

HUGS & KISSES 2023 SPECTRUM GYMNASTICS

DATE

Friday February 17th - Monday February 20th

ENTRY FEE

\$90.00 All Levels
\$25.00 Team Fee/ Per Level/Top 3 scores

ENTRY DEADLINES

Deposit – Please send a \$250 deposit & your approximate numbers asap

Final Payment - Final payments are due **January 7, 2023**

Entries - All entries must be submitted through the USA GYMNASTICS
MEET RESERVATION SYSTEM by **January 7, 2023**

REFUND DEADLINES

Scratch deadline - No entry fee reimbursements will be given after **January 14, 2023**

Changes - No replacements or level changes after **January 14, 2023**

AWARDS

Generous 50% individual, All-Around and Team awards

Gymnasts will receive a Hugs & Kisses themed t-shirt

Each session's handstand contest winner will receive a "GIANT TEDDY BEAR"

GOAL FOR THE CHOCOLATE!!

Reach your goal & win a "GIANT HERSHEY KISS"

See information on page 2 & form on page 3

ADMISSION FEE

\$5.00

CONTACT INFORMATION

Stephen Cudworth: (508) 584-6881 or spectrumgymnastics@yahoo.com

Address: 959 West. Chestnut ST. Brockton MA 02301

This competition is a USA MA state qualifier for all levels.

WHAT YOU SHOULD KNOW...

COACHES: Only coaches listed on your meet reservation may attend.

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

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 child's scheduled check in/ warm up time. Gymnasts will not be allowed entrance into the facility until their gymnast's check in time. Gymnasts may be dropped off at our back-door entrance and will be greeted by our staff. Our staff will escort your athlete to their chairs to place their belongings and meet their coaches.

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 CANCELLATION POLICY: 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. We have decided that the determining factor will be a declared state of emergency when the highways are closed.

- If the competition is held and your school or individual competitors chooses not to attend, there will be no reimbursement of entry fees.
- If we must cancel the competition teams will receive a minimum of 50% refund.

HANDSTAND CONTEST!

At the conclusion of each session there will be 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"!

GOAL FOR THE CHOCOLATE!!

Each gymnast must submit ONE ATTAINABLE & CHALLENGING GOAL for the Hugs & Kisses competition. Examples: connect my jump series, beam routine with no falls, connect walkovers, 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 attached 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!

GYMNASTS' H&K T-SHIRT GIFT!!!

Coaches please note, to the right of your athletes' goals is a space to submit your gymnasts' t-shirt sizes. If coaches attending the competition 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 XLarge.



GOALS & T-SHIRT FORM

Coaches, please use this form to list your athletes' goals and choose their t-shirt size!

Scan (preferable) or CLEARLY photograph your completed form & send to spectrumgymnastics@yahoo.com

DEADLINE- Please send your athletes "GOALS FOR THE CHOCOLATE" & T-SHIRT SIZES form by JANUARY 14, 2023

ATHLETES' NAME	EVENT	GOAL	T-SHIRT

COACH _____ TEAM _____ T-SHIRT _____