

Meets

General Information:

We will travel and host meets. Level 4 and higher team members are required to participate in League and State Championships. Competition experience helps to build confidence as well as develop character. Athletes are required to attend 75% of the meets for the season.

Parents are responsible for transportation to and from meets. Athletes need to be there on time ready for group warm-up. Buns or braids are preferred for hair style. 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** will be available at the first All 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 at warm up. (Hair snugly in a bun or braid and sprayed down, using clips to keep stray hairs in place). Short hair needs to be off the face.
- Athletes will wear full uniform to awards ceremonies (except team picnic).
- No colored nail polish on toes or fingers.
- No jewelry of any kind.
- Bring your own grips and supports to meets.
- Girls may wear clear glitter nail polish as well as body and hair glitter.
- 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).
- If you are new to the team, you will not likely receive your uniform order until AFTER the first competition. You may wear a solid colored leotard as close to the team's colors as possible.

Home Meets: Parent Responsibility

In order to run a successful home meet, it takes Tremendous Parental participation. For every home meet each gymnast will be asked to donate a food or beverage item for the concession. There will be a posted list of needed items and a sign-up sheet.

A team parent or family member is required to sign up and work a home meet job for every meet. Should we host a championship meet, families will need to commit to additional sessions. There are various jobs that need to get done, such as time keepers, score keepers, admission table, raffle table, set up, and clean up, and so on. Task specific sign-up sheets will be posted well in advance of home meets.

Qualifying Scores for Championships Meets

YMCA League Meets (Qualify at YMCA or USAG meets):

- League Championships- *No qualifying scores, everyone attends.*
- State Championships- *Level 3, 4, 5, & 6- **32.0 (2x this season)**
Level 7, 8, 9 & Prep- **31.0 (2x this season)***
- Regional Championships- *Level 4, 5, 6,- **33.0 (2x this season)**
Level 7, 8, 9 & Prep- **32.0 (2x this season)***
- National Championships- *Level 4, 5, 6- **34.0 (2x this season)**
Level 7, 8, 9 & Prep- **33.0 (2x this season)***

USAG League Meets (Qualify only at USAG meets):

- State Championships- *Level 5, 6, 7, 8, 9 - **34.0 (fairly consistently)***
- Regional Championships- *Level 8, 8, 10 athletes must qualify at USAG State*

Optional levels (7, 8, 9, 10)

In order to progress at this level, attending 4 practices a week as often as possible is necessary (required for level 9+). Athletes are encouraged to participate in additional conditioning and flexibility on their own as well as endurance training as tolerated. Many club teams require athletes at this level to put in 18+ hours per week. (*Not to worry, our athletes have successfully competed against clubs even placing in the top 10 at USAG state meets*). I believe that many of our athletes have goals to participate at a collegiate level and in order to help them accomplish this, we have set a course that has them progressing at a steady rate in order to preserve their bodies and avoid burn out. This also allows for time for family, friends and other activities outside the gym. For this reason, the Head Coach has opted to have athletes at this level compete only once per month so that they will not miss as many practices for meets and travel. Athletes at this level should plan to attend YMCA Nationals, June 2012.