

## Jacobs Gymnastics Tumbling Meet Information and Routines

Jacobs Gymnastics Club is hosting our 6th Annual Tumbling Meet! The meet will be held on Saturday August 16, 2008, beginning at 8:00 AM, here at Jacobs Gymnastics Club. All gymnasts age 4 and above, all levels, are encouraged to participate!

Please check the website, [www.jacobsgymnastics.com](http://www.jacobsgymnastics.com) or the lobby bulletin board more details as information, schedules becomes available. The schedule will be posted by August 6.

In past years, the meet has been a fun experience for gymnasts, parents, siblings and friends. Last year was our best tumbling ever! The meet and the event ran very smoothly. It helped to have everyone enter and exit through the lobby. By keeping the gym doors closed, we were able to keep the temperature cool. You are still welcome to park in the rear, but enter and exit only through the front. We also limited the total number of gymnasts in each session to less than 25. This allowed for a one-hour session with fewer bodies in the gym at any given session. We can also hope for a day with a heat index lower than 100 degrees!

We ask all spectators to come prepared to watch the brief warm-ups and all competitive routines within the session that their child is competing. If we give the girls and boys the respect they deserve, by sitting down to watch the meet, instead of jumping up and down, coming in late, leaving early... the entire event will meet the standards of a typical, organized gymnastic meet. Younger siblings must also demonstrate appropriate meet behavior. We want the gymnasts to feel they are truly competitors. Again, last year, the improvement in this area was greatly appreciated!

Spectators arriving after the competition has begun, will be asked to wait in the lobby, until the gymnast competing has completed her routine. It would be distracting to have those arriving late, walk across the floor. The lobby will not be available to be used as a "play area" for younger siblings. The windows will not be available for viewing. The meet takes place inside the gym, so it is preferred and requested that parents and family watch the meet from the bleachers, applauding their gymnast.

Awards will be given to all competitors. Every gymnast entered will receive a medal, a t-shirt, and a cold drink following the meet!

These steps went a long way last year to ensure a cooler, more efficient meet! We are looking forward to continued success!

### Helpful Hints:

\* Parking will also available in rear of building. **Please use the front lobby entrance.**

\* Be on time, but not too early! The gym will open at 7:45 AM. **Plan to arrive 5-10 minutes before your scheduled session –if there are previous sessions finishing up awards and you will have difficulty parking and entering the gym until they are finished.** Please "check-in" your gymnast at the "check-in" table first. Parents can then find a seat; gymnasts will begin "warm-ups." We will provide time and space for all gymnasts to "warm-up" their routines a couple times each prior to competition. We will have a brief introduction, and then the competition will begin. Gymnasts have the floor to individually present their routine. They will each receive a score from our judges based on standard gymnastic deductions and scoring penalties. Awards will be given following the competition portion of all gymnasts in each session. All gymnasts will receive a placement medal.

### Check-In, Warm-ups, Competition, Awards!

\* Bleacher seating is available for parents. Floor seating for siblings.

\* Bring your camera!

\* Girls - wear a good fitting leotard - the purple "club" leotard if possible. Please have your hair pulled back off face and up off the neck! Clips, bobby pins, hair spray, ponytails, braids... are all good to secure the hair. No extra jewelry, shorts, skirts, socks...If you need a new "Club" leotard, please order ASAP. We need 2-3 weeks.

\* Relax, Have Fun, Do your best! This meet is to build confidence, to introduce competition, to build sportsmanship, and to encourage young developing gymnasts!

\* Lastly, Give your gymnast a BIG HUG! Tell them how proud you are of them! They have worked hard and they always try their best! It is not as easy as it looks!