

Big Rock Gymnastics Meet Info

2012 - 2013

Some things to be aware of about meets:

1. They don't always happen on a Saturday for us. Sometimes they will schedule us on a Friday. We typically don't know until a week or two before the meet the DAY AND THE TIME of the meet. Friday opens up when they get too many gyms signing up for the meet and they have to create another session. It's rare but does happen.
2. Xcel meets are run along side higher level girls so you could see some level 10 gymnastics.
3. They will be competing with girls at there same level and age group. Each meet has there own defined age group depending on the number of participants.
4. Judging questions will be answered by me. Parents are not allowed on the floor and may not talk to the judges.
5. The gymnasts are not supposed to visit with parents during the meet. A "good luck" quick hug is acceptable but they need to stay with their group even if they are waiting awhile for an event or awards. We want the girls to stay focused and together as a team.
6. Competition can bring out the best in us and can bring out the worst. Just realize that we are here to have fun and enjoy the experience. We care about self improvement and not where they stand on the podium. A good placement is just a bonus and should not be what is cared about most. I'm sure you'll be supportive no matter what.
7. Help your kids to not compare themselves to other team members. Help them to get a long with everyone. I will be expecting great sportsmanship from everyone. If you feel something is unfair please come directly to me and not the child. I will explain and/or talk to the judge to try to resolve. We don't want the children getting caught up in our thoughts if you feel something is unfair. We want them to love the experience and go home happy. It takes guts to get out there and show your stuff. That's what we are testing.
8. You can yell and cheer all you like as long as it is supportive and does not hurt anyone else's feelings. You can take pictures and video as long as your flash does not go off. They don't allow flash because it can blind the athlete for a moment during the routine. If you do take video it's good to review it with them after the competition.
9. The meets typically last 2.5 -3 hours.
10. Most meets will charge family at the door approximately 5.00 for each family member. Usually little kids get in free. But each venue is a little different.
11. Bring snacks, water and the like. Please not soda pop for the athletes. It's good to give them an apple or fruit juice before they perform. It will give them long lasting energy. That's my secret to my energy at the gym. Please don't feed them carbohydrates (pasta, potatoes, rice)

before bed. It will give them energy and make it hard to sleep. Those are good to have an hour before a meet.

12. The athletes should not eat during the meet unless absolutely necessary. They'll get side aches.
13. Scoring is very complex and can take years to fully understand. I encourage you to go online and search it out a little if you really want to know the details. The judges are trained professionals who have done it for many years. Judges are usually not coaches. They must be fair and impartial and take that oath when they become a judge.
14. The **typical schedule** for a meet goes as follows
 - a. open stretch for 15 minutes
 - b. floor warm ups for 15 minutes
 - c. event warm ups for 1 hour
 - d. March In (anthem) marks the beginning of the competition
 - e. Then we compete each event
 - f. The more kids, the longer the meet typically.

Sometimes they warm up for 15-30 minutes, then march in, then warm up each event right before they compete it. Check before you run an errand during warm ups to see what kind of schedule it is.

15. **How to dress:** Please have hair completely pulled back and out of their face. We don't want them flicking their head or pushing their bangs out of the way during a routine. They will get deducted (worse score) if the hair is not tidy and out of the face. Get cute with it if you like. Braiding, curling, have fun! But make sure it can't fall out. No glitter, minimal makeup, no nail polish, no jewelry of any kind, including stud earrings. . Hide bra straps and either don't wear underwear or get them a black pair to wear. This is also a deduction if it is showing and I will insist they take them off if I see them. Have them come in their warm ups on with their competition (pink and black) leotard underneath. Remember to bring grips, wrist gear, or supportive gear if they use them. You are responsible for them. Some teams will have little gifts that coaches or other parents get for the kids and they will hold them during the march in. We do this sometimes but not all the time. Anyone wanting to do this is more than welcome but please keep it simple. The girls should get spoiled with your love and affection more than anything.

16. **What will happen if you're late.** Don't stress is the first thing. Life will go on and we'll try to work out whatever we can with the meet director and judges. It may mean that they miss competing an event but it's not the end of the world. It just means their warm up will be short. Keep your kids calm and relaxed if you can. I will call to check on you if you're late but I don't get upset. It happens sometimes. Just make sure you leave in enough time to get there and that you have good directions. If you have trouble getting there, pick a parent or call that gym (I've given you all the gym numbers) that you can call to help

you. I'll be on the floor with the kids and won't have time to give you directions myself.

Please let me know if you have any more questions. I hope I got it covered. Sorry about it's length but I figured you'd want to know more than less. Thanks everyone and we'll see you at the competition!

XCEL Meet Schedule 2012 - 2013

Black Diamond in South Jordan

When: Saturday, **December 8th**
Where: Black Diamond Gymnastics
11274 Kestrel Rise Road
South Jordan
(801) 790-1800

Time:
Fee: 70.00
Due By: November 15th

Barefoot Gymnastics

When: Saturday, **January 19th**
Where: Barefoot Gymnastics
476 E. Riverside Drive. #C
St. George
435-634-9009

Time:
Fee: 45.00
Due By: December 10th
Late fee: 5.00

Arete Gymnastics (Arete Inspirational Meet)

When: Friday or Saturday, **February 1st & 2nd**
Where: Arete Gymnastics
308 S. 1250 W.
Lindon
801-796-5437

Fee: \$70.00
Due: December 10th
Late Fee: 5.00

Academy West

When: Friday or Saturday, **February 15 – 16th**
Where: 7984 Welby Park Dr
West Jordan
(801) 282-1330

Time:
Fee:
Due By:
Late fee:

State Meet

Where: hosted by All American **At Utah Valley University**

When: Friday or Saturday, **March 22nd & 23rd**

Fee:

Due by:

Summer Games

Where: Southern Utah University in Cedar City

When: **June 14th & 15th**

Fee:

Due By:

Junior Olympic Meet Schedule

Arete Gymnastics (Arete Inspirational Meet)

When: Friday or Saturday, **February 1st & 2nd**

Where: Arete Gymnastics

308 S. 1250 W.

Lindon

801-796-5437

Fee: \$70.00

Due: December 10th

Late Fee: 5.00

Academy West

When: Friday or Saturday, **February 15 – 16th**

Where: 7984 Welby Park Dr

West Jordan

(801) 282-1330

Time:

Fee:

Due By:

Late fee:

Barefoot Gymnastics

When: Friday or Saturday, **March 1st & 2nd**

Where: Barefoot Gymnastics

476 E. Riverside Drive. #C

St. George

435-634-9009

Time:

Fee: 65.00

Due By: March 20th

Late fee: 5.00

Bailies Gymnastics

When: Friday or Saturday, **April 13th**

Where: 88 W 13100 S

Draper

(801) 572-4905

Time:

Fee:

Due by:

Late Fee:

State Meet at UVU

Where: UVU Campus

800 West University Parkway, Orem UT 84058

Hosted by: Arete Gymnastics

When: **May 17th & 18th**

Fee:

Due by:

Summer Games

Where: Southern Utah University in Cedar City

When: **June 14th & 15th**

Fee:

Due By: