

Please check all competitors' information and take any corrections directly to the Computer table after the meeting. This includes scratches as well.

FORMAT: Announced Modified Capitol Cup - DOORS OPEN AT 8:00 am

Schedule	9:00-9:20 Open warm up/stretch	9:30 1st Event Timed –Warm ups (10 min max each rotation)
	9:20-9:30 March in / Announcements	(20 min approximate comp time each rotation)
		12:30 Awards

**March in/will be at exactly: 9:20 pm -- (EACH ROTATION WILL BE ANNOUNCED)**

**★This meet has only been allotted 3.5 hours - #s are fairly small should be easy**

Be sure to warm-up quickly and efficiently

- 10 minute warm ups are allotted and will be announce for each rotation.

Once all athletes have competed we will rotate as a group and the next rotation will begin.

After your team has completed the 1<sup>st</sup> event please **prepare for the warm up on your next event.**

**NOTE: Chalk buckets will be provided**

Once everyone has finished competing Warm up should be no longer than (10 min) as soon as you have completed warm up you may begin competition.

*FLOOR— warm-up floor will be open for use at any time as needed.*

*VAULT— There are additional mats by both for your convenience*

**\*\* Rotation schedules** Will be posted at the ribbon table as well as the coaches sign in area under the play structure.

**COACHES MAY COMPETE YOUR ATHLETES IN ANY ORDER. HOWEVER THE JUDGES PREFER TO HAVE ALL OF THE SAME LEVEL WITHIN A GROUP COMPETE CONSECUTIVELY.**

**\*\* Teams** should compete in order of the listing on the rotation schedule. I.e. whichever team is listed 1<sup>st</sup> competes first.

All athletes will received a free gift. Athletes may pick them up a the –shirt vendors table outside the gym door.

**AWARDS: For level 3&4 There is a Ribbon Table Set up next to the prime play. We will have assistants to help with ribbon distribution. Please bring your cards to the when able.**

All additional awards will be held on the gym floor immediately following the Competition

**Age groups** have divided into equal number depending on birthdates. Therefore 2 kids may be the same age and be in different age groups

Participation awards will be given to all gymnasts, as well as medals for Top 5 events and all around score for each age group.

“Life of the party” awards will be given to the gymnast who obtains the highest event score for there level regardless of age.

Team scores will be determined based on the TOP 3 scores on each event level 3-4 will be combined

It is YOUR RESPOSIBILITY TO CHECK YOUR ROSTER FOR ACCURACY

**we will NOT make any changes during awards.**

**Coaches Hospitality:** is provided, There here will be no gathering place to eat, Please simply be expected to grab your delicious food and take it where you are comfortable to eat.

Thank you all for joining us this year. Have a great Competition.

“NEW” There will be a parent lounge upstairs for those that would like to check in on the football scores during down time.

Please check all competitors' information and take any corrections directly to the Computer table after the meeting. This includes scratches as well.

FORMAT: Announced Modified Capitol Cup - DOORS OPEN AT 8:00 am

Schedule	1:00-1:20 Open warm up/stretch	1:30 1st Event Timed –Warm ups (5 min max each rotation)
	1:20-1:30 March in / Announcements	(15 min approximate comp time each rotation)
		3:30 Awards

**March in/will be at exactly: 1:20 pm -- (EACH ROTATION WILL BE ANNOUNCED)**

**★This meet has only been allotted 2.5 hours - #s are small should be easy**

Be sure to warm-up quickly and efficiently

- 5 minute warm ups are allotted and will be announce for each rotation.

Once all athletes have competed we will rotate as a group and the next rotation will begin.

After your team has completed the 1<sup>st</sup> event please **prepare for the warm up on your next event.** If the event you are rotating to is open, you may begin warm up early.

**NOTE: Chalk buckets will be provided**

Once everyone has finished competing Warm up should be no longer than (5 min as soon as you have completed warm up you may begin competition.

*FLOOR— warm-up floor will be open for use at any time as needed.*

*VAULT— There are additional mats by both for your convenience*

**\*\* Rotation schedules** Will be posted at the ribbon table as well as the coaches sign in area under the play structure.

**COACHES MAY COMPETE YOUR ATHLETES IN ANY ORDER. HOWEVER THE JUDGES PREFER TO HAVE ALL OF THE SAME LEVEL WITHIN A GROUP COMPETE CONSECUTIVELY.**

**\*\* Teams** should compete in order of the listing on the rotation schedule. I.e. whichever team is listed 1<sup>st</sup> competes first.

All athletes will received a free gift. Athletes may pick them up a the –shirt vendors table outside the gym door.

**AWARDS: For level 5-10**

All awards will be held on the gym floor immediately following the Competition

**Age groups** have divided by levels.

Participation awards will be given to all gymnasts, as well as medals for Top 5 events and all around score for each age group.

“Life of the party” awards will be given to the gymnast who obtains the highest event score for there level regardless of age.

Team scores will be determined based on the TOP 3 scores on each event level 3-4 will be combined

It is YOUR RESPOSIBILITY TO CHECK YOUR ROSTER FOR ACCURACY

**we will NOT make any changes during awards.**

**Coaches Hospitality:** is provided, There here will be no gathering place to eat, Please simply grab your delicious food and take it where you are comfortable to eat.

Thank you all for joining us this year. Have a great Competition.

“NEW” There will be a parent lounge upstairs for those that would like to check in on the football scores during down time.

# \*GIRLS - SESSION #1 COACHES MEETING

# GIRLS LEVEL 4

FRIDAY Jan 16th TIME: 5:00 pm Athletes # 63

All Competitors will enter report directly to their Coaches.

