

# Have-A-Heart Gymnastics Meet:

## What you need to know

**Hello Families!** We are so excited for our gymnastics competition on **Saturday, February 10, 2024!** We want to start by thanking you for giving your child this opportunity! We are so proud of your children and just wanted to send some information so that everyone is on the same page. If you have any questions between now and next Saturday, please feel free to email us at any time – [info@Kidsco-op.com](mailto:info@Kidsco-op.com)

**Leotards should be available for pick up during your regular class the week of the meet.**

**Competition – Saturday February 10, 2024    Location: 3320 Fox Hill Rd, Easton PA 18045**

**Session 1 Gymnast Drop off 12:30 pm – warm-up starts at 12:45 pm. The meet will start around 1:00 pm**

**Session 2 Gymnast Drop off 2:30 pm – warm-up starts at 2:45 pm. The meet will start around 3:00 pm**

**We are having two sessions so that there should be adequate seating for approx. 4 guests per gymnast.**

**The meet is an opportunity to focus on and support your special gymnast. We recommend leaving younger children at home so that you can do just that, as it could be a distraction to you, the gymnasts and other spectators. We understand infants would be an exception.**

**Gymnasts drop off will be at the DOUBLE BLUE DOORS marked Gymnast Entrance.** At the gymnast entrance they will receive their competition number and then be taken out to the gym area by one of our staff members.

- **Please drop your child off with only their leotard and scrunchie on!** They will not need extra clothing, shoes, water, food, etc. It will just get lost amongst the shuffle! They will not need a bag to take around with them.
- **Spectator viewing up to 4 per gymnast.** The cost for spectators is \$10 per person advanced purchase and \$12 at the door / day of the meet. Spectators will enter and pay at the glass doors. Please let us know if you require any special seating accommodations. **Tickets can also be purchased in advance at the KIDS CO-OP front desk, however there is no assigned seating.**
- **After dropping your child off,** you will be able to purchase gifts for your child from our pro-shop to be delivered to them during the awards – this is not required but is a pleasant surprise for your gymnast! The cost will be approximately \$10 per gift.
- Please remember **NO FLASH PHOTOGRAPHY** during the meet! This is for the safety of the gymnasts!

**NOTE:** this is a fun meet for all our girls to feel good about themselves, there will be coaches spotting, talking children through their routines, some routines may have music, and some won't, etc. Expect to see variations of the routines as we strive to make the meet an enjoyable time for each individual child.

After the competition is over there will be a brief awards ceremony where every child will receive an award!

Please pick up your child at the **DOUBLE BLUE DOORS** at the end of the meet.

### **What should your child wear?**

- Your child is to wear their new leotard. PLEASE DO NOT WEAR THE LEOTARD BEFORE SATURDAY! Make sure to try it on and verify it fits.
- Hair should be fully pulled back out of your daughter's face into a bun. Scrunchie on top.
- No loose jewelry - No nail polish - No temporary tattoos

**What should they eat before the meet?** Please remember that every child reacts differently to new situations. While some get nervous, others get excited. Please do not over-feed your child. A light meal of a bagel, fruits, or veggies is all they will need. There is nothing worse than a child coming down from a sugar rush during the meet.

**This year our donations are supporting the Peyton Walker Foundation** for awareness of Sudden Cardiac Arrest including the importance of AEDs and youth EKG testing. Please ask how you can help with the fundraiser!

**Again, if you have any questions at all please feel free to contact us at any time!**