



# LEVEL 3 PRE SEASON MEETING





# TRAVEL COMPETITIONS:

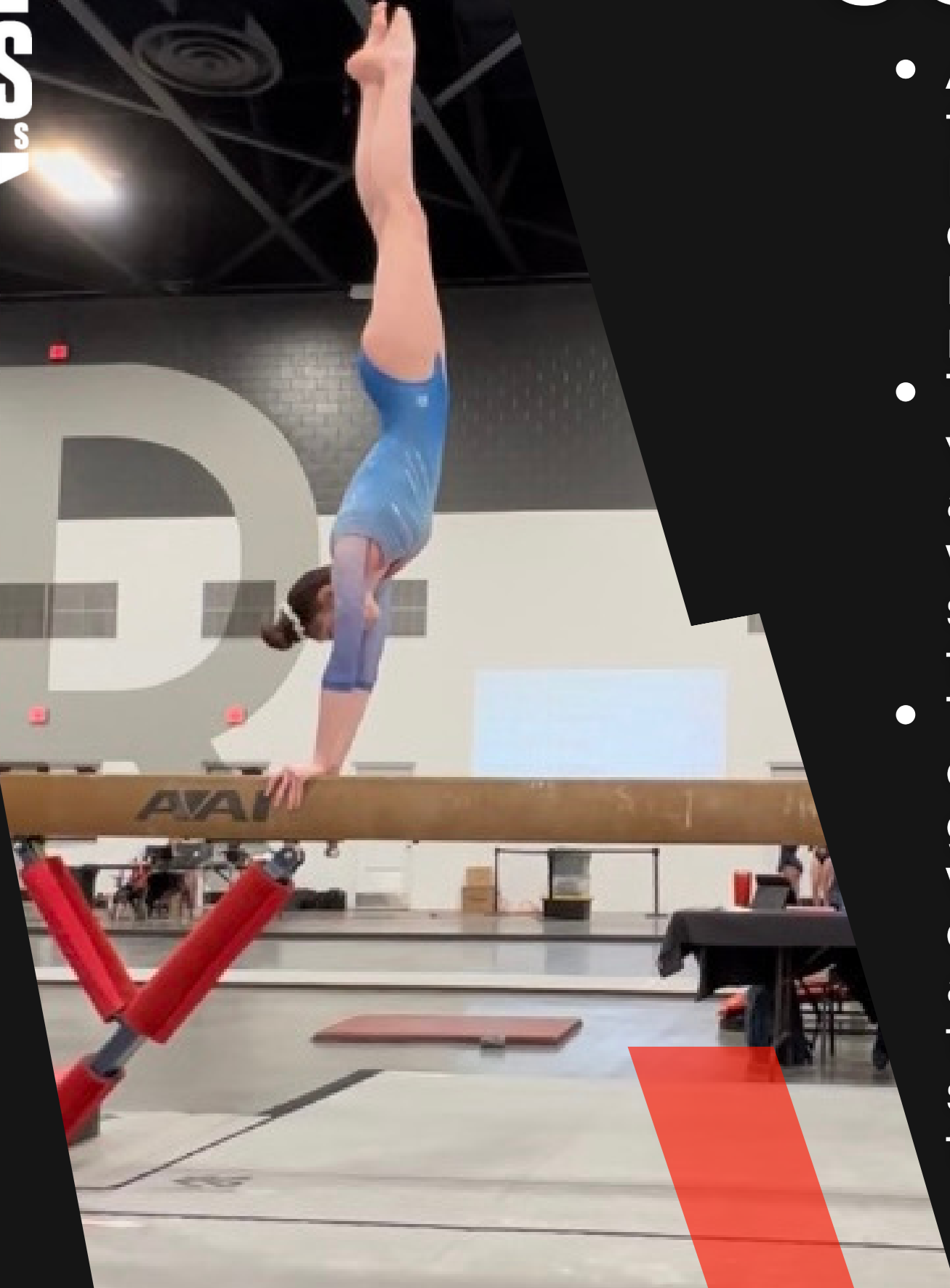
The modified pre team is where gymnasts learn to perform in front of an audience in an unfamiliar environment. The travel fun meets allow for athletes to gain real competition experience where they will be critiqued and provided with a score by a sanctioned official.

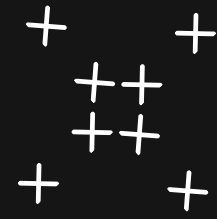




# LEVEL 3 ROUTINES & COMPETITION FORMAT

- Although athletes train Level 3, they will compete following Xcel Bronze guidelines. Level 3 and Xcel Bronze have very similar requirements with the main difference being Level 3 requires compulsory routines while Xcel Bronze allows for optional routines.
- The level 3 balance beam and floor routines have very intricate detail and require a tremendous amount of time to teach and perfect; Stars & Stripes would prefer to spend more time and focus on strength and skill development to better assist with future development.
- Throughout the season we do make necessary changes and upgrades to the routines as the gymnasts progress. Individual athletes may add skills when ready; however, they must have clean execution to be placed in the routine. We want the athletes to learn early on the importance of technique and form. The goal is not to just do the skill, but to perform it with correct form and technique.





