

All Star Booster Club ~ Meet Cheat Sheet

Meet Equipment Check-list:

- Competition Leo**
 - Extra leotard (just in case)
 - Under-leo garments -underwear/bras
- USAG card**
- Grips - *****the Most Important item*******
 - 2nd pair if you have one
 - arm bands (for under grips)
 - tape, bandaids, pre-wrap, etc.
 - Chalk Bucket
- Warm-Ups**
 - Jacket
 - Leggings
 - Shoes
 - Mask
- Hair bag**
 - Ponytail holders
 - bun stuff
 - bobby pins
 - hair spray
 - brush/comb
- Extras**
 - Nail Clippers
 - Kleenex

Ages:

South Dakota meets use the last day of the State meet to calculate the age your child will compete. Other states may use their meet end date or their State meet as the date to calculate ages.

Competition Schedule:

When the meet schedule comes out, immediately check the date/time your child competes.

Sometimes the same level will be broken into different age groups that compete at different times. Please be aware of this and check to see if your daughter's level is all together or broken into different age groups.

It will say "Session 6 –Xcel Silver" This will mean that all Xcel Silver (no matter their age) will compete all together.

Scoring:

Each meet may use different scoring software and will advertise their software before the meet begins. Generally, all meets scores are posted online, but some meets may not update scores in real time.

Illnesses:

We strongly encourage any gymnast that has had a fever or was throwing up in the last 24 hours before a meet to STAY HOME. It is in the best interest for your child and all competitors. Please be respectful of your teammates.

Coach Requests:

- Contact a coach if your child is unable to compete at the meet. If you don't know who to contact, email the President's mailbox and we will contact the coach for you.
- Arrive on time, dressed and ready to compete.
- Hair must be up in a bun and out of their face.
- Do not talk to the Judges. It is against USA Gymnastics regulations for parents to have contact with judges. Judges are to be treated with the utmost respect if you encounter them during the meet off the competition floor.
- Once children are in the competition area they are the coaches responsibility, do not try to contact them during the meet.

Meet Schedule:

It will say OPEN STRETCH (this is **mandatory** and your gymnast must be ready and out on the floor at this time) 20-30 minutes **BEFORE** OPEN STRETCH is a good time to be at the competition site. This allows for last minute touch-ups, bathroom break, competition leo and warm-ups on, and a few minutes to just breath.

5 minutes **BEFORE** OPEN STRETCH, your daughter should be in the "Team area" (this is out in the competition area with their coach) she needs her competition bag (grips, water bottle, snack, or anything else she will need during competition) She should not be coming to you or you to her during competition time. (Competition time starts at Open Stretch and continues thru end of the meet.)

Meet Etiquette:

- **Please Watch your Words**- we all get excited, confused, and disappointed during meets. There are many parents/family members/friends that sit around us. Some are from our gym and many are from other gyms. Please be careful not to hurt another parents/family members/gymnast friends' feelings when speaking. A good rule of thumb is to only talk/comment about your gymnast. Be respectful of other parent/family members at meets. We are a team and need to be respectful of each other.
- **For the Gymnasts and parents** -cheer and encourage teammates, during awards clap for all, **please have your daughter ask their teammates how they like to be encouraged while they compete on different events -some like cheering throughout, some only like cheering before and for all to be quieter while they compete, some just like support after they compete. Please be mindful that we are all different and that we need to be supportive of our gymnasts differences.
- **NO nail/toe polish, NO jewelry**
- Please make sure you and your gymnast know what types of food helps them keep energy thru the meet. Protein and Carbs will help create and sustain energy. PB toast, Yogurt and granola, egg and toast, whatever is familiar for your daughter (we don't want to experiment and have upset tummies during the meet). **You want them to have a good breakfast/lunch but not too much that they are full.**
- **No Flash photography**
- **Bring Cash to meets.** Admission, candy-grams, t-shirts & concessions, etc. typically require cash so be prepared when you walk in to the facility

Notes:

- **Undergarments** - please make sure to test out all undergarments before the meet.
*nude or black panties- Target (women's JKY \$8) (girls cat&jack cotton)
*bras- girls Target (Cat&Jack nude -regular cut bra, will want **straps** to be adjustable to tighten so they aren't loose, sports bra must be open in the back -like a regular bra cut, no racerbacks) juniors will need to see what works best for them, (ideas -Scheels (moving comfort/brooks Fiona-open back, good support) Target (C9 Champion Power Shape™ MAX High Support Convertible Sports Bra, and many others, no racerbacks)bra color - nude or black of leos. **Bras and panties should not be visible during the meet.**
- **NO Deodorant** if possible, definitely **nothing with aluminum.** options -Tom's Deodorant (places to shop -Wayne and Mary's on Kiwanis by 41st or Sycamore and 26th, The Co-Op on Minn and 18th-have Tom's and others, Walgreens or Walmart) Please make sure to read the label.