



# FARMINGTON GYMNASTICS CENTER, INC.

*FUN AND FITNESS FOR EVERYONE*

23966 FREEWAY PARK

FARMINGTON HILLS, MI 48335

[www.farmingtongymnastics.com](http://www.farmingtongymnastics.com) PHONE: (248) 478-6130

SEPTEMBER 12, 2022,

**DEAR TEAM PARENTS:**    **POWERMITES - (PM), LEVELS 3 – 7**  
                                  **XCEL - (XP, XD)**  
                                  **BRILLIANT BRONZE – (BB), SILVER STARS - (SS)**  
                                  **RISING STARS - (RS)**  
                                  **SHOOTING STARS – (Shooting Stars)**

HERE IS YOUR 2022 - 2023 TENTATIVE MEET SCHEDULE ALONG WITH OTHER IMPORTANT INFORMATION. **PLEASE REVIEW VERY CAREFULLY ESPECIALLY SINCE SOME DUE DATES MIGHT NOT BE IN DATE ORDER.** YOU WILL NOT BE RECEIVING MEET INVITES - THIS SCHEDULE IS YOUR INVITE INFORMATION. WHEN THE SCHEDULE CHANGES – YOU WILL BE EMAILED AN UPDATED SCHEDULE.

**ALL GYMNASTS** - THERE IS A MEET ENTRY FORM TO BE FILLED OUT AND TURNED INTO THE OFFICE - THIS FORM WILL BE POSTED ON OUR WEB SITE ON OUR TEAM FARMINGTON PAGE - **“MEET ENTRY FORM 2022 - 2023: ALL GYMNASTS”** THERE WILL BE 2 FORMS PER PAGE TO CONSERVE PAPER - PLEASE PRINT IT OUT AND **CUT ALONG THE DOTTED LINE OR YOUR ENTRY WILL NOT BE ACCEPTED.**

**PLEASE READ THE ENTRY FORM VERY CAREFULLY AND ADHERE TO THE SPECIFIC INSTRUCTIONS – ANY FORMS OR ENVELOPE FILLED OUT INCORRECTLY WILL BE RETURNED AND DEPENDING ON THE TIMING OF THE GYM MEET ENTRY – YOUR GYMNAST MAY MISS THE MEET – SO PLEASE READ CAREFULLY.**

**MEET AND HOTEL LINKS - IT IS A GOOD IDEA TO BOOK WELL IN ADVANCE AND CHANGE RESERVATIONS ONCE YOU KNOW THE MEET SCHEDULE. IT IS ALWAYS BEST TO DIRECTLY CALL THE HOTEL AND SPEAK TO RESERVATIONS ON SITE – MENTION THE MEET NAME - THEY SHOULD KNOW ABOUT ANY DISCOUNTS ASSOCIATED WITH THE MEET.**

## **2022 – 2023 TENTATIVE MEET SCHEDULE**

<b>MEET NAME</b> (LOCATION)	<b>DATE</b>	<b>LEVELS</b>	<b>DUE DATE</b> /	<b>FEES - \$</b>
GYM ON THE GRAND (GRAND RAPIDS, MI) <a href="http://www.gymnasticsonthegrand.com/">http://www.gymnasticsonthegrand.com/</a>	DEC 2 - 4	4 – 7 Xcel Silver & Rising Shooting Stars	<b>SEPT 17</b>	(4, 5 - \$175 ) (6 & 7 - \$175 ) (XP & XD - \$175) (SS & RS - \$185) (Shooting Stars – \$ 185)
CHRISTMAS CLASSIC (NOVI, MI)	DEC 9 - 11	PM 3 – 7 Xcel Brilliant Bronze, Silver & Rising Shooting Stars	<b>OCT 1</b>	(PM – \$ 130 ) (3, 4, 5 - \$ 145) (6 – 7) (XP & XD – \$ 165) (BB, SS & RS - \$ 165) (Shooting Stars – \$ 175)
BATTLE OF CHAMPIONS (TOLEDO, MI) <a href="https://battleofchamps.com/">https://battleofchamps.com/</a>	JAN 13 - 15	4 - 7 Xcel Brilliant Bronze, Silver & Rising Shooting Stars	<b>SEPT 24</b>	(4 & 5 - \$ 165) (6 - 7 – \$ 175 ) (XP & XD – \$ 165) (BB, SS & RS - \$180) (Shooting Stars – \$ 185)
WOLVERINE CLASSIC (JACKSON, MI)	JAN 20 - 22	3 – 8, Xcel Brilliant Bronze, Silver & Rising Shooting Stars	<b>OCT 8</b>	(3, 4, 5 - \$ 165) (6 - 7 – \$ 175 ) (XP & XD – \$ 175) (BB, SS & RS - 185) (Shooting Stars – \$ 185)
TULIP CITY INVITE (HOLLAND, MI)	JAN 28 - 29	4 – 8, Xcel Silver & Rising Shooting Stars	<b>OCT 15</b>	(4, 5 - \$ 175) (6 - 7 – \$ 175 ) (XP & XD – \$ 175) (SS & RS - 185) (Shooting Stars – \$ 185)