FORMAT: Modified Capitol Cup

Schedule 5:00-5:20 pm Open warm up

5:30 pm Timed –Warm ups on events

5:20-5:30 pm March in / Announcements

9:00 pm Awards

March in/will be at exactly: 5:20 pm

**★This meet has only been allotted 4 hours max so quick rotations are necessary★ -**

Be sure to warm-up quickly and efficiently

Timed warm up will begin immediately following introductions

After your team has completed the 1<sup>st</sup> event please **Bump rotate to the next event** and prepare to begin your warm-up.

I have chosen to keep all teams in a maximum of 2 groups as I know it is difficult to break out more. Please be aware and be sure to keep moving.

**NOTE: Chalk buckets will be provided**

Timed warm up SQUAD A only, will begin immediately following introductions

( 1 min per athlete) as soon as you have completed warm up begin competition. At this time SQUAD B begins warm-up).

(the goal would be to never have a judge waiting for a coach to finish warm up)

*Whichever rotation finishes all of these competitors 1st receives a Starbucks coffee card.*

*So Be sure to head to the primeplay as soon as you are done as it is first ones to claim prior to the end of the session.*

**Competition: 1<sup>st</sup> ½ of each squad will compete on the “A” marked equipment.**

**2<sup>nd</sup> ½ of each squad will compete on the “B” set of equipment**

*FLOOR— 1st 1/2 warm up Using the warm-up floor They will also receive a one touch on the competition floor the floors are Identical. Then 2nd half will repeat and may receive their one touch between athletes if needed*

*VAULT— There are additional mats by both for your convenience*

After your team competes the 1<sup>st</sup> event please **Bump to the next event** and begin warm-up. a timer will at each event.

**\*\* Rotation schedules** Will be posted at the ribbon table as well as the coaches sign in area under the play structure.

**COACHES MAY COMPETE YOUR ATHLETES IN ANY ORDER. HOWEVER THE JUDGES PREFER TO HAVE ALL OF THE SAME LEVEL WITHIN A GROUP COMPETE CONSECUTIVELY.**

**\*\* Teams** should compete in order of the listing on the rotation schedule. I.e. whichever team is listed 1<sup>st</sup> competes first.

All athletes will received a free Gift Athletes may pick them up a the T-shirt vendors table.

(Please Let all of your parents know that we will be Offering photos for purchase by Scott Martinez photography as well.

**AWARDS: (Will be held on the Gym floor immediately following the session)**

**For levels 2,3,4,5 Bronze and Silver will receive**

There is a Ribbon Table Set up next to the cleaning Stations as each event. COACHES will be responsible for collecting the ribbons for their athletes however we will have assistants there to help. located against the wall next to the prime play.

Also 40% or more individual Event medals as well as 100% AA medals will be given for each level and age group.

**Levels 6,7,8,9,10, Platinum & Diamond will receive**

40% or more of individual Events as well as 100% AA award will be given for each level and age group.

**Age groups** have divided into equal number depending on birthdates. Therefore 2 kids may be the same age and be in different age groups

“Life of the party” awards will be given to the gymnast who obtains the highest event score for there level regardless of age.

Team scores will be determined based on the TOP 3 scores on each event

Due to last minute roster changes. It is YOUR RESPOSIBILITY TO CHECK YOUR ROSTER FOR ACCURACY  
**we will NOT make any changes during awards.**

**Coaches Hospitality:** is provided, There here will be no gathering place to eat, Please simply grab your delicious food and take it where you are comfortable to eat.

Thank you all for joining us this year. Have a great Competition.

**“NEW”** There will be a parent lounge upstairs for those that would like to check in on the football scores during down time.

## GIRLS - SESSION #2 COACHES MEETING

## GIRLS LEVEL - Level 3

SATURDAY Jan 17th TIME: 8:00am Athletes #69

All Competitors will enter report directly to their Coaches.

FORMAT: Modified Capitol Cup - DOORS OPEN AT 7:00am

Schedule 8:00-8:15 Open warm up/stretch

8:20-8:30 March in / Announcements

8:30 Timed –Warm ups

11:30 Awards

March in/will be at exactly: 8:20 pm

**★This meet has only been allotted 3.5 hours max so quick rotations are necessary★ -**

Be sure to warm-up quickly and efficiently

Timed warm up will begin immediately following introductions

After your team has completed the 1<sup>st</sup> event please **Bump rotate to the next event** and prepare to begin your warm-up.

I have chosen to keep all teams in a maximum of 2 groups as I know it is difficult to break out more. Please be aware and be sure to keep moving.

**NOTE: Chalk buckets will be provided**

Timed warm up SQUAD A only, will begin immediately following introductions

(45 sec per athlete) as soon as you have completed warm up begin competition. At this time SQUAD B begins warm-up).

(the goal would be to never have a judge waiting for a coach to finish warm up)

*Whichever rotation finishes all of there competitors 1st receives a Starbucks coffee card.*

*So Be sure to head to the primeplay as soon as you are done as it is first ones to claim prior to the end of the session.*

**Competition: 1<sup>st</sup> ½ of each squad will compete on the “A” marked equipment.**

**2<sup>nd</sup> ½ of each squad will compete on the “B” set of equipment**

*FLOOR— 1st 1/2 warm up Using the warm-up floor They will also receive a one touch on the competition floor the floors are Identical. Then 2nd half will repeat and may receive their one touch between athletes if needed*

*VAULT— There are additional mats by both for your convenience*

After your team competes the 1<sup>st</sup> event please **Bump to the next event** and begin warm-up. a timer will at each event.

**\*\* Rotation schedules** Will be posted at the ribbon table as well as the coaches sign in area under the play structure.

**COACHES MAY COMPETE YOUR ATHLETES IN ANY ORDER.HOWEVER THE JUDGES PREFER TO HAVE ALL OF THE SAME LEVEL WITHIN A GROUP COMPETE CONSECUTIVELY.**

**\*\* Teams** should compete in order of the listing on the rotation schedule. I.e. whichever team is listed 1<sup>st</sup> competes first.

