



FARMINGTON GYMNASTICS CENTER, INC.

FUN AND FITNESS FOR EVERYONE

23966 FREEWAY PARK

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SEPTEMBER 6, 2017,

**DEAR TEAM PARENTS: POWERMITES - (PM), SILVER STARS - (SS),
RISING STARS - (RS), XCEL - (XS, XG, XP, XD)
LEVELS 3 – 10**

HERE IS YOUR 2017 - 2018 TENTATIVE MEET SCHEDULE ALONG WITH OTHER IMPORTANT INFORMATION. **PLEASE REVIEW VERY CAREFULLY ESPECIALLY SINCE SOME DUE DATES ARE NOT IN DATE ORDER.** YOU WILL NOT BE RECEIVING MEET INVITES - THIS SCHEDULE IS YOUR INVITE INFORMATION.

POWERMITES - (PM), SILVER STARS (SS) & RISING STARS (RS) - 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 2017 - 2018: PM, SS & RS”** THERE WILL BE 2 FORMS PER PAGE TO CONSERVE PAPER - PLEASE PRINT IT OUT AND CUT ALONG THE DOTTED LINE.

LEVELS 3 – 10, XCEL – (XS, XG, XP, XD), - THERE IS A MEET ENTRY FORM TO BE FILLED OUT AND PUT INTO YOUR LEVELS BOX - THIS FORM WILL BE POSTED ON OUR WEB SITE ON OUR TEAM FARMINGTON PAGE - **“MEET ENTRY FORM 2017 - 2018: LEVELS 3 – 10, XS, XG, XP & XD,”** THERE WILL BE 2 FORMS PER PAGE TO CONSERVE PAPER - PLEASE PRINT IT OUT AND CUT ALONG THE DOTTED LINE.

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.

2017 – 2018 TENTATIVE MEET SCHEDULE

<u>MEET NAME</u> (LOCATION)	<u>DATE</u>	<u>LEVELS</u>	<u>DUE DATE</u> /	<u>FEES - \$</u>
GYM ON THE GRAND (GRAND RAPIDS, MI) http://www.gymnasticsonthegrand.com/ HOTEL - https://www.countryinns.com/gymongrand	DEC 1 - 3	4 – 10 ALL – X RS	SEPT 16	(4, 5 - \$130) (6 - 10 - \$140) (XS & XG – 130) (XP - \$140) (RS - \$140)
CHRISTMAS CLASSIC (NOVI, MI)	DEC 8 - 10	PM 3 – 10 ALL – X SS, RS	SEPT 23	(PM – \$ 90) (3, 4, 5 - \$ 120) (6 - 10 - \$ 135) (XS, XG, XP - \$ 120) (SS & RS – \$ 130)
WINTER CUP (BIRCH RUN, MI) HOTEL - http://www.midmichigangym.com/hosted-competitions.html	JAN 12 – 14	3 – 10 ALL - X SS, RS RS - PLAT	OCT 7	(3, 4, 5 – \$ 120) (6-10 – \$ 130) (XS, XG, XP - \$120) (SS & RS - GOLD - \$ 135) (RS PLAT – \$ 145)
ATHLETE WARRIOR (WARREN, MI)	JAN 19 – 21	PM 3 – 10 ALL - X SS, RS RS - PLAT	OCT 14	(PM – \$ 95) (3, 4, 5 – \$ 120) (6-10 – \$ 130) (XS, XG, XP - \$ 120) (SS & RS - GOLD - \$ 130) (RS PLAT – \$ 140)
BUCKEYE CLASSIC (COLUMBUS, OH) http://www.buckeye-classic.org/ HOTEL - http://www3.hilton.com/en/hotels/ohio/hilton-columbus-polaris-CMHPOHF/index.html	FEB 2 - 4	3 – 10 XS & XG SS, RS, RS - PLAT	OCT 21	(3, 4, 5 - \$ 145) (6 -10 – \$ 170) (XS & XG, – \$ 140) (SS & RS - GOLD - \$ 155) (RS PLAT – \$ 170)
MOTOR CITY CLASSIC (DETROIT, MI) HOTEL - http://www.extremegymnasticsusa.com/motor-city-classic	FEB 9 - 11	PM 3 – 10, ALL - X SS, RS, RS - PLAT	NOV 4	(PM – \$ 95) (3, 4, 5 - \$ 125) (XP, 6-10 – \$ 135) (XS, XG – \$ 125) (SS & RS - GOLD - \$ 135) (RS PLAT – \$ 145)

