

Universal Gymnastics Team Helpful Tips and Reminders

- Make sure to Check gymnastics board in UPAC lobby for Time and address of meet site. Arrive at meet min. 1/2hr prior to start time (stretch time).
- Make sure gymnast has team leotard and liner.
- Team gym bag is necessary for non-spill water bottle, grips (if needed), any hair items (if needed), and a light dry snack that is not too crumbly! (Any other necessary small items can be included).
- Team Warm- Up (If team warm up and gym bag have not been purchased THESE ARE EXCELLENT SANTA CLAUSE ITEMS FOR EXTENDED FAMILY TO PURCHASE!) Get order in early, for items may need to be ordered. Don't forget to have warm up and bags properly embroidered with gymnast name. See desk for details-position.
- Hair in French Braid or Secure to head ponytail. (There is more than one way to do this...if questions...see coach).
- NO MAKE-UP OR FALSE FINGER NAILS...ONLY LIGHT APPLICATION OF SILVER GLITTER ALLOWED ON FACE AND IN HAIR.
- NO JEWELRY
- ONLY PLAIN SMALL POST OR STUDD EARRINGS ALLOWED!
- USAG Team sportsmanship rules designate that gymnast stay through the entire awards ceremony whenever possible. (Coaches will try to attend award ceremonies when possible... Coaches might be coaching the next session and therefore not be able to be at the awards.
- Any and all body adhesive, jewelry removal, hair prep, and glitter will be applied and finalized before giving child to the coach to compete. Once coach has your child, they are in team focus and no one is to interfere. If there is a problem, the coach will come and get you! Please see to those items correctly but do not make a bigger issue than they need to be.
- Make sure to visit the restroom prior to meeting the coach.
- Parents Objective: (Keeping our gymnast relaxed) Parents should have their gymnast focused on having a great meet experience. Supporting your gymnast to have FUN and try to do their best!
- Gymnast Objective: Gymnast should focus on self improvement. Gymnast should be focused on their meet, not on their clothing and hair. Any awards are an exciting bonus. As long as you are getting better, that is ALL YOUR PARENTS AND COACHES DESIRE! ABOVE ALL...WE WANT YOU TO LOVE WHAT YOU DO AND HAVE FUN!