All athletes will received a free Gift Athletes may pick them up a the T-shirt vendors table.

(Please Let all of your parents know that we will be Offering photos for purchase by Scott Martinez photography as well.

**AWARDS: (Will be held on the Gym floor immediately following the session)**

**For levels 2,3,4,5 Bronze and Silver will receive**

There is a Ribbon Table Set up next to the cleaning Stations as each event. COACHES will be responsible for collecting the ribbons for their athletes however we will have assistants there to help. located against the wall next to the prime play.

Also 40% or more individual Event medals as well as 100% AA medals will be given for each level and age group.

**Levels 6,7,8,9,10, Platinum & Diamond will receive**

40% or more of individual Events as well as 100% AA award will be given for each level and age group.

**Age groups** have divided into equal number depending on birthdates. Therefore 2 kids may be the same age and be in different age groups

“Life of the party” awards will be given to the gymnast who obtains the highest event score for there level regardless of age.

Team scores will be determined based on the TOP 3 scores on each event

Due to last minute roster changes. It is YOUR RESPOSIBILITY TO CHECK YOUR ROSTER FOR ACCURACY  
**we will NOT make any changes during awards.**

**Coaches Hospitality:** is provided, There here will be no gathering place to eat, Please simply grab your delicious food and take it where you are comfortable to eat.

Thank you all for joining us this year. Have a great Competition.

SATURDAY Jan 17th TIME: 11:30 am

Athletes #36

All Competitors will enter report directly to their Coaches.

FORMAT: Modified Capitol Cup

Schedule 11:30-11:45 Open warm up/stretch

11:50-12:00 March in / Announcements

12:00 Timed –Warm ups

2:00 Awards

**March in/will be at exactly: 11:50 am****★This meet has only been allotted 2.5 hours max so quick rotations are necessary★ - #s are small so it should be easy**

Be sure to warm-up quickly and efficiently

Timed warm up will begin immediately following introductions

After your team has completed the 1<sup>st</sup> event please **Bump rotate to the next event** and prepare to begin your warm-up.

I have chosen to keep all teams in a maximum of 2 groups as I know it is difficult to break out more. Please be aware and be sure to keep moving.

**NOTE: Chalk buckets will be provided**

Timed warm up SQUAD A only, will begin immediately following introductions

**(1.5 min per athlete)** as soon as you have completed warm up begin competition. At this time SQUAD B begins warm-up).

(the goal would be to never have a judge waiting for a coach to finish warm up)

*Whichever rotation finishes all of these competitors 1st receives a Starbucks coffee card.**So Be sure to head to the primeplay as soon as you are done as it is first ones to claim prior to the end of the session.***Competition: 1<sup>st</sup> ½ of each squad will compete on the “A” marked equipment.****2<sup>nd</sup> ½ of each squad will compete on the “B” set of equipment***FLOOR— 1st 1/2 warm up Using the warm-up floor They will also receive a one touch on the competition floor the floors are Identical. Then 2nd half will repeat and may receive their one touch between athletes if needed**VAULT— There are additional mats by both for your convenience*After your team competes the 1<sup>st</sup> event please **Bump to the next event** and begin warm-up. a timer will at each event.**\*\* Rotation schedules** Will be posted at the ribbon table as well as the coaches sign in area under the play structure.**COACHES MAY COMPETE YOUR ATHLETES IN ANY ORDER. HOWEVER THE JUDGES PREFER TO HAVE ALL OF THE SAME LEVEL WITHIN A GROUP COMPETE CONSECUTIVELY.****\*\* Teams** should compete in order of the listing on the rotation schedule. I.e. whichever team is listed 1<sup>st</sup> competes first.

All athletes will received a free Gift Athletes may pick them up a the T-shirt vendors table.

**(Please Let all of your parents know that we will be Offering photos for purchase by Scott Martinez photography as well.****AWARDS: (Will be held on the Gym floor immediately following the session)****For levels 2,3,4,5 Bronze and Silver will receive**

There is a Ribbon Table Set up next to the cleaning Stations as each event. COACHES will be responsible for collecting the ribbons for their athletes however we will have assistants there to help. located against the wall next to the prime play.

Also 40% or more individual Event medals as well as 100% AA medals will be given for each level and age group.

**Levels 6,7,8,9,10, Platinum & Diamond will receive**

40% or more of individual Events as well as 100% AA award will be given for each level and age group.

**Age groups** have divided into equal number depending on birthdates. Therefore 2 kids may be the same age and be in different age groups**“Life of the party”** awards will be given to the gymnast who obtains the highest event score for there level regardless of age.**Team** scores will be determined based on the TOP 3 scores on each eventDue to last minute roster changes. It is YOUR RESPOSIBILITY TO CHECK YOUR ROSTER FOR ACCURACY  
**we will NOT make any changes during awards.****Coaches Hospitality:** is provided, There here will be no gathering place to eat, Please simply grab your delicious food and take it where you are comfortable to eat.

Thank you all for joining us this year. Have a great Competition.

**“NEW”** There will be a parent lounge upstairs for those that would like to check in on the football scores during down time.

SATURDAY Jan 17th TIME: 2:30 pm Athletes #45

All Competitors will enter report directly to their Coaches.

FORMAT: Modified Capitol Cup

Schedule 2:30 - 2:50pm Open warm up/stretch  
2:50 - 3:00pm March in / Announcements

3:00 Timed –Warm ups

6:00 Awards

March in/will be at exactly: 2:50 pm

**★This meet has only been allotted 3.5 hours max so quick rotations are necessary★ - s are small so it should be easy**

Be sure to warm-up quickly and efficiently

Timed warm up will begin immediately following introductions

After your team has completed the 1<sup>st</sup> event please **Bump rotate to the next event** and prepare to begin your warm-up.

