

# **Winterfest 2010 Meet Information**

Located at Farmington Gymnastics Center  
23966 FREEWAY PARK  
FARMINGTON HILLS, MI 48335  
[www.farmingtongymnastics.com](http://www.farmingtongymnastics.com) PHONE: (248) 478-6130

"PLEASE INFORM YOUR TEAM PARENTS -  
Due to limited parking and space in the gym – NO ONE will be allowed into the building until the gym opening time posted for your child's session."

## **SATURDAY, JAN 30, 2010**

**Rachael, Taylor H., Taylor S., Samantha, Paige, Hailey,  
Jacqueline, Remy, Abby, Marie, Julia, Kelsey, Angela**

ARRIVE AT GYM	12:30 PM	(NO EARLIER)
CHECK IN, BAR SETS & STRETCH	12:45 – 1:15	
MARCH IN & ANNOUNCEMENTS	1:15 – 1:30	
COMPETITION	1:30 – 4:30	
AWARDS		

## **SUNDAY, JAN 31, 2010**

**Madeline, Alexa, Kadie, Melanie, Emily, Maria,  
Sharon, Chelsey, Clara, Yana, Mackenzie, Sydney**

ARRIVE AT GYM	12:00 PM	(NO EARLIER)
CHECK IN, BAR SETS & STRETCH	12:15 – 12:45	
MARCH IN & ANNOUNCEMENTS	12:45 – 1:00	
COMPETITION	1:00 – 3:30	
AWARDS		

## **Meet Check List**

- ◆ Team Warm-Up (Jacket & Pants)
- ◆ Hair pulled back tight in a curly pony tail or a bun
  - Bobby Pins
  - Gel or Hairspray
  - No wisps of hair sticking up
  - Must be in a bun if hair gets in your face with a curly pony tail
- ◆ Red Hair Scrunchie (in Hair)
- ◆ Team Leotard (already on)
- ◆ Team Gym Bag
  - Copy of Floor Music
  - Athletic Tape
  - Water Bottle
  - Deodorant
  - Chap Stick
  - Grips
  - Hairspray & Extra Hair Supplies
  - Optional: Light Snack (granola bar or baggie of pretzels)
- ◆ Optional: Video or Still Camera (NO FLASH PHOTOGRAPHY!)

## **Meet NO –Nos**

- ◆ NO nail polish (fingers or toes)
- ◆ NO bras showing (wear skin color or dark blue)
- ◆ NO underwear showing (wear skin color or dark blue)
- ◆ NO picking wedgies
- ◆ NO touching hair (should be “glued” back with hairspray, pins, & gel)
- ◆ NO costume make-up or glitter (judges can deduct points )
- ◆ NO jewelry (1 pair of small stud earrings allowed)
- ◆ NO parents in the competition area/floor (Can affect our score)
- ◆ NO negative comments about other gyms or gymnasts
- ◆ NO flash photography
- ◆ NO parents speaking with meet judges