

# 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 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 Series.

### 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!**