## SCORES/RIBBONS AT TRAVEL FUN MEETS

One of the major differences athletes will experience at the travel fun meet (compared to our in house fun meets) is being formally evaluated and scored by a USA Gymnastics sanctioned judge. Athletes will receive a ribbon on each event representing their score range.

BLUE RIBBON: 9.0 to 10.0 range

RED RIBBON: 8.0 to 8.9 range

WHITE RIBBON: 7.0 to 7.9 range

Anything below a 7.0 will receive purple, rainbow or brown ribbon



# COMPETITION SESSION INFORMATION

- Detailed session assignments are typically posted approximately 2-4 weeks before the competition. Please note, this information is subject to change.
- Stars & Stripes will distribute session information via email and facebook once it is made official
- Please do not contact the competition hosts with questions regarding session information, contact the team communications manager Isabella via email at [isbellacraft@starsandstripes-athletics.com](mailto:isbellacraft@starsandstripes-athletics.com) with any inquiries.
- Each session from check in to the completion of awards will last approximately 5 hours.





# TEAM UNIFORM

- 2023- 2024 Sleeveless leotard
- Sweatpants
- Team t-shirt
- Solid white socks
- Hair pulled back in a bun with matching scrunchie
- Slip on shoes (slides, crocs, tennis shoes- to easily put on for bathroom runs)
- Navy team bag



**STARS  
&  
STRIPES**  
ARTHLETICS

Schoolcraft  
College

# ITEMS TO BRING IN GYM BAG:

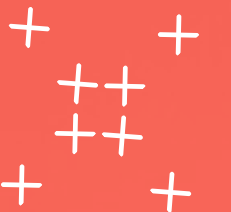
- Wet wipes to clean up after bars
- Water bottle
- Snacks for after the competition (fruit, trail mix, string cheese, **NO CANDY, COOKIES, DESSERTS**)
- Extra hair supplies: hair ties, bobby pins, clips and hair spray



# HAIR FOR THE TRAVEL MEET

Practicing and perfecting your child's meet hairdo is highly encouraged to ensure a neat, clean look and avoid unnecessary stress the day of the competition. ALWAYS have the hair finished before arriving to the meet.

It is very important that gymnasts' hair is tight and secure to avoid being a distraction. If your child's hair comes loose, the coaches will take care of the problem.





# CHECK IN, ADMISSIONS & DURING THE MEET

## Upon arrival to the competition:

Parents will pay a spectator fees, then locate the designated gym, join the rest of the team and coaches (as everyone arrives).

Athletes and coaches enter the competition area for warm up, parents may find a seat in the spectator viewing area. Gymnasts will stay with their coaches through the entire competition. Coaches will release the gymnasts to their parents upon conclusion of the award ceremony.

## During the Meet:

Parents may enjoy viewing the athletes compete - feel free to cheer on the team in your Stars & Stripes spirit wear! Athletes and coaches will focus on competing one event at a time with a positive, fighting spirit.