I have chosen to keep all teams in a maximum of 2 groups as I know it is difficult to break out more. Please be aware and be sure to keep moving.

**NOTE: Chalk buckets will be provided**

Timed warm up SQUAD A only, will begin immediately following introductions

( 2 min per athlete ) as soon as you have completed warm up begin competition. At this time SQUAD B begins warm-up).

(the goal would be to never have a judge waiting for a coach to finish warm up)

*Whichever rotation finishes all of there competitors 1st receives a Starbucks coffee card.*

*So Be sure to head to the primeplay as soon as you are done as it is first ones to claim prior to the end of the session.*

**Competition: 1<sup>st</sup> ½ of each squad will compete on the “A” marked equipment.**

**2<sup>nd</sup> ½ of each squad will compete on the “B” set of equipment**

*FLOOR— 1st 1/2 warm up Using the warm-up floor They will also receive a one touch on the competition floor the floors are Identical. Then 2nd half will repeat and may receive their one touch between athletes if needed*

*VAULT— There are additional mats by both for your convenience*

After your team competes the 1<sup>st</sup> event please **Bump to the next event** and begin warm-up. a timer will at each event.

**\*\* Rotation schedules** Will be posted at the ribbon table as well as the coaches sign in area under the play structure.

**COACHES MAY COMPETE YOUR ATHLETES IN ANY ORDER.HOWEVER THE JUDGES PREFER TO HAVE ALL OF THE SAME LEVEL WITHIN A GROUP COMPETE CONSECUTIVELY.**

**\*\* Teams** should compete in order of the listing on the rotation schedule. I.e. whichever team is listed 1<sup>st</sup> competes first.

All athletes will received a free Gift Athletes may pick them up a the T-shirt vendors table.

(Please Let all of your parents know that we will be Offering photos for purchase by Scott Martinez photography as well.

**AWARDS: (Will be held on the Gym floor immediately following the session)**

**For levels 2,3,4,5 Bronze and Silver will receive**

There is a Ribbon Table Set up next to the cleaning Stations as each event. COACHES will be responsible for collecting the ribbons for their athletes however we will have assistants there to help. located against the wall next to the prime play.

Also 40% or more individual Event medals as well as 100% AA medals will be given for each level and age group.

**Levels 6,7,8,9,10, Platinum & Diamond will receive**

40% or more of individual Events as well as 100% AA award will be given for each level and age group.

**Age groups** have divided into equal number depending on birthdates. Therefore 2 kids may be the same age and be in different age groups

“Life of the party” awards will be given to the gymnast who obtains the highest event score for there level regardless of age.

Team scores will be determined based on the TOP 3 scores on each event

Due to last minute roster changes. It is YOUR RESPOSIBILITY TO CHECK YOUR ROSTER FOR ACCURACY  
**we will NOT make any changes during awards.**

**Coaches Hospitality:** is provided, There here will be no gathering place to eat, Please simply grab your delicious food and take it where you are comfortable to eat.

Thank you all for joining us this year. Have a great Competition.

**“NEW”** There will be a parent lounge upstairs for those that would like to check in on the football scores during down time.

SATURDAY Jan 17th TIME: 6:00pm Athletes #63

All Competitors will enter report directly to their Coaches.

FORMAT: Modified Capitol Cup

Schedule 6:00-5:20 Open warm up/stretch

6:20-6:30 March in / Announcements

6:30 Timed –Warm ups

10:00 Awards

March in/will be at exactly: 6:20 pm

**★This meet has only been allotted 4 hours max so quick rotations are necessary★**

Timed warm up will begin immediately following introductions

After your team has completed the 1<sup>st</sup> event please **Bump rotate to the next event** and prepare to begin your warm-up.

I have chosen to keep all teams in a maximum of 2 groups as I know it is difficult to break out more. Please be aware and be sure to keep moving.

**NOTE: Chalk buckets will be provided**

Timed warm up SQUAD A only, will begin immediately following introductions

(1.5 min per athlete) as soon as you have completed warm up begin competition. At this time SQUAD B begins warm-up).

(the goal would be to never have a judge waiting for a coach to finish warm up)

*Whichever rotation finishes all of there competitors 1st receives a Starbucks coffee card.*

*So Be sure to head to the primeplay as soon as you are done as it is first ones to claim prior to the end of the session.*

**Competition: 1<sup>st</sup> ½ of each squad will compete on the “A” marked equipment.**

**2<sup>nd</sup> ½ of each squad will compete on the “B” set of equipment**

*FLOOR— 1st 1/2 warm up Using the warm-up floor They will also receive a one touch on the competition floor the floors are Identical. Then 2nd half will repeat and may receive their one touch between athletes if needed*

*Vault— There are additional mats by both for your convenience*

After your team competes the 1<sup>st</sup> event please **Bump to the next event** and begin warm-up. a timer will at each event.

**\*\* Rotation schedules** Will be posted at the ribbon table as well as the coaches sign in area under the play structure.

**COACHES MAY COMPETE YOUR ATHLETES IN ANY ORDER.HOWEVER THE JUDGES PREFER TO HAVE ALL OF THE SAME LEVEL WITHIN A GROUP COMPETE CONSECUTIVELY.**

**\*\* Teams** should compete in order of the listing on the rotation schedule. I.e. whichever team is listed 1<sup>st</sup> competes first.

All athletes will received a free Gift Athletes may pick them up a the T-shirt vendors table.

(Please Let all of your parents know that we will be Offering photos for purchase by Scott Martinez photography as well.

**AWARDS: (Will be held on the Gym floor immediately following the session)**

**For levels 2,3,4,5 Bronze and Silver will receive**

There is a Ribbon Table Set up next to the cleaning Stations as each event. COACHES will be responsible for collecting the ribbons for their athletes however we will have assistants there to help. located against the wall next to the prime play.

Also 40% or more individual Event medals as well as 100% AA medals will be given for each level and age group.