FROGTOWN INV. (TOLEDO, OH)	FEB 11 - 13	4 – 7 Xcel Silver & Rising Shooting Stars	<b>OCT 22</b>	(4, 5 - \$ 130 ) (6 – 7, - \$130) (XP & XD – \$130 ) (SS & RS - \$145) (Shooting Stars – \$145)
CLOVER CLASSIC (LIVONIA, MI)	MARCH 3 - 5	PM 3 – 7 Xcel Brilliant Bronze, Silver & Rising Shooting Stars	<b>OCT 29</b>	(PM – \$ 130) (3, 4, 5 - \$155 ) (6 – 7, - \$165) (XP & XD – \$165 ) (BB, SS & RS - \$180) (Shooting Stars – \$180)
GIRL POWER (LIVONIA, MI)	MARCH 10 - 12	PM 3 – 7 Xcel Brilliant Bronze, Silver & Rising Shooting Stars	<b>OCT 29</b>	(PM – \$ 120) (3, 4, 5 - \$165) (6 – 7 - \$165) (XG, XD - \$175 ) (BB, SS & RS - \$185) (Shooting Stars – \$185)

**STATE MEET** (TBA) **Xcel Diamond** **Shooting Stars** **TBA** (XD - \$ )  
(Shooting Stars - \$)

**A GYMNAST MUST QUALIFY AT STATE MEET TO GO TO REGIONALS**  
**PLATINUM AND DIAMOND: 35.0 AA**

**STATE MEET** (TBA) **Levels 6 - 8** **TBA** (6 - \$, 8 - \$)

**A GYMNAST MUST QUALIFY AT STATE MEET TO GO TO REGIONALS**  
**LEVEL 6: 34.00 AA, LEVEL 8: 34.00 AA**

**STATE MEET** (TBA) **Gold** **TBA** (XG - \$ )  
**Brilliant Bronze & Silver Stars,** (BB & SS - \$ )  
**Rising Stars** (RS - \$)

**A GYMNAST MUST QUALIFY AT STATE MEET TO GO TO REGIONALS**  
**SILVER: 36.50 AA, GOLD: 35.50 AA. NO REGIONALS FOR BRONZE.**

**REGIONALS** (TBA) **Levels 6 & 8** **TBA** (6 & 8 - GPC )

**STATE MEET** (TBA) **Levels 3, 4 & 5** **TBA** (3 - \$, 4 & 5 - \$ )

XCEL REGIONALS  
(TBA)

ALL XCELS  
(NO BRONZE)

**TBA**

(XG, XD - GPC)  
(SS & RS - \$ )  
(Shooting Stars – \$170)

STATE MEET  
(TBA)

POWERMITE **TBA**

(PM - \$ )

**PLEASE REMEMBER - THIS IS A TENTATIVE SCHEDULE,**  
**IT WILL BE UPDATED AND CHANGED THROUGHOUT**  
**THE YEAR!**

INFORMATION WILL BE ADDED AS SOON AS IT BECOMES AVAILABLE AND EMAILED TO ALL. **ALSO, SOME MEET DATES ARE LISTED ON FRIDAYS, FRIDAY MORNING MEETS ARE POSSIBLE.**

EVERY GYMNAST **MUST** TRAIN THE WEEK PRIOR TO ALL MEETS. IF SHE MISSES A SCHEDULED PRACTICE OR PART OF A PRACTICE AND DOES NOT MAKE IT UP DURING THAT WEEK, SHE WILL BE WITHDRAWN FROM THAT MEET.

