

Cartwheels Inc Presents!



Invitation & Registration Package

**You're Invited to the Cartwheels Inc.
8th Annual Interclub Meet!
"Under the Big Top!"**

Included in this package:

2. Registration & Contact Information
3. Draft Schedule
4. Interclub Competition Meet Details & Equipment Specs
5. Club Registration Form with Deposit
6. Athlete Registration Form
7. Map
8. Registration Checklist



“Under the Big Top” Interclub Meet 2010 Registration & Contact Information

CONTACT & REGISTRATION LOCATION:

Katherine Campbell
#21 – 13260 78th Avenue.
Surrey, BC V3W 0H6
Phone: 604-594-1555
Fax: 604-594-1544
E-mail: katherine@cartwheels.ca

DATES: Saturday April 10th and Sunday April 11th

REGISTRATION: ALL GYMNASTS & COACHES MUST BE REGISTERED WITH GBC.

REGISTRATION FEE: \$65 (includes a gymnast gift)

\$100 DEPOSIT DEADLINE: *FRIDAY FEBRUARY 5TH 2010 (see deposit form pg. 6)*

REGISTRATION DEADLINE: *FRIDAY MARCH 5TH 2010 (see final registration form pg.7)*

Please make cheques payable to Cartwheels Incorporated

- ⇒ Please do not send individual athlete cheques
- ⇒ All registration is first come, first served
- ⇒ Please remember to provide a list of coaches and their NCCP levels along with your registration.

IF YOUR REGISTRATION IS RECEIVED AFTER MARCH 5TH, A \$10/gymnast LATE FEE WILL APPLY! PLEASE GET YOU REGISTRATION IN ON TIME!

CANCELLATION:

- ⇒ Substitutes, changes and cancellations must be forwarded in writing: e-mailed or faxed.
- ⇒ An athlete may withdraw and receive a refund, with written notice by Friday, April 5th 2010.
- ⇒ After Friday, April 5th, refunds will be granted for medical reasons only with a doctor's note and written notification.



“Under the Big Top” Interclub Meet April 10th & 11th DRAFT SCHEDULE

Saturday April 10th FLIGHT # 1 (girls 11 yrs & up)

8:30-8:50 Warm-up
8:50-9:00 March-In
9:00-11:00 Competition
11:00-11:30 Awards

Saturday April 10th FLIGHT # 2 (girls 9-10 yrs)

11:30-11:50 Warm-up
11:50-12:00 March-In
12:00-2:00 Competition
2:00-2:30 Awards

Saturday April 10th FLIGHT #3 (boys -all & girls 6-8)

2:30-2:50 Warm-up
2:50-3:00 March-In
3:00-5:00 Competition
5:00-5:30 Awards

Sunday April 11th FLIGHT #4 (girls 6-9 years)

8:30-8:50 Warm-up
8:50-9:00 March-In
9:00-11:00 Competition
11:00-11:30 Awards

Sunday April 11th FLIGHT #5 (girls 10 & up)

11:30-11:50 Warm-up
11:50-12:00 March-In
12:00-2:00 Competition
2:00-2:30 Awards



“Under the Big Top”

Interclub Meet Details & Equipment Specs:

1. **Theme:** Join us in celebrating our “Circus” theme! Costumes, cheers, and creativity our welcome.
2. **Warm-up:** General Warm-up will be only 20 minutes in length. Cardio, stretching and slow tumbling – save bigger tumbling moves for your floor warm-up.
3. **Apparatus Warm-up:**
Vault – 2 warm-up vaults and one competition vault