**Levels 6,7,8,9,10, Platinum & Diamond will receive**

40% or more of individual Events as well as 100% AA award will be given for each level and age group.

**Age groups** have divided into equal number depending on birthdates. Therefore 2 kids may be the same age and be in different age groups

“Life of the party” awards will be given to the gymnast who obtains the highest event score for there level regardless of age.

Team scores will be determined based on the TOP 3 scores on each event

Due to last minute roster changes. It is YOUR RESPOSIBILITY TO CHECK YOUR ROSTER FOR ACCURACY  
**we will NOT make any changes during awards.**

**Coaches Hospitality:** is provided, There here will be no gathering place to eat, Please simply grab your delicious food and take it where you are comfortable to eat.

Thank you all for joining us this year. Have a great Competition.

**“NEW”** There will be a parent lounge upstairs for those that would like to check in on the football scores during down time.

SUNDAY Jan 18th TIME: 8:00am Athletes #55

All Competitors will enter report directly to their Coaches.

FORMAT: Modified Capitol Cup - DOORS OPEN AT 7:00am

Schedule 8:00-8:20 Open warm up/stretch

8:20-8:30 March in / Announcements

8:30 Timed –Warm ups

11:00 Awards

March in/will be at exactly: 8:20 pm

**★This meet has only been allotted 3 hours max so quick rotations are necessary★**

Timed warm up will begin immediately following introductions

After your team has completed the 1<sup>st</sup> event please **Bump rotate to the next event** and prepare to begin your warm-up.

I have chosen to keep all teams in a maximum of 2 groups as I know it is difficult to break out more. Please be aware and be sure to keep moving.

**NOTE: Chalk buckets will be provided**

Timed warm up SQUAD A only, will begin immediately following introductions

( 1 min per athlete ) as soon as you have completed warm up begin competition. At this time SQUAD B begins warm-up).

(the goal would be to never have a judge waiting for a coach to finish warm up)

*Whichever rotation finishes all of there competitors 1st receives a Starbucks coffee card.*

*So Be sure to head to the primeplay as soon as you are done as it is first ones to claim prior to the end of the session.*

**Competition: 1<sup>st</sup> ½ of each squad will compete on the “A” marked equipment.**

**2<sup>nd</sup> ½ of each squad will compete on the “B” set of equipment**

*FLOOR— 1st 1/2 warm up Using the warm-up floor They will also receive a one touch on the competition floor the floors are Identical. Then 2nd half will repeat and may receive their one touch between athletes if needed*

*Vault— There are additional mats by both for your convenience*

After your team competes the 1<sup>st</sup> event please **Bump to the next event** and begin warm-up. a timer will at each event.

**\*\* Rotation schedules** Will be posted at the ribbon table as well as the coaches sign in area under the play structure.

**COACHES MAY COMPETE YOUR ATHLETES IN ANY ORDER.HOWEVER THE JUDGES PREFER TO HAVE ALL OF THE SAME LEVEL WITHIN A GROUP COMPETE CONSECUTIVELY.**

**\*\* Teams** should compete in order of the listing on the rotation schedule. I.e. whichever team is listed 1<sup>st</sup> competes first.

All athletes will received a free Gift Athletes may pick them up a the T-shirt vendors table.

(Please Let all of your parents know that we will be Offering photos for purchase by Scott Martinez photography as well.

**AWARDS: (Will be held on the Gym floor immediately following the session)**

**For levels 2,3,4,5 Bronze and Silver will receive**

There is a Ribbon Table Set up next to the cleaning Stations as each event. COACHES will be responsible for collecting the ribbons for their athletes however we will have assistants there to help. located against the wall next to the prime play.

Also 40% or more individual Event medals as well as 100% AA medals will be given for each level and age group.

**Levels 6,7,8,9,10, Platinum & Diamond will receive**

40% or more of individual Events as well as 100% AA award will be given for each level and age group.

**Age groups** have divided into equal number depending on birthdates. Therefore 2 kids may be the same age and be in different age groups

“Life of the party” awards will be given to the gymnast who obtains the highest event score for there level regardless of age.

Team scores will be determined based on the TOP 3 scores on each event level (Team awards will be calculated after the 2nd sessions)

It is YOUR RESPONSIBILITY TO CHECK YOUR ROSTER FOR ACCURACY

**we will NOT make any changes during awards.**

**Coaches Hospitality:** is provided, There here will be no gathering place to eat, Please simply grab your delicious food and take it where you are comfortable to eat.

Thank you all for joining us this year. Have a great Competition.

**“NEW”** There will be a parent lounge upstairs for those that would like to check in on the football scores during down time.

SUNDAY Jan 18th TIME: 11:00am Athletes #55

All Competitors will enter report directly to their Coaches.

FORMAT: Modified Capitol Cup - DOORS OPEN AT 7:00am

Schedule 11:00-11:15 Open warm up/stretch

11:20 - 11:30 March in / Announcements

11:30 Timed –Warm ups

2:00 Awards

March in/will be at exactly: 11:15 am

**★This meet has only been allotted 3 hours max so quick rotations are necessary★**

Timed warm up will begin immediately following introductions

After your team has completed the 1<sup>st</sup> event please **Bump rotate to the next event** and prepare to begin your warm-up.

I have chosen to keep all teams in a maximum of 2 groups as I know it is difficult to break out more. Please be aware and be sure to keep moving.

**NOTE: Chalk buckets will be provided**

Timed warm up SQUAD A only, will begin immediately following introductions

( 1 min per athlete ) as soon as you have completed warm up begin competition. At this time SQUAD B begins warm-up).

