



2017

# Meet Handbook

May 6<sup>th</sup> and May 7<sup>th</sup>

Website: [www.danceitoutva.com](http://www.danceitoutva.com)

Email: [flipitoutgym@gmail.com](mailto:flipitoutgym@gmail.com)

Phone: 434-757-1209

## April & May - Calendar of Events

April 10<sup>th</sup> - April 15<sup>th</sup> - The studio will be closed for Spring Break.

April 24<sup>th</sup> - April 28<sup>th</sup> - Parent & Gymnast Appreciation and Observation Week – Progress reports will be handed out.

May 1<sup>st</sup> - May 5<sup>th</sup>- Spirit Week

May 6<sup>th</sup> - Gymnastic Meet at Flip It Out

May 13<sup>th</sup> - Session 4 ends.

## Philosophy, Policies, and Procedures

Dear Parents and Students:

The meet offers our students a professionally directed performance that allows them to present to their families and friends the results of a year's hard work, dedication, and progress.

A big part of the gymnastic training process includes learning from the performance. The experience helps build self-esteem, self-assurance, and contributes to building a gymnast's confidence. Although performance opportunities can prepare some students for a possible career in gymnastic, they also contribute to children's success in non-gymnastic activities. Participating in the meet can result in better in-school presentations, improved social skills, and strong interview skills for future college or job opportunities.

We have created this handbook in an effort to clarify what we expect from parents, students, teachers, and everyone involved in terms of responsibility to the annual meet, the school, students, and parents.

### **Key Contact Information for Flip It Out:**

108 South Main Street  
La Crosse, VA 23950  
434-757-1209  
[flipitoutgym@gmail.com](mailto:flipitoutgym@gmail.com)  
[www.danceitoutva.com](http://www.danceitoutva.com)

### **STAYING INFORMED**

We work hard to make the gymnastic experience organized and fun. Keeping you informed is one of our primary goals. Please read all newsletters and other school information. Updates are emailed to you and posted on the Dance It Out website and Flip It Out's Facebook page. If you have any questions regarding the information distributed, we encourage you to contact the office at 434-757-1209, Monday – Thursday between the hours of 4:30 pm – 8:30 pm. We answer emails daily. Feel free to email questions to the office at [flipitoutgym@gmail.com](mailto:flipitoutgym@gmail.com)

**WEBSITE: [www.danceitoutva.com](http://www.danceitoutva.com)**

## Facebook Page: Flip It Out

“Like” the Flip It Out page on Facebook to receive updates on school events. Please invite your family and friends to “like” the school.

Please do not post questions on the school’s Facebook page. Instead, please email them directly to [flipitoutgym@gmail.com](mailto:flipitoutgym@gmail.com).

### IMPORTANT DATES

DATE	ACTIVITY
April 10 <sup>th</sup> - 14 <sup>th</sup>	FLIP IT OUT CLOSED SPRING BREAK
April 23 <sup>rd</sup>	MEET PICTURES – MAKE SURE YOU HAVE SIGNED UP FOR A SCHEDULED TIME.
April 24 <sup>th</sup> - 29 <sup>th</sup>	PARENT OBSERVATION PARENT & GYMNAST APPRECIATION WEEK
May 1 <sup>ST</sup> - May 5 <sup>th</sup>	SPIRIT WEEK
May 6 <sup>th</sup> & May 7 <sup>th</sup>	GYMNASTIC MEET
May 13 <sup>th</sup>	SESSION 4 ENDS.

### Schedule for Meet on May 6, 2017

Time of Meet	Classes
9:00 A.M. – 10:00 A.M.	Tuesday Preschool (3-4) Saturday Preschool (3-4)
10:30 A.M. – 11:30 A.M.	Monday Preschool (3-4) Wednesday Preschool (3-4)
12:00 P.M. – 1:15 P.M.	Monday Beginning Girls Friday Beginning Girls Saturday Beginning Girls
1:45 P.M. – 3:00 P.M.	Tuesday Beginning Girls (Both Classes)
3:30 P.M. – 4:45 P.M.	Thursday Beginning Girls (Both Classes)

<b>5:15 P.M. – 6:30 P.M.</b>	Tuesday Advanced Girls Wednesday Advanced Girls Wednesday Hot Shots

## Schedule for Meet on May 7, 2017

Time of Meet	Classes
<b>5:30 P.M. – 6:30 P.M.</b>	Monday Boys
<b>6:45 P.M. – 8:15 P.M.</b>	Monday Intermediate Girls Thursday Intermediate Girls Saturday Intermediate Girls

### Distribution

Leotard for girls and shirts/shorts for boys will be distributed starting April 1<sup>st</sup> in our office. All accounts (including tuition) must be up to date and in good standing or leotards and shirts/shorts will not be passed out.

Please try on leotard or shirt/shorts as you bring them home. This allows you to determine whether alterations are needed. Doing this well in advance of the meet minimizes stress at performance time.

