

WINTERFEST 2009

FARMINGTON GYMNASTICS CENTER

SESSION II – SATURDAY, JAN 31, 2009 – PREP OP - SILVER & GOLD

Hailey, Jacqueline, Rachael, Julia, Erin, Paige, Emily K., Taylor H. & Taylor S.

GYM OPENS	12:15 PM	(NO EARLIER)
CHECK IN, BAR SETS & STRETCH	12:30 – 1:00	
TIMED WARM UPS	1:00 – 2:05	
MARCH IN & ANNOUNCEMENTS	2:05 – 2:15	
COMPETITION	2:15 – 4:30	
PREP OP SILVER & GOLD PLACEMENT & TEAM AWARDS		

SESSION II – SUNDAY, FEB 1, 2009 (PREP OP BRONZE & PLATINUM)

Sharon, Kaitlyn, Abby, Alyse, Sydney, Angela, Madison, Madeline, Mackenzie, Chelsey, Marie, Kelsey, Emily B.

GYM OPENS	12:15 PM	(NO EARLIER)
CHECK IN, BAR SETS & STRETCH	12:30 – 1:00	
TIMED WARM UPS	1:00 – 2:05	
MARCH IN & ANNOUNCEMENTS	2:05 – 2:15	
COMPETITION	2:15 – 4:20	
LEVEL 4 ALL AROUND, PREP OP BRONZE, PLATINUM PLACEMENT & TEAM AWARDS		

- You are not required to come to the session that you are not competing at; however, it is highly recommended that you come to cheer for your teammates. You would only need to come for the "competition" time.
- You should arrive to the meet ready to compete.

- Each a light lunch before arriving
 - Have leotard on, hair done, scrunchie in, and warm-up pants and jacket on
 - Have gym bag and all gym bag accessories
 - Be positive and use your nervous energy to pump you up!
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- Parents please remember your cameras and if possible wear either American Allstars apparel or American Allstars colors to support your gymnast, their team mates, and the gym.
 - You can go to www.FarmingtonGymnastics.com to get directions. Please plan accordingly so you arrive on time. Take your team phone list incase you need to contact myself, Coach Missy, or another team member.