

WHAT IS A FREEG JAM

Overview

The Gymnastics NSW GfA Gymsport Committee would like to support FreeG Clubs and athletes with the opportunity to run a FreeG JAM. The events focus is social with FreeG Coaches and athletes coming to together in a social setting to explore and show the spirit of FreeG.

This is a **Club run activity** for FreeG Clubs to promote a come n try opportunity and extend and invite to the community to foster friendships with other FreeG clubs.

FreeG JAM Structure

Is this a competitive or social event?

The FreeG Jam is a social event where athletes and coaches come together to network and learn new skills in a fun and supportive environment.

How many FreeG JAMS will there be?

The community would like 3 Jams to appear throughout the year, with JAM days run in between the Grand Prix events.

Are the FreeG JAM events sanctioned qualification events for the Release your Freedom Grand Event?

No, attendance at a JAM event does not count as part of the Grand Prix Serries.

At what age and what Level can an athlete attend the JAM Series?

Athletes age 5 years and above from beginner Level (Yellow) to Advance (Black).



What is the Entry Fee?

There is zero cost to enter a JAM event, however the club may have fundraisers etc that will be on offer to the athletes and coaches on the day i.e. a BBQ.

Will awards will be presented?

There are no compulsory awards for a JAM however the club may have their own fun awards that they would like to hand out i.e. New trick achieved.

Responsibilities

GNSW

- JAM applications available on the GNSW website.
- Inform GNSW GFA Gymsport Committee of event.
- Promote JAM on Social media and other GNSW marketing tools.

GNSW GfA FreeG Coordinator

- Be aware of the event.
- Liaise with club and offer assistance.
- Choose to attend the event.

Club

Before the event:

- Complete all sanctioning forms required to GNSW.
- Liaise with GNSW GFA FreeG Coordinator
- Liaise with interested Clubs

On the day:

- Supply suitable staff to run the JAM"
- Compile a list of attendees
- Complete risk assessment
- Run the event and supply volunteers
- Run a fundraising BBQ or Canteen
- Prizes for JAM games/ speed run / freestyle / new trick etc.

Post event

- Send attendance list to ESDO with any incident reports
- Supply a news story to GNSW Marketing.

Apply to host a FreeG 'JAM'

How can my club hold an FreeG JAM event?

1. Go to the GNSW Event [Friendly Competitions Calendar](#)
2. Complete the [Sanctioned Event Application](#) - **Event type:** Club Friendly/ **Gymsport:** GFA /**Available Levels:** other / **Judges and entry form:** N/A
3. Applications will be then sent to the GFA GC for consideration and selection.
4. Successful applicants will be sent a formal letter and the event added to the GNSW website.

Start Here, Go Anywhere!

