



Level 5/6 Practice Meet
Thursday, July 22, 2010 @ 5:30 PM

The practice meet will run during normal workout hours (5:30 – 8:30) on Thursday, July 22. Please arrive on time for this session since time is an issue on certain events.

*Level 5's who are competing in the **Spring** will wear their regular workout leotard with no shorts.

*Level 5's who are competing in the **FALL** will wear their competitive leotard with no shorts.

*All Level 6's competing this **FALL** will wear their competitive leotards with no shorts. Wear or bring your warm-up pants and jacket. We will be doing a uniform sizing check at the practice meet.

NOTE: If you do not fit into your competitive leotard, please notify your coach on Wednesday to make arrangements to wear a different leotard.

*Hair must be tied back or braided so that it does not hit your eyes when you flip upside down.

*All nail polish, ear rings, must be removed.

Schedule:

5:30 – 5:45 – Warm-up & Stretch

5:45 – 6:15 – Floor / Bars

6:15 – 7:00 – Floor / Bars

7:00 – 7:30 – Vault / Beam

7:00 – 8:00 – Vault / Beam

8:00 – 8:00 – Stretch / Condition

*Please note that there will be no break between events. Bring a small snack and drink with you as you would to a regular competition.