



# GENIE'S GYMNASTICS

To all the new competitive girl's parents:

If this is your first meet season, here are some helpful hints that will help you. If you have any additional question let us know.

- In order for the girls to compete at USA or AAU sanction meets, they need to become a member of USA Gymnastics and AAU. Levels 1 and 2 we compete USA and AAU.
- All info regarding team will be sent by email. If you change email address please let Ginny know about it. Any type of question you have this is the best way for communication. Check your email periodically for news.
- You will receive a meet information letter about a week or two before the scheduled meet. It will tell you the time the competition starts as well as directions to the place. The time shown is the actual time they will be allowed to go in the floor to start warm up time. Try to be there at least 10 to 15 minutes prior. After they warm up, they will have timed warm up on each event to practice. Then they will proceed to march in and compete. Awards will follow afterwards. Meets are usually 3 to 4 hours long.
- Make sure you schedule plenty of time to get to the place of the meet, allowing time in case you get lost or for traffic.
- If you lose the email you can always find all the information at our website [www.geniesgymnastics.com](http://www.geniesgymnastics.com) under team update.
- There will be an admission fee for everyone going to the meet except the gymnast. It varies but it could be up to \$25 per adult and \$15 per child. Some of the competitions are cash only so be prepared.
- Bring your gymnast in her Genie's Gymnastics Leo and make sure her hair is tightly secured. Use lots of hair spray if necessary.
  - Level 1 – Lycra purple and white leo.
  - Level 2 through 5 – Long sleeve compulsory leo.
- **No jewelry and nail polish allowed for the meets. No shorts allowed.**
- If you bring your camera to the meet, no flash photography is allowed for safety reasons.

**Thanks and have fun at the meets!!!**