



2020

# Meet Handbook

May 16, 2020

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

March 30 – April 3: Meet Picture Week at Flip It Out

April 6 - April 10: The studio will be closed for Spring Break.

April 18: Meet Practice for Skippers, Hoppers, & Jumpers from 9:00 to 10:30 AM

April 27 – May 1: Spirit Week for Flip It Out

May 4 - May 8: Gymnast Appreciation Week

May 9: Meet Practice for Skippers, Hoppers, & Jumpers from 9:00 to 10:30 AM

May 9: New Student Registration

May 14: Session 4 ends.

May 16: Gymnastic Meet at Flip It Out

## 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 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 events. Please invite your family and friends to "like" the page. **Please do not post questions on the Facebook page. Instead, please email them directly to [flipitoutgym@gmail.com](mailto:flipitoutgym@gmail.com).**

## Schedule for Meet on May 16, 2020

PLEASE ARRIVE 15 MINUTES BEFORE SCHEDULED TIME.

Time of Meet	Classes
9:00 A.M. – 10:00 A.M.	<i>Flippers– Monday &amp; Wednesday</i> <i>Tumblers - Wednesday</i>  Lily Aviles Chantel Gates Kylee Lopresti Maddison McAden Mia Tromm Cassie Currin Melisson Piercy Cole Donati
10:30 A.M. – 11:30 A.M.	<i>Hoppers – Monday &amp; Thursday</i>  Sydney Copeland Owen Liles Emma Crowder Addison Fields Ava Martin Iraa Patel Mason Watson Krislyn Clevinger Zoey Hawkins Adeley Kinker Toby Morrison

<p>12:30 P.M. – 1:45 P.M.</p>	<p><i>Skippers – Tuesday and Thursday</i></p> <p>Nora Adams  Emma Howerton  Nitya Patel  Saachi Patel  Charlee Thompson  Ava Harris  Chloe LeBel  Wren Long  Madison Martin  Olivia Mihnovets  Adeline Vermeulen  Sue Winter</p>
<p>2:15 P.M. – 3:30 P.M.</p>	<p><i>Leapers – Tuesday and Skippers – Thursday</i></p> <p>Emma Flippen  Arianna Hicks-Parker  Daniella Love  Makayla Sadler  Emaline Clary  Layla Francisco  Kenziee Horne  Lainee Horne  Jackson Merrel  Marley Painter  Kate Parrish</p>
<p>4:00 P.M. – 5:15 P.M.</p>	<p><i>Jumpers – Tuesday and Thursday</i></p> <p>Laynee Edmonds  Ava Ellington  Emma Sherman  Taylor Tatum  Addison Thompson  Kaley Blanton  Ronnie Blanton  Kaylee Ezell  Olivia Ezell  Kaitlyn Gittman  Rylee Horne  McKenlee Ruble  Avery Upton  Kate Watson</p>

5:45 P.M. – 7:00 P.M.	<p style="text-align: center;"><i>Twisters – Monday &amp; Wednesday</i></p> <p style="text-align: center;">Kailyn Brown Ella Cranford Maggie Liles Lacey Tatum Kelsey Carter Kira Haislip Devanie O’Gorman Gabby Kallam Addison Palmore</p>
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The following guidelines will help each gymnast make competition a fun and successful experience.

- Wear meet unitard in class the week prior to the meet. Body glue may be used to keep the unitard in place.
- 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 always use sportsmanlike conduct. 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.
- Pictures can be taken on podium as each gymnast is presented medal. Another podium will be outside for additional pictures.

## 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.
- 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 during class at Flip It Out on March 30 through April 3. Please arrive on time for your child's scheduled time. Group pictures for each class will be taken at the beginning of each class.

### Meet T-Shirt

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.
- 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 unitard in public. Please bring a change of clothes or cover-up.
- Audience should feel free to applaud at any time after the 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.