August, RG Multiples Grand Prix 2 - Valentine Sports Park, Glenwood. 5. 13 September, RG Multiples State Championships & Grand Prix Final - Sydney Gymnastics & Aquatic Centre, Rooty Hills. 6. 21-27 September, Gymnastics National Clubs Carnival (NCC), Gold Coast Sports and Leisure Centre.
Multiples: Rhythmic Gymnastics Groups	<p>Cat 1, 2, 3, 4 - Freehand Cat 1 – 4 Balls and 3 Hoops Cat 2 – 4 Hoops and 3 Balls Cat 3 – 4 Clubs and 3 Hoops Cat 4 – 4 Balls and 3 Ribbons</p>	<p>Miss Rhythmics club leotard (some Cat 3/4 teams may wear specific leotard for a choreography); Miss Rhythmics tracksuit, Club t-shirt.</p>	<ol style="list-style-type: none"> 1. 16-17 August, RG Multiples Grand Prix 1 - Valentine Sports Park, Glenwood. 2. 30-31 August, RG Multiples Grand Prix 2 - Michael Clarke Recreation Centre, Carnes Hill. 3. 13-14 September, RG Multiples State Championships & Grand Prix Final - Sydney Gymnastics & Aquatic Centre, Rooty Hills. 4. 21-27 September, Gymnastics National Clubs Carnival (NCC) – for selected teams only - Gold Coast Sports and Leisure Centre.
Levels 5-9	<p>L5-8 must have all apparatus: Rope, Hoop, Ball, Clubs and Ribbon and bring to each class. Competition apparatus: L5 – Ball, Clubs L6 – Hoop, Ribbon L7 – Hoop, Ball, Clubs L8 – Hoop, Clubs, Ribbon Freehand – NCC</p>	<p>Individual RG leotard is allowed. Miss Rhythmics tracksuit, Club t-shirt, black shorts</p>	<ol style="list-style-type: none"> 1. Saturday, 7 June: Miss Rhythmics In-Club Competition (L5-8 and Development) 2 Saturday, 28-29 June: GNSW Invitational competition for L5-8, PCYC Hawksbury. 3 26-27 July: Interstate Competition for L5-9 and Development – QLD Challenge 1, Brisbane, Queensland. 4 2-3 August: RG Intermediate State Championships, PCYC Hawksbury. 5. 21-27 September, Gymnastics National Clubs Carnival (NCC), Gold Coast Sports and Leisure Centre.
Levels 3-4	<p>L3: Ball and Clubs L4: Hoop and Ribbon Rope (extra)</p>	<p>Miss Rhythmics club's leotard. Miss Rhythmics tracksuit, Club t-shirt.</p>	<ol style="list-style-type: none"> 1. 18-19 October: RG NSW Invitational L1-4 - Sydney Gymnastics Centre 2. 1 November (Saturday): Miss Rhythmics in club competition - LOCC, Waitara

			3. 15-16 November: NSW Junior State Championship - Sydney Gymnastics Centre
Levels 1-2	Freehand Hoop Ball Rope (extra)	Cerise Pink Lycra leotard and shorts (optional), toe shoes; Miss Rhythmics tracksuit, Club t-shirt.	1. 18-19 October: RG NSW Invitational L1-4 - Sydney Gymnastics Centre
			2. 1 November (Saturday): Miss Rhythmics in club competition - LOCC, Waitara
			3. 15-16 November: NSW Junior State Championship - Sydney Gymnastics Centre

Competition Apparatus

- Gymnasts must purchase and bring to each class all apparatus that is stated in table above as COMPETITION apparatus.
- Even though students won't be competing with the "extra apparatus" this year yet, we give all our Levels an opportunity to practice with additional RG apparatus, to prepare their skills for years ahead. They also must purchase and bring it to each class.

Competition outfit

- Competition outfit can be ordered from our club, well in advance please. Order form is available on request. For more information on competition uniform requirements, please go to INFORMATION/UNIFORM section on the website.

Competitions

- Usually all competitions are held over a whole weekend. Some levels can be performing on Saturday, others – on Sunday. Information on exact day and time will be available only 1 week prior to competition. All competition students are advised to leave the whole weekend for the competition and don't take on any other commitments.
- As per Gymnastics NSW technical regulations, to participate in Junior or Intermediate State Championships a gymnast MUST compete at NSW Invitational competition. In other words, if gymnast misses NSW Invitational competition, she is unable to perform at the State competition.