

GMS Winter Invitational February 11-12 2012

Saturday February 11, 2012

Session 1 – Level 3, Level 6, Level 7, Level 8, All Star Novice, All Star Intermediate

12:30-1:00 Stretch
12:50-1:00 Coaches Meeting
1:00-1:15 Warm-up 1st flight
1:15-1:30 Introductions
1:30-4:30 Competition
4:30-5:10 Awards

Arlington Aerials (2 coaches)
GMS (6 coaches)
Gymnastics World
NVGA
Pure Gymnastics
Fairfax Gymnastics
Stafford Royals

Saturday February 11, 2012

Session 2 – Level 5's, All Star Advanced

5:15-5:45 Stretch
5:35-5:45 Coaches Meeting
5:45-6:00 Warm-up 1st flight
6:00-6:10 Introductions
6:10-8:45 Competition
8:45-9:15 Awards

Capital (3 coaches)
Elite Athletics
Fairfax Gymnastics
GMS (2 coaches)
Gymini
NVGA
Stafford Royals
Arlington Aerials (2 coaches)

Sunday February 12, 2012

Session 3 – Level 4's:

8:00-8:30 Stretch
8:20-8:30 Coaches Meeting
8:30-8:45 Warm-up 1st flight
8:45-9:00 Introductions
9:00-12:00 Competition
12:00-12:30 Awards

Capital (2 coaches)
Elite Athletics
Fairfax Gymnastics
GMS (2 coaches)
Gymnastics World
Pure Gymnastics
Stafford Royals (2 coaches)

Coaches are obligated to maintain a USA Gymnastics Professional Membership and Safety Certification & visibly display their current USAG Professional Membership card on their person at all USAG sanctioned competitions