



# USAG Announcements

## USAG Practice Meet

This upcoming **Friday, August 31st**, we will be having a practice meet in our gym. **ALL USAG** teams will start practice at **5:15**. This practice will be run like a meet. The girls will warm up, split up, have event warm ups, and perform. The practice meet will be done by 8:30.

-Gymnast must wear their competition leotard (No Shorts)

-Hair must be pulled back and out of face. A bun is preferred, but not mandatory.

Parents are welcomed to stay and watch.

## Judges Cup Meet Information

There will be NO  
Level 3 USAG  
practice on Satur-  
day, Sep. 8th!

Meet Location: Team OC

385 Clinton Street

Costa Mesa, CA

Spectator Fees: \$15 Adults, \$12 Military, & Seniors \$8 Kids

### Saturday September 8, 2018

Isabella Griego: Session #3 Arrive at 1:45pm

Camila Carlos & Grace Diaz: Session #4 Arrive at 4:30pm

Angelique Peralta: Session #5 Arrive at 7:00pm

### Sunday September 9, 2018

Jia Martin: Session #6 Arrive at 7:45 am

Remaining Level 3 (Frida, Angelina, Denisse, Mia, Genesis): Session #8 Arrive at 1:15pm

All Level 5 (Olivia, Isabel, Shya, Haley): Session #10 Arrive at 6:30pm



## Winners Invitational Meet Information

Meet Location: Winner's Academy of Gymnastics

13540 Monte Vista Ave.

Chino, CA 91710

Spectator Fees: Adult \$10 per session, All day \$25,

Seniors, Military, and Children (Under 6 years old) \$8

### **Saturday September 15**

**All Level 3:** Session #1 Arrive at 7:45am

**All Level 4 & Level 5:** Session #4 Arrive at 6:15pm

## COMPETITION DAY REMINDERS

- Gymnast must arrive in the Competition Leotard, Warm up sweats, and with their team bag.
- Gymnast hair must be pulled back and out of their face. A bun is preferred but not necessary. If the gymnast puts her hair in a ponytail, and the pony tail length is passed their shoulders, it is mandatory for them to wear their hair in a bun.
- Gymnast must be wearing sandals that are able to easily be slipped on and off. No buckles
- Gymnast should remember to eat something healthy before their meet
- In their gym bag, there must be their grips, wristbands, water bottle, and USAG membership card.
- Parents are not allowed anywhere in the competition area. They must stay in the designated spectator area.
- Please do not attempt to contact coaches during a competition.
- Gymnast should come in with confidence and ready to perform their best!



LET'S HAVE A GREAT 2018 COMPETITION SEASON!