All other events are allowed one minute per athlete. If your athlete does not require a full one minute warm-up, i.e. they have a 3 skill bar routine, they do a one line beam routine, they do a 3 skill pommel routine etc, please speed up the warm-up process by doing less than a one minute warm-up.
4. **Music** – Please label your music- club name and athlete’s name. Coaches be prepared to do your own music. We will have tape and CD capabilities.
5. **Awards:** A medal will be awarded to each athlete. Club Spirit Awards and various fun awards will be awarded. Each child will receive a certificate. Special Awards will be given - for example: “The Super Swinger Award” , “The Vigorous Vaulting Award”, “The Dazzling Dancer Award” etc.
6. **Gifts:** Each athlete will receive a t-shirt, pizza and juice. Evaluators and Coaches will receive a gift too! Athletes, coaches and judges will all be served a meal.
7. **EQUIPMENT SPECS:**

VAULT

Speith Anderson table style vaulting horse, mini-tramp, and beat boards
KIP STYLE “high mat” pile

BARS (Uneven & High)

Speith Anderson Uneven Parallel Bars (low bar 6 holes showing/high bar 7 holes showing – 1 lower than FIG)

MEN’S SINGLE BAR with steel rail – over the pit, landing on hard lander in the pit/or pit landing if your prefer.

PARALLEL BARS

Our parallel bars are an old set

BEAM

Speith Anderson Balance Beam

FLOOR

Speith Anderson Sprung Floor

POMMELS

Speith Anderson Mushroom, Buck Horse, & Pommel Horse

RINGS

Non-sprung wooden rings hanging from rafters.



CLUB DEPOSIT FORM
(due Feb 5th 2010 with \$100 deposit)
“Under the Big Top” InterClub Meet 2010

Date:

Club Name:

Club Address:

City:

Postal Code

Club Phone#:

Club email:

Contact Name:

Contact Phone#:

Contact email:

“Under the Big Top” RESPONSE

To help us plan for our meet, please indicate the number of gymnasts you plan to bring to our meet.

