



2024

Meet Handbook

May 18, 2024

Website: <https://flipitoutva.com/>

Email: flipitoutgym@gmail.com

Phone: 434-757-1209

Philosophy, Policies, and Procedures

Dear Parents and Students:

The meet offers our students a professionally directed performance that allows them to present to their families and friends the results of a year's hard work, dedication, and progress.

A big part of the gymnastic training process includes learning from the performance. The experience helps build self-esteem, self-assurance, and contributes to building a gymnast's confidence. Although performance opportunities can prepare some students for a possible career in gymnastics, they also contribute to children's success in non-gymnastic activities. Participating in the meet can result in better in-school presentations, improved social skills, and strong interview skills for future college or job opportunities.

We have created this handbook to clarify what we expect from parents, students, teachers, and everyone involved in terms of responsibility to the annual meet, the school, students, and parents.

Key Contact Information for Flip It Out:

18742 Highway One
La Crosse, VA 23950
434-757-1209
flipitoutgym@gmail.com
<https://flipitoutva.com/>

STAYING INFORMED

We work hard to make the gymnastic experience organized and fun. Keeping you informed is one of our primary goals. Please read all newsletters and other school information. Updates are emailed to you and posted on the Dance It Out website and Flip It Out's Facebook page. If you have any questions regarding the information distributed, we encourage you to contact the office at 434-757-1209, Monday – Thursday between the hours of 4:30 pm – 8:00 pm. We answer emails daily. Feel free to email questions to the office at flipitoutgym@gmail.com

WEBSITE: <https://flipitoutva.com/>

Facebook Page: Flip It Out

"Like" the Flip It Out page on Facebook to receive updates on events. Please invite your family and friends to "like" the page. **Please do not post questions on the Facebook page. Instead, please email them directly to flipitoutgym@gmail.com.**

IMPORTANT DATES AT A GLANCE

- April 1 - 6: Studio will be closed for Spring Break.
- April 15 - 19: Meet Pictures at Dance It Out (during regularly scheduled dance classes).
- April 29 - May4: Parent Appreciation Week and Observation Week - Progress reports will be handed out.
- May 5: Student Awards Gala (students who have been here 3 consecutive years or more)
- May 13 – May 17: Gymnast Appreciation Week & Spirit Week
- May 18: Flip It Out’s Meet

Schedule for Meet on May 18, 2024

PLEASE ARRIVE 15 MINUTES BEFORE SCHEDULED TIME.

Time of Meet	Classes
9:00 A.M. – 10:00 A.M.	<i>Pre- Gymnastics (Tuesday 5:45 and Thursday 4:45)</i>
10:00 A.M. – 11:00 A.M.	<i>Pre-Gymnastics (Wednesday 4:45)</i>
11:00 A.M. – 12:30 P.M.	<i>Intro to Gymnastics (Monday 5:30 & Tuesday 4:45)</i> <i>Homeschool (Friday)</i>
1:00 P.M. – 2:00 P.M.	<i>Intro to Gymnastics (Tuesday 6:30)</i>
2:00 P.M. – 3:00 P.M.	<i>Intro to Gymnastics (Wednesday 5:30)</i>
3:00 P.M. – 4:00 P.M.	<i>Level 1 (Monday 4:45)</i>
4:00 P.M. – 5:30 P.M.	<i>Level 1 (Monday 6:30 & Tuesday 6:45)</i>

5:30 to 6:30 PM	<i>Level 2 (Tuesday 7:30 and Wednesday 5:45)</i>
6:30 to 7:30 PM	<i>Level 2 (Thursday 5:00)</i>
7:30 to 8:30 PM	<i>Level 3 (Monday 6:30 and Wednesday 6:45)</i> <i>Intermediate</i>

The following guidelines will help each gymnast make the meet a fun and successful experience.

- Wear meet unitard in class the week prior to the meet. Body glue may be used to keep the unitard in place.
- Maintain a positive attitude when facing fears and frustrations. Gymnastics is the most demanding and difficult of all sports. All gymnasts suffer setbacks, frustration, and fear. Expect these things, learn from them, face them, and overcome them!
- Be friendly and always use sportsmanlike conduct. Everybody has a unique way of experiencing gymnastics. Some people look for the fun in the experience; others are simply hoping to cope with their fears, while others are focused to the point of excluding everything else around them – including you! Just remember, everyone is doing the best they are capable of at that moment.
- Stay focused at the meet. Talking with parents, relatives, or friends is inappropriate during the meet.
- There is absolutely no reason for you to be on any piece of gymnastics equipment unless you are warming up or currently performing.
- The meet is not complete until ALL the awards have been handed out. The other gymnasts have waited patiently to receive their awards and have applauded your efforts.
- Pictures can be taken on the podium after the meet. Another podium will be outside for additional pictures.

Meet Etiquette for Audience:

- Enthusiastic applause is encouraged; however, it is never appropriate to scream out a child's name or yell in any way. Please hold applause until the end of your child's routine. Applause during routine distracts gymnasts.
- Children watching the meet should not bring handheld electronic games or other devices with sounds and/or lights that could be a distraction for other members.
- Children watching the meet must remain seated for the entire performance. If you think they will have a hard time remaining seated during the performance, please do not bring them to the meet. Allowing children to run around or otherwise disrupt the performance is not fair to other audience members.
- Parents who bring infants to the meet should quickly exit if the infant begins to cry or create a distraction for the audience.
- Absolutely, **NO** flash photography allowed during the meet.
- Please refrain from **ALL** laughter (even if a child does something adorable). Students may think the laughter is directed at their performance.
- Assistance (verbal or physical cues) by gym instructors will most likely be needed by gymnasts, especially younger students. We feel it is more important for gymnasts to be safe and secure in their performance than it is for them to perform solo.
- Each gymnast in each level will perform a similar routine to the same music.

Meet Pictures and T-Shirts

Photos

Photos will be taken during class at Flip It Out on April 15 through April 19 during class. Please arrive on time for your child's scheduled time. Also, please be dressed and ready to take the picture.

Meet Facebook Group

There is a Facebook Group for Meet participants. The Facebook Group contains the floor and beam routines for each class. Be sure to join the Facebook Group so that your child can practice the routines at home to help prepare for our special showcase of talent on May 18th.

Flip It Out's Important Policies and Tips

- No gum, candy, drinks, or food in the gym.
- No nail polish is to be worn.
- Hair glitter spray may be used.
- No jewelry is to be worn.

- Be on time for the gymnastic meet.
- All hair should be secured away from face in a high ponytail or French braid.
- Girls may wear light makeup, such as light blush or lipstick. No eye makeup is to be worn.
- All students should bring their own personal grooming items and make-up.
- Please do not wear the unitard in public. Please bring a change of clothes or cover-up.
- Audience should feel free to applaud at any time after the performance, however, please do not call out names as it is very distracting to the gymnast. A lot of applause and whistles at the end of the performance on the other hand make the gymnast feel appreciated and give them the drive to do their best!!!!

Summer Classes

Check out our summer schedule! Sign up at the front desk to register for a class this summer.