(the goal would be to never have a judge waiting for a coach to finish warm up)

*Whichever rotation finishes all of there competitors 1st receives a Starbucks coffee card.*

*So Be sure to head to the primeplay as soon as you are done as it is first ones to claim prior to the end of the session.*

**Competition: 1<sup>st</sup> ½ of each squad will compete on the “A” marked equipment.**

**2<sup>nd</sup> ½ of each squad will compete on the “B” set of equipment**

*FLOOR— 1st 1/2 warm up Using the warm-up floor They will also receive a one touch on the competition floor the floors are Identical. Then 2nd half will repeat and may receive their one touch between athletes if needed*

*Vault— There are additional mats by both for your convenience*

After your team competes the 1<sup>st</sup> event please **Bump to the next event** and begin warm-up. a timer will at each event.

**\*\* Rotation schedules** Will be posted at the ribbon table as well as the coaches sign in area under the play structure.

**COACHES MAY COMPETE YOUR ATHLETES IN ANY ORDER.HOWEVER THE JUDGES PREFER TO HAVE ALL OF THE SAME LEVEL WITHIN A GROUP COMPETE CONSECUTIVELY.**

**\*\* Teams** should compete in order of the listing on the rotation schedule. I.e. whichever team is listed 1<sup>st</sup> competes first.

All athletes will received a free Gift Athletes may pick them up a the T-shirt vendors table.

(Please Let all of your parents know that we will be Offering photos for purchase by Scott Martinez photography as well.

**AWARDS: (Will be held on the Gym floor immediately following the session)**

**For levels 2,3,4,5 Bronze and Silver will receive**

There is a Ribbon Table Set up next to the cleaning Stations as each event. COACHES will be responsible for collecting the ribbons for their athletes however we will have assistants there to help. located against the wall next to the prime play.

Also 40% or more individual Event medals as well as 100% AA medals will be given for each level and age group.

**Levels 6,7,8,9,10, Platinum & Diamond will receive**

40% or more of individual Events as well as 100% AA award will be given for each level and age group.

**Age groups** have divided into equal number depending on birthdates. Therefore 2 kids may be the same age and be in different age groups

“Life of the party” awards will be given to the gymnast who obtains the highest event score for there level regardless of age.

Team scores will be determined based on the TOP 3 scores on each event level (Team awards will be calculated after the 2nd sessions)

It is YOUR RESPONSIBILITY TO CHECK YOUR ROSTER FOR ACCURACY

**we will NOT make any changes during awards.**

**Coaches Hospitality:** is provided, There here will be no gathering place to eat, Please simply grab your delicious food and take it where you are comfortable to eat.

Thank you all for joining us this year. Have a great Competition.

**“NEW”** There will be a parent lounge upstairs for those that would like to check in on the football scores during down time.

SUNDAY Jan 18th TIME: 2:00pm Athletes #76

All Competitors will enter report directly to their Coaches.

FORMAT: Modified Capitol Cup

Schedule 2:00-2:15 Open warm up/stretch

2:20-2:30 March in / Announcements

2:30 Timed –Warm ups

6:00 Awards

March in/will be at exactly: 2:20 pm

**★This meet has only been allotted 4 hours max so quick rotations are necessary★**

Timed warm up will begin immediately following introductions

After your team has completed the 1<sup>st</sup> event please **Bump rotate to the next event** and prepare to begin your warm-up.

I have chosen to keep all teams in a maximum of 2 groups as I know it is difficult to break out more. Please be aware and be sure to keep moving.

**NOTE: Chalk buckets will be provided**

Timed warm up SQUAD A only, will begin immediately following introductions

(45 sec per athlete) as soon as you have completed warm up begin competition. At this time SQUAD B begins warm-up).

(the goal would be to never have a judge waiting for a coach to finish warm up)

*Whichever rotation finishes all of there competitors 1st receives a Starbucks coffee card.*

*So Be sure to head to the primeplay as soon as you are done as it is first ones to claim prior to the end of the session.*

**Competition: 1<sup>st</sup> ½ of each squad will compete on the “A” marked equipment.**

**2<sup>nd</sup> ½ of each squad will compete on the “B” set of equipment**

*FLOOR— 1st 1/2 warm up Using the warm-up floor They will also receive a one touch on the competition floor the floors are Identical. Then 2nd half will repeat and may receive their one touch between athletes if needed*

*VAULT— There are additional mats by both for your convenience*

After your team competes the 1<sup>st</sup> event please **Bump to the next event** and begin warm-up. a timer will at each event.

**\*\* Rotation schedules** Will be posted at the ribbon table as well as the coaches sign in area under the play structure.

**COACHES MAY COMPETE YOUR ATHLETES IN ANY ORDER.HOWEVER THE JUDGES PREFER TO HAVE ALL OF THE SAME LEVEL WITHIN A GROUP COMPETE CONSECUTIVELY.**

**\*\* Teams** should compete in order of the listing on the rotation schedule. I.e. whichever team is listed 1<sup>st</sup> competes first.

All athletes will received a free Gift Athletes may pick them up a the T-shirt vendors table.

(Please Let all of your parents know that we will be Offering photos for purchase by Scott Martinez photography as well.

**AWARDS: (Will be held on the Gym floor immediately following the session)**

**For levels 2,3,4,5 Bronze and Silver will receive**

There is a Ribbon Table Set up next to the cleaning Stations as each event. COACHES will be responsible for collecting the ribbons for their athletes however we will have assistants there to help. located against the wall next to the prime play.

Also 40% or more individual Event medals as well as 100% AA medals will be given for each level and age group.

**Levels 6,7,8,9,10, Platinum & Diamond will receive**

40% or more of individual Events as well as 100% AA award will be given for each level and age group.

**Age groups** have divided into equal number depending on birthdates. Therefore 2 kids may be the same age and be in different age groups

“Life of the party” awards will be given to the gymnast who obtains the highest event score for there level regardless of age.