# AWARD CEREMONY

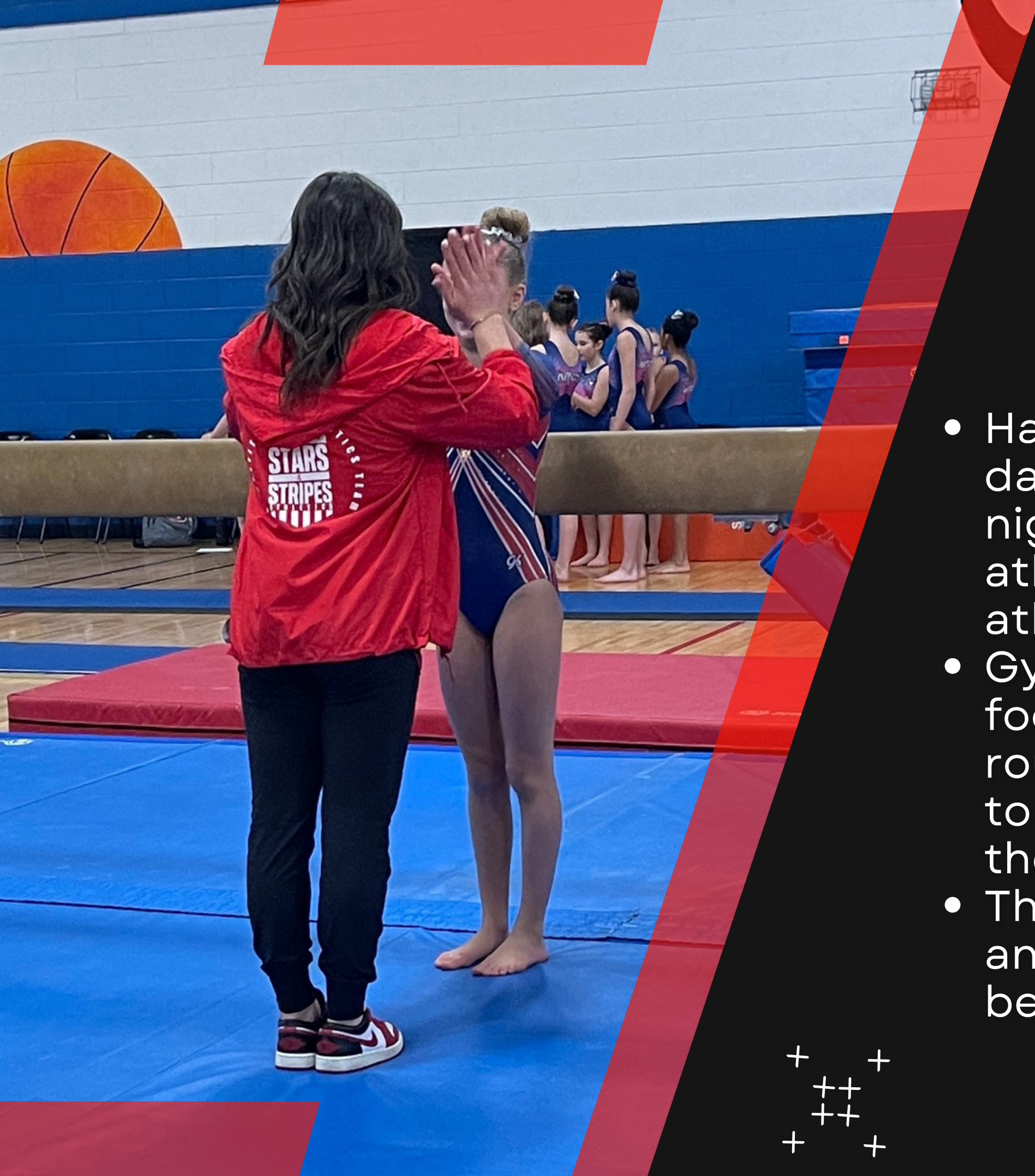


## Award ceremony:

- Each team will be recognized at the award ceremony
- Athletes do not receive individual placements or rankings at travel fun meets

## Attire for the award ceremony:

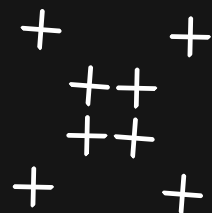
- Gymnasts must wear their sweatpants and team t-shirt, along with white socks



# COMPETITION PREPARATION



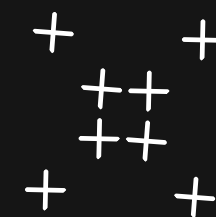
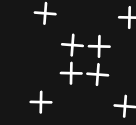
- Having a consistent “pre-meet routine” the day of the competition (and possibly the night before) is beneficial to the mind of an athlete and additionally teaches young athletes responsibility and organization.
- Gymnasts will feel more prepared, calm and focused for a meet if they have a consistent routine and/or schedule of events leading up to meets. They should begin preparing for their meet with plenty of time to spare.
- This will help to avoid additional nerves or anxiety from having to rush or worrying about being late.





# ADEQUATE SLEEP

Gymnast's should maintain a regular sleep schedule and should be sure to get plenty of sleep the night before a competition (even if they don't have any early morning session).





# FUELING THE BODY FOR COMPETITION

- Gymnasts must always have a nutritious meal before competing as well as the days leading up to the competition. They should ALWAYS be fueling their bodies with adequate nutrients and learn the benefits of healthy food choices.
- Meals before competing should be light, but nutrient dense; avoid sugar and processed food. A gymnast must NEVER skip breakfast before a morning session.
- Between the warm up, competition and awards, the meet can be very long. Please provide a small snack in your gymnast's bag for after the meet.
- Many meets offer concessions. Gymnasts should not consume any unhealthy snacks at the venue until after they compete and finish the award ceremony.





# ROLE OF THE PARENTS



## **Take Advantage of the Learning**

**Opportunities** - Parents can use competitive gymnastics as an opportunity to teach their children so many valuable lessons including commitment to the training schedule, arriving to practices and competitions on time and prepared, and the importance of healthy food choices to enhance their training and performance. Pre meet preparations outside of the gym leading up to practices and competition can really complement actual training in the gym.

**Enjoy the Experience** - Take of advantage of watching young athletes participate in a sport they love. Parents and athletes will only have this experience once, make the most of it! Take advantage of the social aspects and the friendships athletes have the opportunity to develop. Gymnasts are surrounded by a group of peers/friends with common goals and interests which will only assist them in becoming even more goal-oriented and focused.





**THANK  
YOU!**

