

# Meets

## **General Information:**

We will travel for all meets including the USAG State Championships. Competition experience helps to build confidence, as well as develop character. Athletes are required to attend the meets offered for the season, including the State meet.

Parents are responsible for transportation to and from meets. Athletes need to be there on time ready for group warm-up. Meet fees are to be paid for at the front desk on time. We will not accept late meet fees, so please don't ask.

A **tentative meet schedule** may be available at the first Gladiators Parent Meeting (date will be posted on the bulletin board outside the gymnastics center & e-mailed).

Do not attempt to pay for items marked TBD until you have the info.

## **Meet Etiquette:**

- Athletes must remain with their coaches throughout the meet and will be released to their parents when the meet is over.
- Parents are not permitted on the competition floor. Athletes and coaches not scheduled to be on the floor are not permitted to be on the competition floor.
- No snacks during a meet.
- Gymnasts should have a bottle of water in their bag.
- No electronics including IPODs or cell phones. Books are permitted, but no board games. Coaches try to encourage interaction with team members and engage in involvement at the meet and encourage team support for other gymnasts.
- Coaches reserve the right to withdraw an athlete from any competition for violations of the Code of Conduct.

## **Athlete Attire for Meets**

- Arrive in uniform for warm ups. (Be sure you are wearing your full uniform and navy blue athletic socks). Bring your own grips and supports to meets.
- Athletes will wear full uniform to awards ceremonies (except sweatshirt).
- No jewelry of any kind.
- Flip-flops or slippers (floors are often not as clean as ours and sometimes very cold, which is not healthy for your child's feet and calves).

## **General Meet Information:**

Boy's meets generally last about 5 hours (give or take). We will travel no more than once per month. Depending on the time of day the boys compete, you may be able to do a day trip or may choose to stay at a hotel overnight (the team will enjoy this bonding time). We may attend meets in places like Utica, Syracuse, Poughkeepsie or Rochester. We intend to begin competition in December and conclude with the State Championships in April. Participation is expected. Parents may want to bring a book & a pillow or stadium seat. Seating can sometimes be limited so we advise arriving early to get a seat. There is usually a spectator fee. Due to the length of the meets and limited seating, we respectfully recommend leaving the little ones at home if possible.