

# Team Olympia

# Meet Policies

*The meet season is now upon us and we wanted to give you a few reminders about our meet policies, as well as, some helpful hints on making the meets go smoothly.*

## **Meet Sessions & Times:**

We do our best to get the meet session and times to you as soon as we receive the information. Typically, this means 5-10 days prior to the meet. Please remember that your session may be on Friday, Saturday or Sunday. We understand that some of the meets we attend post information on-line, however, sometimes the information is incorrect. Also, there are times where our teams are split into separate sessions. Do not contact the host gym for any reason. We do not take requests for specific sessions.

## **Meet Hair:**

- \* All Level 2 gymnasts must wear curly pig tails or braided pig tails tucked under.
- \* All Levels 3 through Elite, including Xcel must wear their hair in a curly ponytail (or braided pony tail tucked under) that is no longer than the nape of their neck. Your curly ponytail must not be longer than the nape of your neck or it must be in a bun.

Hair must all be pulled away from the face—no flyaways. If you have bangs, they must be cut short enough to see your eyes, or they must be clipped back.

## **Meet Attire:**

- \* All compulsory gymnasts must wear their red tank leotard, team t-shirt, and warm-up suit for meets.
- \* All optional gymnasts must wear their long sleeve leotard, team t-shirt, and warm-up suit for meets.
  - All pieces of your uniform must be labeled with your name—just your initials is not enough. You must bring all items of your uniform with you to each meet. You must also have an extra leotard (any leotard) in your bag in case of an emergency.
  - All undergarments must be nude colored, clear, or none at all. Also, please have extra undergarments in your bag in case of emergencies.
  - All gymnasts must wear white tennis shoes and have white or red flip flops in their gym bag.

## **Check in Time:**

When you are given the meet information, the check in time is the latest time you can arrive at the meet. We like our gymnasts to arrive 15 minutes prior to the check in time and be completely “ready”. “Ready” means: hair done; water bottle in bag; nutritious meal eaten; and mentally prepared.

## **General:**

All parents need to stay in the designated viewing area. If there is an emergency, a staff member will come to get you from the stands. We ask that whenever possible that OGA members sit and cheer together. Remember that we cheer for OGA, not against other teams.

If you are running late to a meet due to unforeseeable circumstances or will not be attending because you are ill, please make every effort to contact Olympia Gymnastics first (if it is a business day) or another parent in your session.

Please keep in mind that coaches sometimes are also held up by unforeseeable circumstances and run late to meets. At no time is it acceptable for a parent to go onto the competition floor to help warm-up/coach the gymnasts. The coach will be in contact with the host gym to arrange help for the gymnasts.

All gymnasts are expected to stay for awards and sit with their teammates. Gymnasts will need to be in complete uniform for awards—jackets zipped all the way up, no sleeves from your leotard hanging out, and shoes and socks on (white shoes).

