

NATIONAL SENIOR GYMNASTICS COMPETITION

WE WANT YOU!

Congratulations on a successful gymnastics career and senior year! Each year the Illinois Girls Gymnastics Coaches Association sends a team of senior gymnasts to participate in a meet in Ft. Meyers Florida. This year we have recognized your ability and would like to invite you to attend.

Details:

- When: May 16- 18
- Where: Ft. Myers Beach, Florida (Estero Recreation Center)
- How: **Have your coach nominate you at the associate meeting** during the State meet. At this time you will also need to submit a check to IHSGGCA for \$350 to reserve your spot. If your coach can not attend, please email Kristyn Campos (Vice President of the Illinois High School Coaches Association) at kcampos@csd99.org (Downers Grove South).

Expenses:

1. You are responsible for your own flight to and from Ft. Meyers, Florida
2. \$350 check will cover the following: hotel, transportation, clothing, leotard, meet fees, food.

Expectations:

1. Attend National team practices before we leave for Florida (4-5 team practices)
2. Practice on your own to prepare to compete at your current level (rules are level 9)
3. Best behavior on the trip – you will need a chaperon down and back to Florida (may be a coach or parent).
4. Paperwork and bio needs to be submitted on time.
 - a. All attached forms should be submitted with your nomination!

No refunds once selected for the team!*

Level 10? If you qualify to nationals you may receive a refund since it is the same weekend.

Check your Prom date!

Check your Graduation date!

Check AP Testing (ask about rescheduling if possible)!

SENIOR NATIONAL NOMINATION FORM

Name of gymnast: _____

Phone: _____

Email: _____

Home Address: _____

T-Shirt Size: _____

Is there a possibility of you competing at level 10 nationals? Y / N

School: _____

Athletic Director: _____

Phone: _____

Email: _____

Coach: _____

Phone: _____

Email: _____

Routines: Please fill in the boxes below with the routines for your athlete. These should include the valuation from USAG level 9 rules.

Vault	Bars	Beam	Floor

Start Value:	Start Value:	Start Value:	Start Value:
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