



Park Avenue Gymnastics

Intermediate 2 & Advanced Fun Meet

Dear Advanced Gymnasts & Parents:

Here are a few things you should know before the "Fun Meet."

What to wear: Park Avenue Performance Leotard (no shorts over).

Hair: Your gymnast's hair should be pulled back neatly and tightly. Please use hair rubber bands and your coordinating scrunchie. We recommend that you use hairspray and clips to fasten your gymnast's hair. **Please do not use bobbie pins!!!**

Suggestions for Short Hair: (Not Long Enough For a Ponytail): 1/2 Ponytail

Suggestions for Long Hair: Bun or Ponytail, Braids

Make-up: Make-up is not necessary and should only be worn if you are old enough to wear it at home or school. Please do not put make-up on if your gymnast does not normally wear it. Please no finger or toe nail polish!

Jewelry: NO rings, necklaces, bracelets, anklets, hoop earrings, dangling earrings, or clip on hair bows. Small stud earrings are acceptable!

When to arrive: Please arrive 15 minutes early to the fun meet. This will give your gymnast some time to get familiar with the gym and will allow you time to find a place to sit.

Talking to your child: Once your gymnast leaves you for the competitive floor, please do not try to get their attention and communicate with them. They have enough things to think about and need to stay focused. There are no parents allowed on the competitive floor, so please stay in the spectators area!

Bathroom: Please make sure your gymnast goes to the bathroom before open stretch. If there is time, the coaches will give them a chance to go before the competition begins!

Pictures: Please do not take any flash pictures of your gymnast during warm-ups or the meet. This is for their safety! You may take pictures during the awards presentation.

Scoring: The judges know a lot more than you do about gymnastics. So just relax and enjoy the meet! However, here is an important reminder: **FORM is everything! A Clean routine with a fall will score better than a Sloppy routine with no falls!**

Entrance Fee: **\$7.00 Adults & \$5.00 Children (2 & Under: FREE)**

FINAL REMINDER: Your daughter has worked very hard in preparation for the Fun Meet. She has put in a lot of time and effort so that she could have a chance to compete. Our main goal for this meet is for the gymnasts to focus, do their personal best, and most importantly, **HAVE FUN!** We want to make sure this is a positive experience for both you and your gymnast.

Good Luck!!!