



# The Ohio Gymnastics Institute

5701 West Webb Road  
Austintown, OH 44515

E-mail: [OGIOffice@AOL.com](mailto:OGIOffice@AOL.com) / [www.MyTeamOGI.com](http://www.MyTeamOGI.com)

Voice: 330-652-4386

Fax: 330-652-4387

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## Red, White & Blue Meet Sunday, Nov 13

OGI's annual Red, White, and Blue Intersquad Meet is set for Sunday, November 13, 2022. Athletes will be assigned to 1 of 2 sessions of competition this year. Athletes should be here, dressed and ready to go when the doors open for their session (see session times below). We will be doing modified capital cup (warm up 1 event then compete that event then warm up the next event then compete that event and so on).

**Set up for the meet will be from 1:30-3:30pm on Saturday, November 12<sup>th</sup> and we would greatly appreciate EVERYONE'S help.** Tear-down will be after the second session on Sunday and **ALL PARENTS (in the 2<sup>nd</sup> session session)** are asked to help set the gym back up afterwards. The Booster Club will also need help selling concessions and good luck grams during the meet (don't worry you will still be able to watch your athlete compete if you help).

For those who have never been to a Red, White, and Blue Meet at OGI it is not like any other meet you will experience this season. This meet is an intrasquad competition to kick off our season! **All athletes will wear their team color and NOT their regular competitive uniform.** Boys should wear their team color t-shirt (OGI t-shirt preferred) and athletic shorts (matching their team color). Girls should wear a tank leotard (practice leo) which predominately showcases their team color. Team warm ups should not be worn to this event (we do have red & silver OGI leos in our apparel store as well as red, white and blue t shirts). Athletes may NOT use any body paint or glitter but parents are encouraged too. Parents this is your chance to go all out and cover yourself from head to toe to support your athletes team! Athletes will receive individual scores after each routine but there will be NO individual awards given out. There will be 3 team awards given out: Most Visual, Most Vocal, and the Highest Scoring Team.

The Most Visual Award goes to the team with the most signs/most parents dressed in that color/ any other creative way to get the teams color throughout the gym. Any decorations the children bring in must be hung with blue painter's tape so the walls don't get damaged. Listed below are the approved times to have the athletes decorate the gym with anything they make or bring to show off their teams colors! All decoration must be hung up prior to the competition not the morning of. Be creative with your designs! Athletes have made posters, banners, hung bows, ribbons, letters, plates and cray paper in the past just to give you some ideas. The team that covers the largest part of the gym with their color has a great shot at winning this award.

The Most Vocal Award goes to the team that cheers the loudest, most often, and has the most creative cheers throughout the competition. All parents are encouraged to dress in their athlete's color, and to cheer for their team as loud as they can. Parents play an important role in this competition so please support your athlete's team! Bring your poms and posters to show your support.

The Scoring at the Red, White, and Blue Meet is different than any other meet as well. Gymnasts will score a 1, 2, 3, 4, or 5 during the meet. A 5 is the highest score and means that routine would score a 9.0 or above and is competition ready (or a 10.0 or above for a male athlete). A 4 is a routine we would be proud to see at a competition but has some small execution errors. A 3 is a good score but, the gymnast had some large technique or form errors or just needs a little work on some of the skills. A 2 or a 1 means the athlete may be missing



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some skills/requirements, had multiple falls or may need a little help remembering the routine. This meet is a fun way to get back into the competitive mindset. Your athlete will be nervous, may not have all their skills or may forget their routines...that is ok. We are still working on cleaning up technique and getting competition ready. **It is very early in the season and everyone will get better so be supportive of your athlete regardless of how they do!**

Athlete roster with team color assignments can be found on the co-ed team bulletin board in our main observation area. Our Preteam athletes have been assigned a team to show their support but **will not** be competing. PCT athletes will remain with parents in the viewing area.

We encourage all parents to be creative with their outfits, face painting and decorations to really support their athlete's team! We are all looking forward to another great season this year so let's start it off with a bang!

## Session 1 (47)

**Girls 2, XG, 6-7, Boys 3-7**

Gym Opens: 8:00AM

Stretch: 8:05-8:20AM

Presentation: 8:20-8:30AM

Event Warm-Up: 8:30-8:40AM

Competition: 8:45-11:30PM

Preliminary Awards & HS contest

## Session 2 (41)

**Girls 3, XS, XP, 8-9, Boys 8-10**

Gym Opens: 12:05PM

Stretch: 12:15-12:30PM

Presentation: 12:30-12:50PM

Event Warm Up: 12:50-1:05PM

Competition: 1:05-4:15PM

Awards & HS contest: 4:15-4:30PM

## Approved times to put up decorations

Thursday, Nov 10 from 4:00-4:15 (Girls Level 3, Boys), 5:00-5:15PM (Girls 8-10)

Friday, November 11 from 4:00-4:15 or 7:00-8:30PM

Saturday, November 12: directly before or after your team practice

Athletes can hang their decorations under coaches supervision at the times listed above. Parents will not be able to accompany athletes out into the gym so coaches will help younger athletes. Please remember to bring your own painters tape with you to hang your decorations.