



Gymnast's Name: _____ Session: _____

Saturday, May 2nd, 2026

<p>Session #1: 2:00pm - 3:15pm</p> <ul style="list-style-type: none"> • Girls Beginner • Girls Advanced
<p>Session #2: 3:30pm - 4:45pm</p> <ul style="list-style-type: none"> • Girls Intermediate
<p>Session #3: 5:00pm - 6:15pm</p> <ul style="list-style-type: none"> • Siblings (All Levels) • Boys • Mini/Rising Stars

You are welcome to invite family and friends to come watch.

Spectator Fees

CASH	CREDIT CARD
• Adults: \$15.00	Adults: \$17.00
• Children: \$10.00	Children: \$12.00
• 3 & Under: FREE	3 & Under: FREE



Dear Gymnasts & Parents:

It's almost time for the Spring Spectacular Fun Meet. Here are a few things you should know.

What to wear:

- (Girls) Park Avenue performance leotard
- (Boys) Park Avenue performance shirt

Hair: Your gymnasts hair should be pulled back neatly and tightly. Please use hair rubber bands, not just a loose scrunchie. We recommend that you use hairspray and clips to fasten your gymnasts hair. Glitter hairspray is allowed!

- **Please do not use bobby pins!!! They won't stay in and they hurt.**

***We recommend doing a "test run" of meet hair at practice prior to the competition.**

Suggestions for Long Hair: Bun, Braids or French Braids - If your gymnasts hair is longer than her shoulders it will need to be flipped up. If they have very thick hair, buns might not be the best. Please remember they may need to do a backward roll with this hairstyle.

Make-up: **Make-up is NOT recommended** and should only be worn if you are old enough to wear it at home or school. **Please do not put make-up on your daughter if she doesn't normally wear it. This is not like dance or cheer competitions.**

Jewelry: Please do not wear 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 gymnastics meet. This will give your gymnast some time to get familiar with how the gym setup looks 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. No parents allowed on the competitive floor, so please stay in the spectators area!

Sibling Spectators: Siblings that come to watch must stay with their parents. **Siblings are not allowed on the equipment.** If you don't think they can do that please make other arrangements for them. This is your gymnast's time to shine and we want them to have your full attention.

Bathroom: Please make sure your gymnast goes to the bathroom before open stretch.

Pictures: You may take as many videos and photos of your gymnast as you'd like; however **no flash photography is allowed.** This is for the safety of the athletes. Please make sure that all the spectators you bring know this and turn their flashes off prior to the start of the event.

Social Media: We'd love to see your pictures and videos from the Spring Spectacular Fun Meet. Please remember to tag us in your photos on either Facebook or Instagram. You can use the following hashtags: **#parkavenuegymnastics #parkavefunmeet #springspectacularfunmeet**

Final Reminder: Your gymnast has worked very hard in preparation for the competitive season. They have put in a lot of time and effort. Our main goal for this meet is for the gymnasts to focus and do their personal best. We want to make sure this is a positive experience for both you and your gymnast.