Team scores will be determined based on the TOP 3 scores on each event level (Team awards will be calculated after the 2nd sessions)

It is YOUR RESPONSIBILITY TO CHECK YOUR ROSTER FOR ACCURACY

**we will NOT make any changes during awards.**

**Coaches Hospitality:** is provided, There here will be no gathering place to eat, Please simply grab your delicious food and take it where you are comfortable to eat.

Thank you all for joining us this year. Have a great Competition.

**“NEW”** There will be a parent lounge upstairs for those that would like to check in on the football scores during down time.

SUNDAY Jan 18th TIME: 6:00pm Athletes #77

All Competitors will enter report directly to their Coaches.

FORMAT: Modified Capitol Cup

Schedule 6:00 - 6:15 Open warm up/stretch  
6:20 - 6:30 March in / Announcements

6:30 Timed –Warm ups  
10:00 Awards

March in/will be at exactly: 6:20 pm

**★This meet has only been allotted 4 hours max so quick rotations are necessary★**

Timed warm up will begin immediately following introductions

After your team has completed the 1<sup>st</sup> event please **Bump rotate to the next event** and prepare to begin your warm-up.

I have chosen to keep all teams in a maximum of 2 groups as I know it is difficult to break out more. Please be aware and be sure to keep moving.

**NOTE: Chalk buckets will be provided**

Timed warm up SQUAD A only, will begin immediately following introductions

(45 sec per athlete) as soon as you have completed warm up begin competition. At this time SQUAD B begins warm-up).

(the goal would be to never have a judge waiting for a coach to finish warm up)

*Whichever rotation finishes all of there competitors 1st receives a Starbucks coffee card.*

*So Be sure to head to the primeplay as soon as you are done as it is first ones to claim prior to the end of the session.*

**Competition: 1<sup>st</sup> ½ of each squad will compete on the “A” marked equipment.**

**2<sup>nd</sup> ½ of each squad will compete on the “B” set of equipment**

*FLOOR— 1st 1/2 warm up Using the warm-up floor They will also receive a one touch on the competition floor the floors are Identical. Then 2nd half will repeat and may receive their one touch between athletes if needed*

*Vault— There are additional mats by both for your convenience*

After your team competes the 1<sup>st</sup> event please **Bump to the next event** and begin warm-up. a timer will at each event.

**\*\* Rotation schedules** Will be posted at the ribbon table as well as the coaches sign in area under the play structure.

**COACHES MAY COMPETE YOUR ATHLETES IN ANY ORDER.HOWEVER THE JUDGES PREFER TO HAVE ALL OF THE SAME LEVEL WITHIN A GROUP COMPETE CONSECUTIVELY.**

**\*\* Teams** should compete in order of the listing on the rotation schedule. I.e. whichever team is listed 1<sup>st</sup> competes first.

All athletes will received a free Gift Athletes may pick them up a the T-shirt vendors table.

(Please Let all of your parents know that we will be Offering photos for purchase by Scott Martinez photography as well.

**AWARDS: (Will be held on the Gym floor immediately following the session)**

**For levels 2,3,4,5 Bronze and Silver will receive**

There is a Ribbon Table Set up next to the cleaning Stations as each event. COACHES will be responsible for collecting the ribbons for their athletes however we will have assistants there to help. located against the wall next to the prime play.

Also 40% or more individual Event medals as well as 100% AA medals will be given for each level and age group.

**Levels 6,7,8,9,10, Platinum & Diamond will receive**

40% or more of individual Events as well as 100% AA award will be given for each level and age group.

**Age groups** have divided into equal number depending on birthdates. Therefore 2 kids may be the same age and be in different age groups

“Life of the party” awards will be given to the gymnast who obtains the highest event score for there level regardless of age.

Team scores will be determined based on the TOP 3 scores on each event level (Team awards will be calculated after the 2nd sessions)

It is YOUR RESPONSIBILITY TO CHECK YOUR ROSTER FOR ACCURACY

**we will NOT make any changes during awards.**

**Coaches Hospitality:** is provided, There here will be no gathering place to eat, Please simply grab your delicious food and take it where you are comfortable to eat.

Thank you all for joining us this year. Have a great Competition.

**“NEW”** There will be a parent lounge upstairs for those that would like to check in on the football scores during down time.

## GIRLS - SESSION #10 COACHES MEETING

## GIRLS LEVEL - Bronze

MONDAY Jan 19th TIME: 8:00am Athletes #63

All Competitors will enter report directly to their Coaches.

FORMAT: Modified Capitol Cup - DOORS OPEN AT 7:00am

Schedule 8:00-8:15 Open warm up/stretch

8:20-8:30 March in / Announcements

8:30 Timed –Warm ups

11:00 Awards

March in/will be at exactly: 8:20 pm

**★This meet has only been allotted 3.0 hours max so quick rotations are necessary★ -**

Be sure to warm-up quickly and efficiently

Timed warm up will begin immediately following introductions

After your team has completed the 1<sup>st</sup> event please **Bump rotate to the next event** and prepare to begin your warm-up.

I have chosen to keep all teams in a maximum of 2 groups as I know it is difficult to break out more. Please be aware and be sure to keep moving.

**NOTE: Chalk buckets will be provided**

Timed warm up SQUAD A only, will begin immediately following introductions

(30 sec per athlete) as soon as you have completed warm up begin competition. At this time SQUAD B begins warm-up).

(the goal would be to never have a judge waiting for a coach to finish warm up)

*Whichever rotation finishes all of there competitors 1st receives a Starbucks coffee card.*

*So Be sure to head to the primeplay as soon as you are done as it is first ones to claim prior to the end of the session.*

**Competition: 1<sup>st</sup> ½ of each squad will compete on the “A” marked equipment.**

**2<sup>nd</sup> ½ of each squad will compete on the “B” set of equipment**

*FLOOR— 1st 1/2 warm up Using the warm-up floor They will also receive a one touch on the competition floor the floors are Identical. Then 2nd half will repeat and may receive their one touch between athletes if needed*

*VAULT— There are additional mats by both for your convenience*

After your team competes the 1<sup>st</sup> event please **Bump to the next event** and begin warm-up. a timer will at each event.