WOLVERINE CLASSIC FEB 23 - 25 PM **DEC 1** (PM - \$ 95)
(SALINE, MI) 3 - 10, (3, 4, 5 - \$ 120) (6-10 - \$ 125)
ALL - X (XS, XG, XP - \$ 125)
SS, RS, (SS & RS - GOLD - \$ 140)
RS - PLAT (RS PLAT - \$ 145)

KALAHARI LUAU MAR 8 - 11 3 - 10 **OCT 1** (3, 4, 5 - \$ 130) (6-10 - \$ 130)
(SANDUSKY, OH) ALL - X (XS, XG, XP - \$ 130)
SS, RS, (SS & RS - GOLD - \$ 145)
RS - PLAT (RS PLAT - \$ 155)

http://www.newheightsathletics.com/Luau_Invite/General_Information.asp

HOTEL - Kalahari Resort, Sandusky, OH

STATE MEET MAR 16 - 18 **7, 8, 9 & 10** **JAN 7** (7 - 10 - \$ TBA)
TBA

STATE MEET MARCH 23 - 25 **ALL XCELS** **JAN 21** (XS & XG - \$ TBA) (XP - \$ TBA)
TBA SS & RS - GOLD - \$ TBA
(RS PLAT - \$ TBA)

A GYMNAST MUST QUALIFY AT STATE MEET TO GO TO REGIONALS
SILVER 36.00 AA, GOLD: 35.50 AA , PLATINUM AND DIAMOND: 35.0 AA

7 & 8 REGIONALS APRIL 20 - 22 **7 & 8** (7 & 8 - GPC)
TBA

STATE MEET APRIL 27 - 29 **LEVEL 3, 4, 5, 6** **JAN 28** (3, 4, 5, 6 - \$ TBA)
TBA

XCEL REGIONALS APRIL 27 - 29 **ALL XCELS** (XS, XG, XP - GPC)
TBA (SS & RS - GOLD - TBA)
(RS PLAT - TBA)

FUN STATE MEET MAY 4 - 6 **PM** **MAR 25** (PM - \$ TBA)
TBA

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

THIS IS THE ONLY SCHEDULE YOU WILL RECEIVE. THE MOST UPDATED SCHEDULE WILL BE POSTED IN THE LOBBY, ON THE TEAM INFORMATIONAL BOARD AND ON OUR WEB SITE.

PLEASE REVIEW IT OFTEN, INFORMATION WILL BE ADDED AS SOON AS IT BECOMES AVAILABLE. 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 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 15 MINUTES LATE AFTER HER SCHEDULED PRACTICE TIME HAS ENDED – **YOU WILL BE CHARGED \$2.00 PER MINUTE UNTIL YOUR DAUGHTER IS PICKED UP.**

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.**

WE REALIZE THIS IS LOOKING AHEAD – EVERY GYMNAST **MUST** BE AT ALL SCHEDULED PRACTICES THE ENTIRE TIME FOR THE WEEK PRIOR OF 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. GYM: FARMINGTONGYMNASTICS@YAHOO.COM
3. DAVID: CELL # (313) 506-6013 - d1mflight@aol.com
4. AMAMNDA L. – alumley5@gmail.com
5. EMILY C. – emciokajlo@yahoo.com

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

**SINCERELY,
DAVID**

