

# Meet Day Preparations

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## What to Wear

### **Traditional Girl Team Members:**

- Competition Leotard
- Blue Competition Leggings
- Warm-up Jacket and Pants
- Competition Bows

### **Intro Team:**

- Competition Leotard
- Blue Competition Leggings
- Team Shirt
- Competition Bows

### **Boy Team Members:**

- Competition Step-ins
- Pommel Pants
- Warm-up Jacket and Pants
- Red socks
- Have your competition shorts in your gym bag

### **Hair, Jewelry & Appearance:**

- All athletes should have their hair done in the appropriate level hairstyle.
- All athletes should have a clean face with **NO** nail polish.
- Only stud earring are allowed. No necklaces, bracelets or any other jewelry.
- Little girls should have no panties on with their leotard, older girls may have GK bloomers meant to go under the competition leotards. No part of your sports bra can be showing at all. If any under garments are showing it is an automatic .2 deduction.

### **Hair Styles by Level:**

- **Bronze:** Space Buns
- **Silver and Gold:** Two French Braids, Two French Ponytails or Two Bubble Braids (Not too poofy)
- **Platinum and Up:** Hairstyle of their choosing, as long as it is clean and pulled back completely up out of their face with no flyaways.
- If your athlete's hair is long, it must **NOT** cover their eyes at any time.

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## **Day of Competition**

### **What to Bring:**

- Competition bag
- Resealable water bottle (no regular Stanleys allowed)
- Healthy snacks
- Blanket, if the meet is in a convention center, most convention centers are cold!
- Any items needed to keep your athletes busy while they wait, there will be a lot of wait time (examples: pop-its or fidget toys) **NO ELECTRONICS**

### **Arrival:**

- Athletes must arrive **15 minutes prior** to their start time posted on our website.

### **Awards:**

- All athletes must stay for the entire duration of awards. Even if your child's age group is over you may not take them. They will sit with their team during awards.

### **Parents:**

- **Always bring cash!** Every meet will have an entry fee and will be cash **ONLY**.
  - Prices may vary depending on each competition you go to.
  - **Remember** Gymnastics meets are known for being **long**, usually **3-4 hours** depending on how many gymnasts are in the session
  - **Parents are never allowed on the competition floor for any reason**
  - **Please cheer for your child, but do not yell to them to talk to them**
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