



194 Roberts Road, Airport West, 3042 | 03 9336 4077 | www.ekga.com.au | gymnastics@ekga.com.au

What is the EKGA Awesome Challenge?

The Awesome Challenge is EKGA's end-of-year competition for Beginners and Levels gymnasts. It's a chance for every child to shine by performing the routines they've been learning all year.

The focus is simple: **fun, friendship, and personal bests**. Each gymnast performs on all apparatus, experiences being scored by a judge, and enjoys the thrill of "competing" in a friendly, supportive environment.

What happens at the Awesome Challenge?

- Gymnasts warm up with their group and coaches.
- Families are invited to watch routines on all apparatus.
- Routines are scored by (kid-friendly) judges.
- Medals are awarded based on performance.
Every child goes home with a Gold, Silver, or Bronze medal!

Is it a test?

No. The Awesome Challenge isn't about pass or fail. It's about celebrating progress, building confidence, and creating a fun competition experience where every gymnast leaves proud of themselves.

Do they move up a Level / change groups after the event?

No. The Awesome Challenge is a celebration of progress, not a test / grading. Coaches regularly assess gymnasts in class and this is emphasized during skill tracking weeks. The Challenge is about enjoying the experience and recognising how far they've come.

What if we can't attend?

We'd love every child to take part, but we understand sometimes schedules clash. If your child can't attend, that's okay, they will still continue in their current class, keep learning new skills, and have the chance to join in future events.

How do we prepare the gymnasts?

In the weeks before the event, classes run in a **mock competition format** so gymnasts know exactly what to expect. This helps them feel calm, confident, and excited for the big day. We don't expect or require additional practice or preparation at home. If your child is anxious about remembering their routines and wants to review them at home the coaches can email you a copy of the routine.

To Teach Gymnastics, To Make it Fun and To Keep the Kids Safe!



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How long does it take?

- **Beginners & Levels 1 & 2:** approx. 1.5 hours
- **Levels 3-8:** approx. 2 hours
(includes warm-up, performances on all apparatus, and medal presentations).

How will EKGA support your child?

We know performing can feel nerve-wracking, so our coaches and judges will be right there beside the gymnasts. Coaches can:

- Assist with skills if needed
- Remind them of what comes next if they forget
- Encourage them to be their very best!

Our whole team works together to make the Awesome Challenge a **positive and memorable experience**.

What to wear/bring

- Leotard (girls) / Gym shorts & T-shirt (boys) – leggings or shorts may be worn with leotards
- Hair neat & tied back, no jewellery for safety
- Water bottle
- Any required medications
- Lots of smiles and energy!

How many spectators can we bring?

We love having families cheer on their gymnasts! Due to space limitations we can only allocated 2 chairs per family, so plan accordingly.

2025 Dates

Sunday, November 9 (Sessions 1-4)

Saturday, November 15 (Session 5)

Sunday, 16 November (Sessions 6-10)

The EKGA Awesome Challenge is one of the highlights of the year. We can't wait to see our gymnasts shine, celebrate their achievements, and share this special event with their families!

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