### Hair and Makeup

Female students may wear light makeup for the meet, such as light blush or a little lipstick. No eye makeup is to be worn. Girls may also wear spray glitter in hair only. Please no bobby pins in hair. Clip barrettes may be used but no **clasp barrettes**. Hair gel can be used to help keep hair out of face and slicked back. No polish is to be worn on nails. No jewelry is to be worn at the meet. Small stud earrings may be if needed. Hair must be in a high ponytail or French braid to keep hair out of face. **No buns** are to be worn.

### Meet Etiquette for Gymnasts:

The following guidelines will help each gymnast make competition a fun and successful experience.

- Maintain a positive attitude when facing fears and frustrations. Gymnastics is the most demanding and difficult of all sports. All gymnasts suffer setbacks, frustration, fear and defeat. Expect these things, learn from them, face them, and overcome them!
- Be friendly and use sportsmanlike conduct at all times. Everybody has a unique way of experiencing gymnastics. Some people look for the fun in the experience; others are simply hoping to cope with their fears, while others are focused to the point of excluding everything else around them – including you! Just remember, everyone is doing the best they are capable of at that moment.
- Stay focused at the meet. Talking with parents, relatives, or friends is inappropriate during the meet.
- There is absolutely no reason for you to be on any piece of gymnastics equipment unless you are warming up or currently performing.
- The meet is not complete until ALL the awards have been handed out. The other gymnasts have waited patiently to receive their awards and have applauded your efforts.

### **Meet Etiquette for Audience:**

- Enthusiastic applause is encouraged; however, it is never appropriate to scream out a child's name or yell in any way. Please hold applause until the end of your child's routine. Applause during routine distracts gymnasts.
- Children watching the meet should not bring handheld electronic games or other devices with sounds and/or lights that could be a distraction for other members.
- Children watching the meet must remain seated for the entire performance. If you think they will have a hard time remaining seated during the performance, please do not bring them to the meet. Allowing children to run around or otherwise disrupt the performance is not fair to other audience members.
- Parents who bring infants to the meet should quickly exit if the infant begins to cry or create a distraction for the audience.
- Absolutely, **NO** flash photography allowed during the meet.
- Please refrain from **ALL** laughter (even if a child does something adorable). Students may think the laughter is directed at their performance.
- Assistance (verbal or physical cues) by gym instructor will most likely be needed by gymnasts, especially younger students. We feel it is more important for gymnasts to be safe and secure in their performance than it is for them to perform solo.
- Each gymnast in each level will perform a similar routine to the same music.

- No scores will be given. We want this meet to be a fun and empowering experience. All students will receive an award.
- Each student must be enrolled in Session 4 to participate in the meet. We will be working on routines and attendance is mandatory during Session 4.

## **Meet Pictures and T-Shirts**

### **Photos**

Photos will be taken on April 23<sup>rd</sup> at Dance It Out. Make sure you have signed up for a time for pictures. Sign-up sheet is at the desk in Flip It Out. Please arrive on time for your child's scheduled time.

### **Meet T-Shirt Purchase**

Meet T-Shirts will be available two weeks prior to the show.

## **Flip It Out's Important Policies and Tips**

- No gum, candy, drinks, or food in gym.
- No nail polish is to be worn.
- Hair glitter spray may be used.
- No jewelry is to be worn.
- Be on time for gymnastic meet.
- No undergarments are to be worn under leotard.
- All hair should be secured away from face in a high ponytail or French braid.
- Girls may wear light makeup, such as light blush or lipstick. No eye makeup is to be worn.
- All students should bring their own personal grooming items and make-up.
- Please do not wear leotard in public. Please bring a change of clothes or cover-up.
- Audience should feel free to applaud at any time after performance however, please do not call out names as it is very distracting to the gymnast. A lot of applause and whistles at the end of the performance on the other hand make the gymnast feel appreciated and give them the drive to do their best!!!!

## **Summer Classes**

Check out our summer schedule! Sign up at the front desk to register for a class this summer.



108 S. Main Street | La Crosse, VA 23950

# SUMMER CAMPS 2017

(434) 757-1209

danceitout.com

DATES	AGE GROUP	TIME	COST
June 12-15	Girls 5-8	9:00a-12:00p	\$150
June 19-22	Girls 9+	9:00a-12:00p	\$150
June 26-29	Boys 6+	9:00a-12:00p	\$150
July 10-13	Preschool 3-4	9:00a-12:00p	\$150
July 17-20	Girls 5-8	5:00p-8:00p	\$150
July 24-27	Girls 9+	5:00p-8:00p	\$150
July 31-Aug 3	Boys 6+	5:00p-8:00p	\$150
August 7-10	Preschool 3-4	5:00p-8:00p	\$150
August 14-17	Girls 5-8	5:00p-8:00p	\$150

## SIX (6) WEEK SUMMER SESSIONS

### TUESDAYS (starting June 7th)

4:45p-5:30p	Preschool 3-4	\$75
5:30p-6:30p	Beginner Girls 5-8	\$95
6:30p-8:00p	Intermediate/Advanced Girls, Ages 9+	\$125

### THURSDAYS (starting June 9th)

4:45p-5:30p	Preschool 3-4	\$75
5:30p-6:30p	Beginner Girls 5-8	\$95
6:30p-7:30p	Boys 6+	\$95

Flip It Out 
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