**\*\* Rotation schedules** Will be posted at the ribbon table as well as the coaches sign in area under the play structure.

**COACHES MAY COMPETE YOUR ATHLETES IN ANY ORDER.HOWEVER THE JUDGES PREFER TO HAVE ALL OF THE SAME LEVEL WITHIN A GROUP COMPETE CONSECUTIVELY.**

**\*\* Teams** should compete in order of the listing on the rotation schedule. I.e. whichever team is listed 1<sup>st</sup> competes first.

All athletes will received a free Gift Athletes may pick them up a the T-shirt vendors table.

(Please Let all of your parents know that we will be Offering photos for purchase by Scott Martinez photography as well.

**AWARDS: (Will be held on the Gym floor immediately following the session)**

**For levels 2,3,4,5 Bronze and Silver will receive**

There is a Ribbon Table Set up next to the cleaning Stations as each event. COACHES will be responsible for collecting the ribbons for their athletes however we will have assistants there to help. located against the wall next to the prime play.

Also 40% or more individual Event medals as well as 100% AA medals will be given for each level and age group.

**Levels 6,7,8,9,10, Platinum & Diamond will receive**

40% or more of individual Events as well as 100% AA award will be given for each level and age group.

**Age groups** have divided into equal number depending on birthdates. Therefore 2 kids may be the same age and be in different age groups

“Life of the party” awards will be given to the gymnast who obtains the highest event score for there level regardless of age.

Team scores will be determined based on the TOP 3 scores on each event

Due to last minute roster changes. It is YOUR RESPOSIBILITY TO CHECK YOUR ROSTER FOR ACCURACY  
**we will NOT make any changes during awards.**

**Coaches Hospitality:** is provided, There here will be no gathering place to eat, Please simply grab your delicious food and take it where you are comfortable to eat.

Thank you all for joining us this year. Have a great Competition.

## GIRLS - SESSION #10 COACHES MEETING

## GIRLS LEVEL - Level 2

MONDAY Jan 19th TIME: 11:00am Athletes #40

All Competitors will enter report directly to their Coaches.

FORMAT: Modified Capitol Cup - DOORS OPEN AT 7:00am

Schedule 11:00-8:15 Open warm up/stretch

11:20-8:30 March in / Announcements

11:30 Timed –Warm ups

1:00 Awards

March in/will be at exactly: 11:20 pm

**★This meet has only been allotted 3.0 hours max so quick rotations are necessary★ -**

Be sure to warm-up quickly and efficiently

Timed warm up will begin immediately following introductions

After your team has completed the 1<sup>st</sup> event please **Bump rotate to the next event** and prepare to begin your warm-up.

I have chosen to keep all teams in a maximum of 2 groups as I know it is difficult to break out more. Please be aware and be sure to keep moving.

**NOTE: Chalk buckets will be provided**

Timed warm up SQUAD A only, will begin immediately following introductions

(30 sec per athlete) as soon as you have completed warm up begin competition. At this time SQUAD B begins warm-up).

(the goal would be to never have a judge waiting for a coach to finish warm up)

*Whichever rotation finishes all of there competitors 1st receives a Starbucks coffee card.*

*So Be sure to head to the primeplay as soon as you are done as it is first ones to claim prior to the end of the session.*

**Competition: 1<sup>st</sup> ½ of each squad will compete on the “A” marked equipment.**

**2<sup>nd</sup> ½ of each squad will compete on the “B” set of equipment**

*FLOOR— 1st 1/2 warm up Using the warm-up floor They will also receive a one touch on the competition floor the floors are Identical. Then 2nd half will repeat and may receive their one touch between athletes if needed*

*VAULT— There are additional mats by both for your convenience*

After your team competes the 1<sup>st</sup> event please **Bump to the next event** and begin warm-up. a timer will at each event.

**\*\* Rotation schedules** Will be posted at the ribbon table as well as the coaches sign in area under the play structure.

**COACHES MAY COMPETE YOUR ATHLETES IN ANY ORDER.HOWEVER THE JUDGES PREFER TO HAVE ALL OF THE SAME LEVEL WITHIN A GROUP COMPETE CONSECUTIVELY.**

**\*\* Teams** should compete in order of the listing on the rotation schedule. I.e. whichever team is listed 1<sup>st</sup> competes first.

All athletes will received a free Gift Athletes may pick them up a the T-shirt vendors table.

(Please Let all of your parents know that we will be Offering photos for purchase by Scott Martinez photography as well.

**AWARDS: (Will be held on the Gym floor immediately following the session)**

**For levels 2,3,4,5 Bronze and Silver will receive**

There is a Ribbon Table Set up next to the cleaning Stations as each event. COACHES will be responsible for collecting the ribbons for their athletes however we will have assistants there to help. located against the wall next to the prime play.

Also 40% or more individual Event medals as well as 100% AA medals will be given for each level and age group.

**Levels 6,7,8,9,10, Platinum & Diamond will receive**

40% or more of individual Events as well as 100% AA award will be given for each level and age group.

**Age groups** have divided into equal number depending on birthdates. Therefore 2 kids may be the same age and be in different age groups

“Life of the party” awards will be given to the gymnast who obtains the highest event score for there level regardless of age.

Team scores will be determined based on the TOP 3 scores on each event

Due to last minute roster changes. It is YOUR RESPOSIBILITY TO CHECK YOUR ROSTER FOR ACCURACY  
**we will NOT make any changes during awards.**

**Coaches Hospitality:** is provided, There here will be no gathering place to eat, Please simply grab your delicious food and take it where you are comfortable to eat.

Thank you all for joining us this year. Have a great Competition.