

**Welcome back to Kristiansand  
GYM 2004**

**International Gymnastic Festival  
for children, youths and adults of all ages  
24th - 27th June 2004**

Kristiansand and Southern Norway welcome you again to a fantastic international gymnastic festival. GYM 2004 is organised by the Kristiansand Gymnastic Club (KTF), in cooperation with the Norwegian Gymnastic Federation, Kristiansand town council, Vest-Agder county council, the Kristiansand Zoo and Leisure Park and a Festival arrangement team.

***International.***

Straight after the successful completion of GYM 2002, we began the marketing of GYM 2004 by participating in other festivals and, with the cooperation of the Norwegian Gymnastic Federation, at Gymnastrada 2003 in Lisbon.

The response suggests that we will have a record-breaking attendance this time, also in the number of participating nations. Already, before this official invitation is sent out, participating troops from Berlin, England, Brazil and Denmark are registered and the Riverside display team, so popular last year, have enrolled this time as well.

One of our aims is to have participants from every continent, so it will undoubtedly be a colourful festival. Don't miss the party!

***Who can participate?***

EVERYONE - no matter skill-level, age or background. Join in with the displays, competitions or just the social side.

***The following age restrictions apply.***

Free age limit

- participation in all displays. Under the condition that each group with participants under 13 years of age appoint someone responsible for those participants during the festival. Groups can have troops of purely under 13 year olds or integrate them in youth and/or club troops.
- participation in special-troops, club- troops and regional-troops
- Kristiansand Zoo and Leisure Park

From 13 years of age

- participation in all competitions (junior/senior)
- participation in workshops
- participation in 'on-the-spot coaching' for troop gymnastics
- participation in the Exhibition Competition

From 15 years of age

- participation in 'on-the-spot coaching' for Aerobics

From 40 years of age

- participation in the Veterans Mix Joint Troop

***Indoors and outdoors***

This year we have an enclosed arena with grandstands in the town centre for all types of displays. We even have a roof over the area, so we don't need to worry about bad weather!

Our cooperation with the Culinary Masterteam and the cooking competition will bring a social touch to the arena.

The Zoo and Leisure Park will be a new addition to exhibition sites and display troops can perform both there and in the town.

Gimlehallen, as before, will be the site for competitions and various training activities.

The Badminton Centre will be used for training camps and other activities.

***Displays***

The display arenas, both in the town centre and the Zoo, are 20m. x 20m.

The time-limits given below include 'march-in' and 'march-out' times.

***Regional displays***

We invite applications for regional displays, where the regional troops are free to choose the number of participants and the number of different clubs within the region and are also free to split the troop into different age groups. Regions are encouraged to show their diversity. Each regional troop has a maximum of 12 minutes for their display.

### ***Club troops***

All club troops are welcome.

Clubs can choose to participate in the display arena and/or the Exhibition Competition in Gimlehallen.

Each club troop has 8 minutes at their disposal for their display.

For further information on the competition please see [www.gymfestival.com](http://www.gymfestival.com)

### ***Special troops***

All special troops are allotted times in the main arena and at the Zoo.

Cross off on the application form if you want more display times and we will get back to you.

All special troops are allotted 5 minutes. Use your imaginations for displays and costumes.

### ***'On-the-spot coaching' - troop gymnastics***

Instructor: Vivi Ann Evensen

Here we will make up a simple programme for youths from 13 years of age. Gymnastics, pyramids etc. will be part of the programme and a draft programme will be sent to those clubs who enrol.

### ***Veteran Mix Joint Troop***

Instructor: Solveig Kjøråas

After the successful display by joyful veterans last year we would like to invite, indeed challenge, all veterans to join in a Joint Troop again. A simple programme has been put together and this can be learnt partly before, and partly during the festival.

### ***'On-the-spot coaching' - Aerobics***

This is an aerobics class for those over 15 years of age and who consider that they master aerobics well.

This class is recommended for those who have participated in aerobics for quite a while.

### ***Other training activities***

GYM 2004 is not just about competitions and displays. It is also about free time activities, entertainment and learning other things. We will therefore offer a variety of activities for everyone who wants to make the most of their time here.

We are planning classes in Jazz-dance, Line-dancing, Aerobics, Breakdance, Samba and other non-gymnastic activities.

We will come back to this at a later date, but in the meantime please let us know your interests.

### ***Sportsdrill training camp***

The Norwegian Gymnastic Federation's Technical Committee for Sportsdrill in cooperation with GYM 2004 will organise a training camp for those interested in Sportsdrill. The camp will be led by an internationally known coach

### ***Trampoline training camp and competition***

The Norwegian Gymnastic Federation's Technical Committee for Trampoline in cooperation with GYM 2004 will organise a training camp for those interested in Trampolining. The camp will end with a trampoline competition.

