

HUGS & KISSES 2020

SPECTRUM GYMNASTICS

DATE

February 14th Level 8-10 / Xcel D
February 15th Level 4-7 / Xcel P
February 16th Level 3 & Xcel G
February 17th (Monday) Level Xcel B & Xcel S

ENTRY FEE

\$65.00 XB, XS & Level 2-5
\$70.00 XG, XP, XD & Level 6 - 10
(\$25.00 Team Fee/ Per Level/Top 3 scores)
*Makes checks payable to Spectrum Gymnastics Inc.

ENTRY & REFUND DEADLINE

Entries - Entries must be submitted with payment in full by November 1, 2019
Scratch deadline - No entry fee reimbursements will be given after January 3, 2020
Changes - No replacements or level changes after January 3, 2020

AWARDS

Generous 50% individual and All Around awards
Team trophies awarded at each session
Gymnasts will receive a Hugs & Kisses themed T-shirt

GOAL FOR THE CHOCOLATE!!

Reach your goal and win a "GIANT HERSHEY KISS"
(Details on attached sheet)

CONTACT INFORMATION

Stephen Cudworth: (508) 584-6881 or spectrumgymnastics@yahoo.com
Address: 959 West. Chestnut St. Brockton MA 02301

This competition is a MA state qualifier for all levels.

HUGS & KISSES 2020

WHAT YOU SHOULD KNOW...



REMINDER: If you have not sent us your gymnasts' "GOALS FOR THE CHOCOLATE" & T-SHIRT SIZES, Please send them ASAP! Mail or e-mail the attached form to spectrumgymnastics@yahoo.com, attention Stephen.

MEET FORMAT: A 15 min. open stretch will be followed by the first event timed warm ups. At the conclusion of the timed w/up, teams will remain at that event, teams will be announced and competition will begin.

HANDSTAND CONTEST: At the conclusion of each session we will hold a Handstand Contest. Compulsory / XB & XS gymnasts will be performing a handstand with posing and movement allowed. Optional / XG, XP & XD gymnasts will be performing a handstand with no posing and no movement. Winners receive a giant Teddy Bear!

LOCATION: Spectrum is located at: 959 West Chestnut St Brockton, MA 02301.

ARRIVAL: Due to the size of our competitions, we will be holding numerous sessions. PLEASE, stress to your parents the importance of NOT arriving before their scheduled check in/ warm up time. Parents and gymnasts will not be allowed entrance into the facility until their gymnast's check in time.

THEME MEET ADMISSION FEE: Please inform your parents that there is an admission fee of \$5.00 for adults and children.

HOTEL INFORMATION: We recommend the Marriott Residence Inn, located at 124 Liberty Street in Brockton (1/4 mile from our school). Mention the Hugs & Kisses competition to receive a special rate. Please call Marriott Residence Inn at 508-583-3600.

WEATHER: Living in New England, we all know the weather can be unpredictable. If there is a snowstorm and we must cancel sessions, Stephen will contact the coaches of each team, then it will be the responsibility of the coaches to contact their gymnasts. If the competition is held and your school chooses not to attend, there will be no reimbursement of entry fees. We have decided that the determining factor will be a declared state of emergency when the highways are closed.

THANK YOU FOR REGISTERING FOR OUR HUGS & KISSES COMPETITION!
WE LOOK FORWARD TO SEEING YOU SOON!

GOAL FOR THE CHOCOLATE !



Each gymnast must submit ONE ATTAINABLE & CHALLENGING GOAL for the Hugs & Kisses competition. Examples: connect jump series, beam routine with no falls, connect walkovers & stick, make kip with straight arms, cast to a handstand, connect flight series & stick, 9.0 or higher, 34.00AA or higher. Please, no goals of a "personal best score" because no one except the athlete knows the score.

Goals must be approved by gymnast's coach prior to submission and recorded on the enclosed goal sheet.

Your goal will be written on the back of your scorecard and the appropriate judge will approve or deny the achievement of your goal.

If your goal is reached you will be awarded a

"GIANT HERSHEY KISS!!"

If not, a consolation goodie bag of chocolate kisses for your effort!

Gymnast's T-shirt

Coaches please note, to the right of your goals is a space to submit your gymnasts T-shirt sizes. If coaches would like a T-shirt, please fill in the space next to the "coaches signature" at the bottom of the goal sheet.

Sizes to choose from are:

Child Small, Child Medium, Child Large,
Adult Small, Adult Medium, Adult Large & Adult X -Large.

***PLEASE! Return the attached Goal/ T-shirt form by the deadline on January 3, 2020!!**

SEE YOU AT THE 2020 HUGS & KISSES COMPETITION!!!!

COACHES LIST YOUR GYMNASTS' GOALS!!!

[illegible]

COACHES NAME _____

COACHES NAME _____

T-SHIRT SIZE _____

T-SHIRT SIZE _____