PLEASE REVIEW YOUR **GYMNAST & PARENT INFORMATIONAL HANDBOOK**; IF YOU DO NOT HAVE A COPY, IT IS ON OUR WEB SITE. THE FOLLOWING PARAGRAPHS ARE TAKEN FROM THIS HANDBOOK. PLEASE READ:

**GYMNASTICS IS A PHYSICALLY AND MENTALLY DEMANDING SPORT. THE RISK FACTOR IS VERY HIGH WITHOUT ADDING OTHER VARIABLES. BEING UNPREPARED (PHYSICALLY AND MENTALLY) FOR A GYMNASTICS MEET AND COMPETING IN THAT MEET IS INCREASING THE RISK FACTOR SUBSTANTIALLY. FGC WILL NOT SUBJECT ANY GYMNAST OR COACH TO THAT TYPE OF SITUATION.**

**THEREFORE, IF A GYMNAST IS NOT PERFORMING HER ROUTINE COMPLETELY BY HERSELF - WE WILL INFORM YOU WELL BEFORE THE MEET DEADLINE NOT TO ENTER A CERTAIN MEET. THIS IS NOT THE END OF THE WORLD – THERE IS STILL PLENTY OF TIME.**

**IF THAT GYMNAST STARTS PERFORMING HER ROUTINE BEFORE THE MEET ENTRY DEADLINE (AND EVEN BEFORE THE MEET ITSELF), SHE WILL BE ASKED TO COMPETE IN THAT PARTICULAR MEET AND WE WILL TRY TO ENTER HER INTO THE MEET.**

**IF YOUR GYMNAST BECOMES INJURED, HER COACH NEEDS TO BE KEPT INFORMED ON HER REHABILITATION PROCESS. HOSPITAL STAY EXCLUDED.**

**WE EXPECT HER AT PRACTICE FOR THE ENTIRE PERIOD, UNLESS OTHERWISE DETERMINED BY THE COACHING STAFF. TO SPEED RECOVERY, EVERY GYMNAST NEEDS TO MAINTAIN STRENGTH, FLEXIBILITY, AND ENDURANCE EVEN DURING RECUPERATION.**

**TEAM LATENESS POLICY - IF YOUR CHILD IS PICKED UP MORE THAN **10 MINUTES LATE** AFTER HER SCHEDULED PRACTICE TIME HAS ENDED – **AT THIS TIME THE TEAM LATENESS POLICY WILL BE APPLIED AND YOU WILL BE CHARGED \$2.00 PER MINUTE UNTIL YOUR DAUGHTER IS PICKED UP THE LATE FEE WILL BE COLLECTED FROM YOUR ACCOUNT.****

#### **NEW POLICY**

**FRIDAY NIGHTS (SEPT – JUNE), ALL GYMNASTS MUST BE OUT OF THE BUILDING BY 7:05 PM - AT THIS TIME THE TEAM LATENESS POLICY WILL BE APPLIED, AND A LATE FEE WILL BE CHARGED TO YOUR ACCOUNT.**

#### **NEW POLICY**

**MEET LATENESS POLICY – PLEASE BE A FEW MINUTES EARLY FOR YOUR CHECK IN TIME. BEING LATE FOR A MEET IS SIMPLY UNACCEPTABLE. IF YOUR CHILD IS LATE – IT IS POSSIBLE SHE WILL BE WITHDRAWN FROM THE FIRST EVENT AND POSSIBLY THE ENTIRE MEET.**

**WHEN GYMNASTS ARE WAITING TO GO HOME, WE WOULD LIKE THEM TO WAIT INSIDE THE BUILDING AT ALL TIMES. WHEN A GYMNAST GOES HOME EARLY DUE TO ILLNESS, SHE MUST INFORM THE OFFICE STAFF OR HER COACH WHEN HER RIDE ARRIVES AND PLANS TO LEAVE THE BUILDING.**

**ALSO, PLEASE DRIVE VERY SLOWLY IN OUR PARKING LOT AND PLEASE DO NOT PARK IN FRONT OF THE FRONT DOORS AND ALONG OUR NEIGHBOR – NABTESCO (WHEN THERE ARE CARS PARKED AT THEIR BUILDING).**

WE REALIZE THIS IS LOOKING AHEAD – EVERY GYMNAST **MUST** BE AT ALL SCHEDULED PRACTICES THE ENTIRE TIME FOR THE WEEK PRIOR TO THE MEET. **ALSO, DUE TO COMPETITIVE / STATE PACKET REASONS, WE WOULD LIKE EVERY GYMNAST TO TRAIN ALL SCHEDULED PRACTICES THE ENTIRE TIME FOR THE 2 WEEKS PRIOR TO THEIR STATE, REGIONAL & NATIONAL MEETS**

**ALSO, TO TRY TO KEEP OPEN COMMUNICATION FOR ANY QUESTIONS OR CONCERNS - YOU ARE WELCOME TO USE:**

1. GYM PHONE: (248) 478-6130
2. TEAM EMAIL: [fgcteamgymnasts@gmail.com](mailto:fgcteamgymnasts@gmail.com)

**PLEASE USE THESE IF YOU HAVE ANY QUESTIONS AND THANK YOU FOR THE HONOR OF COACHING YOUR DAUGHTER.**

**SINCERELY,**

**DAVID**

**FGC TEAM DIRECTOR**