Gymnasts attending _____

6-10 year old girls _____

11 years old and up girls _____

Boys _____

\$100 DEPOSIT DUE FRIDAY FEBRUARY 5TH 2010

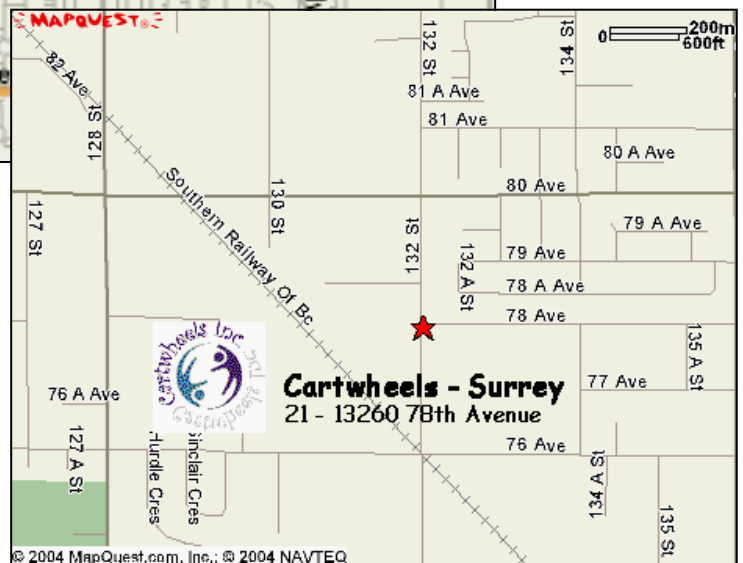
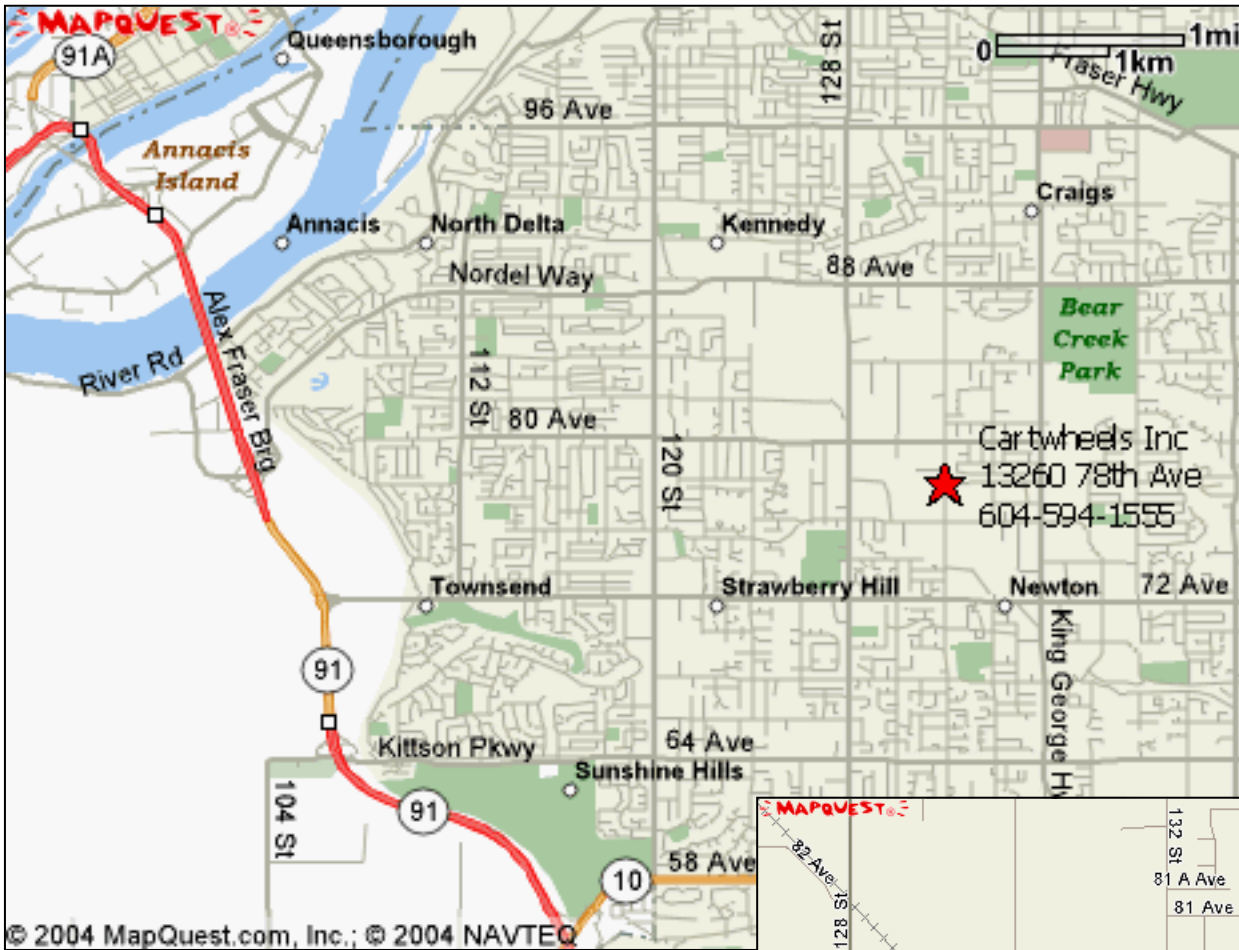
**PLEASE NOTE: THE FINAL REGISTRATION FORM AND PAYMENT IS DUE ON FRIDAY
MARCH 5TH 2010. (see page 7)**



Cartwheels Incorporated Surrey Location

<http://maps.google.ca/maps?rls=ig&hl=en&tab=w1>

Tel: 604-594-1555





“Under the Big Top” 2010 Registration Checklist

FINAL REGISTRATION CHECKLIST:

Before you mail your Final registration back to us by March 5th 2010, did you:

- ✓ Include your athlete list
- ✓ Include names of coaches and NCCP level
- ✓ Include Final Payment for “Under the Big Top” Interclub Meet

All Final registration forms & athlete lists must be returned along with registration fees no later than
FRIDAY MARCH 5TH 2010