

Competition Meet Instructions for Parents and Child

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Please follow these instructions for competition and make sure your athlete knows their part:

Instructions for parents:

- ✓ The first thing that you need to do is make sure your athlete has everything they need for competition: Trampoline Shoes, Hair put up into a French braid for Starz, bag, water, and warmup clothes.
- ✓ **Locate Staging:** This is where the athletes will stretch and be split up into their groups.
- ✓ **Parents are not allowed in staging.** This will be the case for ALL competitions. The coach will be migrating back and forth from the competition floor and staging.
- ✓ Make sure your child knows where to find you after they compete. Pick a designated spot to meet your child if they have a long break before events or when they are done. I suggest meeting your child at the staging entrance. (Competitions are usually held in large stadiums where it can be difficult to find each other)
- ✓ After dropping your child off at staging find a spot to sit next to your child's first event.
 - **Your child should be in staging at least 30-45 minutes prior to scheduled time of flight.** It's common for competitions to run ahead of schedule.
- ✓ Flight Awards are normally done directly after your child's group competes.
- ✓ Over-All Awards are normally done at a designated time, your child needs to return to staging for overall awards.
 - Sometimes only the top ten competitors will receive over all awards; to check that, you need to locate where the score sheets are posted and find your child's name and over all rank.

Only for:
State
Regionals
S & Stripes
Nationals

Instructions for Child:

- ✓ After entering staging try and find other team mates to stretch with. If no one else is there its ok, just find an open area to set your thing next to.
- ✓ Warm up your muscles before stretching. You may do our dynamic stretches like in class if there is enough room, you could do jumping jacks, presses, jumps or anything else to get your muscles warm. **If your late you're going to have to cut your out the warmup go straight to stretching. DON'T BE LATE!!!**
- ✓ Start your stretches on your own, the coach will not always be able to be with you the entire time you stretch.
- ✓ **Listen for your name!!!** If your name is called and you miss it several times your group may go without you and **you will not get to compete that event.**
- ✓ No tumbling in staging we don't want you getting hurt right before a meet.
- ✓ After your name is called you will be lined up on the floor or on chairs.
- ✓ Some one will lead you out to your event to warm up. **Do not warm up without your coach present.**
- ✓ After you compete your routines, you will be led back to staging where you wait for your next event or your parents if your done for a while.