



Attention All Fun Meet Participants & Parents:

With your child's first gymnastics meet just a few weeks away, here are some reminders to make your child's and your experience a memorable one!

What to wear: Performance Leotard

Hair: Your child's hair must be tightly and neatly pulled back. Please use hair rubber bands and scrunchie for your daughter's ponytail. We also recommend plenty of extra clips and gel or hairspray for emergencies. **Please do not use bobby pins; they don't stay in well!**

- ❖ Hair not quite long enough for a ponytail: up in a ½ ponytail or ½ French Braid
- ❖ Extremely long hair: Bun or Fold Up

Make-up: No finger or toe nail polish. If your child is old enough to wear make-up at home or school, then she may wear make-up at the meet. (Please do not put lipstick or blush on your child if they do not normally wear make-up.)

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

When to arrive: Please arrive to a fun meet 15 – 20 minutes before open stretch.

Talking to your child: Once your child 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 spectator area.

Bathroom: Please make sure your child goes to the bathroom before open stretch. The coaches will also give them a chance to go after timed warm-ups.

Pictures: Please **do not use flash photography** during the warm-up or competition. This is for your child's and the other children's safety. You may take flash pictures during the awards presentation.

Scoring: The judges know a lot more about gymnastics than you do, 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 fall!

FINAL REMINDER: Your daughter has worked very hard to get here. She has put in plenty of time and effort so that she can have this opportunity to compete. Our main goal for this meet is for your child to stay focused, do their best, and have fun!