

## Pre-Team General Meet Information

### GYMNASTS:

1. Arrive ON TIME and find your Coach as soon as you get there. Leave coat & shoes with your parent. Bring a small duffle bag or back pack (Oakland bag if you have one) to keep your t-shirt, leggings, and water bottle in.
2. Remain in the area designed for the gymnasts as either competitors or observers throughout the course of the competition. OBEY all warm-up regulation and procedures.
3. Wear your green and black Oakland Gymnastics leotard, (if you choose to wear underwear underneath your leo they need to be skin colored), your scrunchie that came with your leo, your team t-shirt, and your black team leggings.
4. Hair is to be worn in a neat, clean, competition bun. This can be accomplished by putting your gymnasts hair into a pony, using two pony holders (hair can be either wet or dry), affixed a little higher than the middle of the back of the head. Place bun maker (sock or sponge type donut) over pony, pulling all hair through bun maker. Lay pony hair over bun maker, completely covering it. Next, affix pony holder over hair and bun maker (wrap pony around the bun maker twice). Then tightly twist loose hair around base of pony/bun. Secure this with two additional pony holders. Hairpins can be added throughout the bun to further secure, if necessary. To assure that loose hairs stay in place, a hairnet (which can be purchased at almost any drug store – they come in packs of 3) must be placed over the bun. Finally, add the scrunchie that came with your leotard to completely secure the bun and finish the hairdo. As I'm sure you are all aware, hair spray and gel help to keep all the little loose hairs in place. Remember that uniformity is the goal therefore, no bun covers (just hair nets that match the hair), and hair must be pulled straight back (no webs braids or extra small pony holders leading into the bun). Presentation is IMPORTANT! If the hair is too short for a bun it may be worn in a short, neat pony tail with the team scrunchie. If hair clips/barrettes are needed they should be hair colored.
5. Nail polish CANNOT be worn on fingers or toes, temporary tattoos should be completely removed, and only skin colored band aids should be worn. A single pair of stud earrings may be worn, no hoops or dangly earrings.
6. Be courteous, respectful and polite to all meet officials, competitors, and coaches.
7. Remain seated at all times when not performing. SMILE AND HAVE FUN!!!!!!!!!!!!!!!!!!!!

## PARENTS:

It's the philosophy of Oakland Gymnastics that the coaches, the gym, the parents, and the gymnasts are all part of the team. We encourage all of our parents to attend every competition. Having a strong cheering section does wonders for team motivation and it is support that shows we are proud of our team and gym. As parents you should be aware that you too represent Oakland Gymnastics and want to leave a favorable impression of yourself.

1. Please do not contact or talk to your gymnast once they are on the competitive floor. We ask them to focus all their energy on the meet and she needs as few outside distractions as possible. After the meet is over they will come see you for that BIG HUG!
2. Cheer LOUD and OFTEN, but do so in a courteous manner.
3. Promote Oakland Gymnastics in a POSITIVE manner that you feel is appropriate: T-shirt, banners, and cheers for our gymnasts.
4. Under NO circumstances is a parent or a gymnast ever to approach a judge or meet official before, during, or after a meet to comment on, complain about or even ask about a score.
5. Flash photography is PROHIBITED at all gymnastics meets during warm-ups and competition.

## AWARD RIBBONS

9.0 = Blue

8.0 = Red

7.5 = White

7.0 = Yellow

6.5 = Purple or Rainbow