### ***RS training camp***

GYM 2004 has cooperated with the well-known Russian GRS school in Nizhny Novgorod. The school has produced many Russian performers at national level.

Olga Tishina, who is the RS instructor at the school, will be at GYM 2004 to hold a training camp. With her will be some of Russia's best RS gymnasts. This is a marvellous opportunity to learn from the best.

### ***GYM Gala***

This is the highlight of the festival and will be led by Stian Barsnes Simonsen, a Norwegian television celebrity. Here we will gather European and World champions, as well as the best troops from the festival for a fantastic show in a professionally lit Gimlehallen.

The GYM Gala is always a memorable finish for the festival.

## ***Competitions***

The following competitions will be arranged:

National:

Tumbling	junior and senior
Trampette	junior and senior
Floor	junior and senior

International:

Team Gym Men	junior and senior (the Nordic Champion teams are invited)
Team Gym Women	junior and senior
Team Gym Mix	junior and senior
Trampoline	junior and senior

## ***Exhibition Competition***

This exciting competition was tried out for the first time last year and again we invite you to join in a competition for display troops.

This competition is open to international participants and is split into two categories:

Large groups (over 25 participants) and small troops.

The competition will be held in the Gimlehallen and troops will have an area of 30m. x 20m. at their disposal.

The displays will be held in a darkened hall with professional lighting.

A qualifying round will be held for Norwegian troops on Thursday evening and the best troops in each class will meet the international troops in the final on Saturday evening. The judging team will be from Norway and other countries.

For more information and the competition rules please contact Kristiansand Gymnastic Club.

NB

All activities are offered on the condition that adequate numbers of applications are received.

## ***Free time activities***

Summertime in Kristiansand is well worth experiencing, and in particular this summer.

**Last year the Zoo and Leisure Park had 30 000 visitors and as a GYM 2004 participant you have free entry to the Zoo.**

There will plenty of other things for you to do, for example:

- Coastal trips
- Together with 'Destination Southern Norway' there will be:
  - rafting and climbing
  - Discos and evening entertainment at Samsen activity house
  - Kristiansand Zoo and Leisure Park. Look at [www.dyreparken.com](http://www.dyreparken.com)
  - Free training at TRIVSEL, the KTF health studio at Lumber

More information will be sent to applicants when we receive their applications.

## ***The Festival of Taste***

The Culinary Team and GYM will join up in the main arena in the town centre.

There will be cooking displays and competitions and GYM participants can enjoy the atmosphere in all the pavement restaurants in the area. The intimate nature of the town centre is perfect for this type of activity.

## ***Board and lodging***

We can offer lodgings in schools, apartments and hotels.

The Festival Package for GYM 2004 includes lodging in schools (bring your sleeping bag etc). Most schools are within walking distance of Gimlehallen.

The hotels are in the town centre and are also within walking distance of Gimlehallen.

Meals will be available in the canteen of the Cathedral School which is next door to Gimlehallen.

## ***The Festival Package***

The Festival Package costs Kr. 1 300,- and includes the following:

- Festival subscription
- competition subscription
- festival shirt

- accreditation card
- entry ticket to Zoo and Leisure Park
- festival programme
- lodging in schools from Thursday to Sunday
- meals from dinner on Thursday to lunch on Sunday
- free entry to all competitions
- free public transport in Kristiansand during the festival
- extra activities, workshops and training activities
- free entry to GYM 2004 disco
- special offers and discounts for GYM 2004 participants in Kristiansand town

### ***Prices***

Full festival package NOK. 1 300,-

Festival package from Wednesday Kr. 1 440,- (includes breakfast and lunch Thursday)

Festival package with lodging in hotels ( breakfast in hotel, lunch and dinner in school)

Medium standard:

4 beds	NOK. 1 890,- (extra night Kr. 275,-)
3 beds	NOK. 1 960,- (extra night Kr. 300,-)
Double room	NOK. 2 080,- (extra night Kr. 325,-)
Single room	NOK. 2 730,- (extra night Kr. 560,-)

Higher standard:

3 beds	NOK. 2 190,- (extra night Kr. 330,-)
Double room	NOK. 2 400,- (extra night Kr. 395,-)
Single room	NOK. 2 950,- (extra night Kr. 575,-)

**MORE INFORMATION ? CHECK [WWW.GYMFESTIVAL.COM](http://WWW.GYMFESTIVAL.COM)**