



FARMINGTON GYMNASTICS CENTER, INC.

FUN AND FITNESS FOR EVERYONE

23966 FREEWAY PARK

FARMINGTON HILLS, MI 48335

www.farmingtongymnastics.com PHONE: (248) 478-6130

SEPTEMBER 15, 2011

**DEAR TEAM PARENTS: SUPERMITES - (SM), POWERMITES - (PM),
PREP OP - (PO), LEVELS 4 – 10,**

HERE IS YOUR 2011 - 2012 TENTATIVE MEET SCHEDULE ALONG WITH OTHER IMPORTANT INFORMATION. THE MEET SCHEDULE HAS A **NEW FORMAT !** AS WITH THE OLD FORMAT - MEET NAME, DATE AND LEVELS INVITED ARE THE SAME - THIS YEAR DUE DATES AND FEES ARE ALSO POSTED. **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.

SUPERMITES - (SM), POWERMITES - (PM), LEVEL 4 - 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 2011 - 2012: SM, PM, LEVEL 4”** THERE WILL BE 2 FORMS PER PAGE TO CONSERVE PAPER - PLEASE PRINT IT OUT AND CUT ALONG THE DOTTED LINE - **SEPARATE FORM AND CHECK PER MEET.**

PREP OP - (PO), LEVELS 5 - 10 - 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 2011 - 2012: PO , LEVELS 5 - 10”** THERE WILL BE 2 FORMS PER PAGE TO CONSERVE PAPER - PLEASE PRINT IT OUT AND CUT ALONG THE DOTTED LINE - **SEPARATE FORM AND CHECK PER MEET.**

2011 – 2012 TENTATIVE MEET SCHEDULE

| MEET NAME (LOCATION) | DATE | LEVELS | DUE DATE / | FEES - \$ |
|---|-------------|-----------------------|-------------------|---|
| CHRISTMAS CLASSIC (WESTLAND, MI) | DEC 9 - 11 | PO, 4 – 10 | OCT 1 | (4 - 80) (5 & 6 - 85) (PO - 95) (7, 8 & 9 - 95) |
| TWISTARS (DIMONDALE, MI) | JAN 6 - 8 | PO, 7 – 10 | OCT 8 | (PO - 88) (7, 8 & 9 - 118) |
| SPLITZ (LIVONIA, MI) - STATE QUALIFIER - 5 & 6 | JAN 21 - 22 | 5 & 6 | OCT 15 | (5 & 6 - 55) |
| WINTERFEST (FGC) | JAN 27 – 29 | SM, PM, PO, 4 – 10 | DEC 17 | (SM & PM - 60) (4 - 65) (5 & 6 - 65) (PO - 75) (7, 8 & 9 - 75) |
| OLYMPIA (SHELBY TWP, MI) | FEB 3 - 5 | PO, 4 – 10 | NOV 5 | (PO - 95) (4 - 90) (5 & 6 - 95) (7, 8 & 9 - 110) |
| BRANCH (KALAMAZOO, MI) - STATE QUALIFIER - 5 & 6 | FEB 11 - 12 | 5 & 6 | NOV 12 | (5 & 6 - 55) |
| IGI - CHICAGO STYLE (CHICAGO, IL) | FEB 11 - 12 | 7 – 10 | OCT 15 | (7, 8 & 9 - 140) |
| WOLVERINE CLASSIC (SALINE, MI) | FEB 24 - 26 | PO, 5 – 10 | DEC 10 | (PO - 100) (5 & 6 - 100) (7, 8 & 9 - 110) |
| TIM RAND INVITE (FT. LAUDERDALE, FL) | MAR 2 - 4 | PO, 7 – 10 | DEC 17 | (PO, 7, 8 & 9 - 127) |
| GIRL POWER (EMU) | MAR 9 - 11 | SM, PM, 4 | JAN 14 | (SM & PM - 70) (4 - 95) |

| | | | |
|---|----------------|--------------------------------|--|
| GRAND BLANC (GRAND BLANC, MI) - STATE QUALIFIER - 5 & 6 | MAR 24 - 25 | 5 & 6 | JAN 14 (5 & 6 - 55) |
| TWISTARS USA (LANSING, MI) - STATE MEET | MAR 30 - APR 1 | <u>7, 8, 9 & 10</u> | DONE - GPC |
| TBA (TBA) - <u>9 / 10 REGIONALS</u> | APR 13 - 15 | <u>9 / 10</u> | DONE - GPC |
| CHAMPION USA (HOLLAND, MI) - STATE MEET | APR 21 - 22 | <u>5</u> | DONE - GPC |
| TBA (TBA) - <u>8 REGIONALS</u> | APR 27 - 29 | <u>8</u> | DONE - GPC |
| MGTC (MIDLAND, MI) - STATE MEET | APR 28 - 29 | <u>PO</u> | DONE - GPC |
| TBA (TBA) - <u>9 NATIONALS</u> | MAY 3 - 5 | <u>9</u> | DONE - GPC |
| MAG (CANTON, MI) - STATE MEET | MAY 5 - 6 | <u>4 & 6</u> | FEB 4 (4 - 80) (6 - DONE - GPC) |
| TBA (TBA) - <u>10 NATIONALS</u> | MAY 10 - 12 | <u>10</u> | DONE - GPC |
| HUNTS (WARREN, MI) - FUN STATE MEET | MAY 19 - 20 | <u>SM & PM</u> | MAR 10 (SM & PM - 80) |

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.

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 \$1.00 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.**

EVERY GYMNAST **MUST** BE AT ALL SCHEDULED PRACTICES THE ENTIRE TIME FOR 1 WEEK PRIOR TO ALL MEETS. **ALSO, DUE TO COMPETITIVE / STATE PACKET REASONS,** WE WOULD **LIKE** EVERY COMPULSORY GYMNAST (**REQUIRED FOR OPTIONAL GYMNASTS**) TO TRAIN ALL SCHEDULED PRACTICES THE ENTIRE TIME FOR THE 2 WEEKS PRIOR TO THEIR STATE, REGIONAL & NATIONALS MEETS.

LEVEL 5 GYMNASTS & PARENTS

THERE ARE 3 DIFFERENT LEVEL 5 STATE MEETS – NATIONAL, AMERICAN, & U.S.

LEVEL 5 WILL CONSIST OF THREE (3) COMPETITION DIVISIONS: NATIONAL, AMERICAN, AND U.S. TO DETERMINE WHICH DIVISION YOUR GYMNASTS WILL BE COMPETING AT THE 2012 STATE MEET. THE AVERAGE OF THE TWO (2) HIGHEST ALL-AROUND SCORES ACHIEVED IN AT LEAST TWO (2) STATE QUALIFYING MEETS – ALL LEVEL 5 GYMNASTS **MUST** COMPETE IN AT LEAST 2 STATE QUALIFYING MEETS AFTER JANUARY 1, 2012.

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

CONTACT INFO:

1. GYM PHONE: (248) 478-6130
2. GYM EMAIL: www.farmingtongymnastics.com
3. DAVID'S: CELL # (313) 506-6013 OR EMAIL - d1mflight@aol.com
4. MICHELLE JORDANS: EMAIL - michelle.jordan12@yahoo.com
5. JEFF PERGAMENT: EMAIL - jperg@yahoo.com

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

SINCERELY,

DAVID

FGC TEAM DIRECTOR