



June 7th- June 9th 2024
Wainwright Gymnastics Club
Level 1-7, Xcel,
Performance Team & Adult

We will be hosting our 7th annual Flip Flop Invitational. Athletes will be judged at each event by CCP rules, but scores are entered manually. CCP Level 1 will receive an award on each event and all around, based on performance. CCP Level 2-7 and Xcel will be ranked in small groupings.

*Clubs are encouraged to have their athletes wear their favorite summer themed outfits for march in.

LOCATION: 700 2ND Ave Wainwright, Alberta in the Peace Memorial Multiplex. Located in the Vision arena.

TO REGISTER:

Registration for CCP Levels 1-7 and Xcel (Bronze, Silver, Gold, Platinum and Diamond) are through Sportzsoft

*Make sure to name all coaches attending, as there will be a coach gift.

<https://www.sportzsoft.com/meet/meetWeb.dll/MeetLogin?Id=76947900A409EF66D4F83CBB3C912260>

Performance, Adult and Coach Gymnasts need to be added to our form attached.

Deadline to register is May 1, 2024, to ensure a GymGear Leotard. Late registration will be subject to space and late fee.

No level changes after May 1, 2024

FEES:

CCP 1- \$145 per gymnast Early Bird till April 1, 2024

CCP 1-7- \$160 after April 1, 2024

Performance- \$75 per gymnast, Early Bird till April 1, 2024

Performance- \$90 per gymnast after April 1, 2024

Adult- \$20 for 1-2 events and \$40 for 3-4 events

Coaches- Free

REGISTRATION CLOSES MAY 1, 2024

ATHLETE GIFT:

CPP, Xcel, and Performance Gymnasts registered before May 1 will be receiving a custom designed Flip Flop Style leotard. Please ensure you add your athlete's size on your registration in Sportzsoft and the form for Performance. There will be NO changes to athlete sizes after May 1.

<i>GymGear Leotards</i>											
Tanks	Toddler	Child XX Small 4/5	Child X Small 5/6	Child Small 6x/7	Child Medium 8	Child Large 10	Child X Large 12	Teen X Small 14	Teen Small 16	Teen Medium	Teen Large
Girth	38"	40"	42"	44"	46"	48"	51"	53"	56"	58"	60"


SCHEDULE:

Tentative schedule will be made in May after registration closes.

EQUIPMENT:

Speith Anderson will be providing and maintaining all the equipment.

SCORING:

All scoring will be done through the Sportzsoft link after the session.

PAYMENTS:

Please mail a cheque payable to WAINWRIGHT GYMNASTICS CLUB.

Wainwright Gymnastics Club
700 2nd Avenue
Wainwright, AB T9W 1C4

We also accept etransfers to waingymclub@gmail.com . Please make the password Gymnastics and write your club's name and Flip Flop Meet in the memo

REFUNDS:

Refunds will only be given for medical reasons. A request must be submitted in writing along with a doctor's note. Notes from a Physiotherapist and naturopaths will not be accepted. ALL Refunds will be subject to a \$50 administrative fee. Please allow us a few weeks after the completion of the meet to process refunds.

CONTACT:

Email: waingymclub@gmail.com
780-842-0213

MUSIC:

All levels 1-7 and Xcel floor music will be played on our sound system for each athlete. Please ensure all music is downloaded into Sportzsoft ahead of time. Performance, Coach's, and Adult's music will need to be on a phone or ipod to play using our sound system. If your music is downloaded in Sportzsoft, we do encourage to bring a back up on a cellphone or ipod.

JUDGES:

There will be AGF registered judges at the meet. Score will be loaded into Sportzsoft and available for viewing after the session.

GENERAL COMPETITION INFORMATION:

- General warm-up is 15 min.
- There will be an athlete march to the floor.
- There will be 1 of each Bars, Beam, Floor, Vault - for a traditional competition format.
- There are no restrictions on the use of extra mats.

Levels 1 AWARDS:

Ribbons will be awarded on each event

- GOLD: 9.00 and above
- SILVER: 8.99 – 8.00
- BRONZE: 7.99 - below

Medals will be awarded for the ALL AROUND

Certificates with ribbons attached will be presented to each athlete during the awards ceremony.

ACCOMODATIONS:

There are two main hotels in Wainwright

Best Western Wainwright Inn & Suites

1209 27th St

Wainwright, AB T9W0A2

(780) 845-9934

Ramada

1510 - 27th Street, Wainwright, AB, CA, T9W0A4

833-499-3570

Group Performance

We would like to welcome any group performance teams to come participate and showcase their routine. If we get multiple groups, we will rank them based on performance. We would like to keep the performances to a maximum of 5 MIN.

EQUIPMENT: The equipment listed below will also be available for both rehearsals and performances:

- Landing Mats
- Mini-Trampolines
- Springboards
- Trapezoid Boxes
- Wedge Mats
- Spotting Blocks

NOTE: Your team is responsible for bringing any extra equipment or message us to see if we have it on hand.

MUSIC:

Groups will be responsible for providing a copy of their music to the Event Chair. Your team's music will need to bring an MP3 or MP4 format on an iPod or phone. There is no ruling on duplicate songs should your team happen to have the same music as another.

Adult/Coach Competition

Last year we had rave reviews on our coach competition! The kids loved watching the coaches perform an event. We are going to do things a little differently this year so we can combine it with an adult competition as well. Registration for both **WILL NOT** be on Sportzsoft. Please fill out the form and send it in to us so we can schedule accordingly. Coaches there is no cost so please participate! You can do your event solo or with a partner the more creative the better!

The rules will be similar to our Performance group format. You will be marked on Performance, Creativity, Musicality, Expression and how well you perform the skills you are capable of doing. You will be awarded a medal based on the average you score on all of those areas. You are not being ranked against anyone else in either the Coaches or Adult Competition. This is strictly for fun! You will receive a swag item as well for coming. The plan is hopefully to do this mid day on the Saturday of the competition.

Cost for Adult entry is \$20 for 1-2 events and \$40 for 3-4 events. Events available are Uneven Bars, Floor, Vault and Beam.

PLEASE FILL IN EXCEL SHEET FOR PERFORMANCE, COACH, AND ADULT REGISTRATION. TABS LOCATED ON THE BOTTOM OF THE EXCEL SHEET FOR DIFFERENT LEVELS.