**REMINDER: Everyone should have all fees paid in full to be eligible to compete in the meet on 12/13. Thank you!**

**Rec League Meet #2**

**Sugar Plum Classic**

**Friday, December 13th @**

**LakePoint Champions Center**

**261 Stars Way**

**Emerson, GA 30121**

**ALL GYMNASTS ARE IN THE SAME SESSION**

**General Stretch: 6:00pm**

**Introduction: 6:20pm**

**Competition: 6:40pm**

**Awards: 9:40pm**

**Age Groups (77 total gymnasts):**

**Bronze A (7), B (8), C (7), D (7)**

**Silver A (8), B (8), C (7), D (7)**

**Gold A (7), B (6)**

**Platinum (5)**

**Things to Know:**

* Please complete the following online waiver for each athlete for LakePoint: <https://waiver.smartwaiver.com/e/gzQggs7W4wxh4YYDBCSeNR/> Thank you!
* Since we are at an outside facility, there is an admission fee of $20 for adults, $15 for seniors and kids 6-12 yrs, kids 5 and under are free (no cash, card only).
* There is plenty of parking and it is free
* Gymnasts will wear their team leotards. Leotards are maroon, black and silver/gray and include a scrunchie (please let me know if you have not received one yet).
* I recommend a black sports bra with thin straps in a criss cross pattern. The same sports bras they had the last 2 years will work and blend in nicely. You should be able to find them at Target or Walmart if you are looking
* Hair should be up and pulled back from the face so it does not cause a distraction to the gymnasts as they perform. Hair gel and hair spray are highly recommended.
* No jewelry other than stud earrings are allowed
* **Black** gymnastic/biker shorts are allowed
* This meet has a Sugar Plum (Christmas candy) theme
* Please do not arrive more than 10 minutes prior to your General Stretch time. Coaches are not available until General Stretch.
* Sugar Plum competition runs a little different. There are 2 sets of equipment and gymnasts are divided first into 4 squads and then 2 flights (A and B). Flight A will warm up first and Flight B will then begin warming up when Flight A is competing. Flight A will move to the next event and start warming up event #2 while Flight B competes event #1 and so on. There is only 1 floor so floor warm up occurs in between floor routines (this is called a “bump”).
* Gymnasts will receive up to 45 seconds to warm up before competing that event and floor may be broken up into multiple 15-20 second turns.
* Awards: 1st through 3rd place in each age group is recognized on each event and all gymnasts will receive an all-around medal
* All gymnast will receive a Sugar Plum leotard as a gift for participating. You will receive your leotard at the meet. WE WILL NOT WEAR THEM IN COMPETITION ☺.
* LakePoint has large bleachers for seating
* LakePoint offers a concession stand
* There will be a t-shirt vendor as well as Mary’s Monogramming with her selection of shirts, bags, jewelry, flowers, etc for you to shop ☺.

Please contact Ms. Beth if you have any other questions ☺.

Thank you,

Ms. Beth

Director of Recreational Gymnastics, GAA