

Gymnast Competition Checklist

The Night Before:

- Eat Healthy with your gymnast. No junk food.
- Watch something Inspiring (your best meet, the Olympics, etc...)
- Lay out your Uniform (leotard, undergarments, jacket, pants, tennis shoes/flip flops)
- Make sure you are wearing only one pair of stud earrings
- Remove fingernail and toenail polish and shower.
- Pack your Competition Bag (**don't forget your USAG card**)
- Get lots of rest ***go to Bed on time***

TEAM BAG:

- Healthy Dry Snack & Water
- GRIPS, wrist guards (if needed)
- Hair brush, comb, hair spray, bands, clips, bobby pins
- Deodorant, feminine products
- Pre-Wrap, Tape, Braces (if needed)
- Tylenol or Other Medication (if needed)
- Leave enough Room for jacket, pants, & shoes during competition
- Good Luck note for Friend

Hair:

Competition hair must be out of face. NO “whispies”. A ponytail can be put into a bun or very tight curls. Please make sure that you use plenty of gel and hair spray to keep everything in place. Most of your parents grew up in the 80's and should know how to do this!

Oh, and don't forget your **purple** team scrunchy!

Competition Day:

- Wake up with enough time to get ready without stressing and eat a healthy breakfast with your gymnast.
- Make sure there is enough time for gymnast's hair to be done correctly
- Leave for the competition with enough time for potty breaks & possible wrong turns.
- Make sure you have:
 - o Directions, Meet Times, Gas, Chair Pad, Cash, Gymnast, Siblings

During Competition: Parents

- Make sure gymnast gets to the **check**-in table on-time, find your teammates.
- Gate fees are usually \$3-\$10 for adults & \$3-\$5 for children
- Please cheer for all “Buckhead Gymnastics Center's” Gymnasts
- Do not gossip or make negative comments in public
- Please do not distract gymnasts during any portion of the competition
- Do not approach the judges at any time!!!
- Save questions for coaches until after the session and please make them quick, as they get very limited time for lunch & dinner in between sessions.
- Gymnasts must stay through the entire awards ceremony
- If the gymnast must leave early, the coaches must be informed prior to the meet
- Spectators are not allowed on the competition floor at any time
- ***Flash photography can only be used during the awards ceremony***