

Covid-19 Friendly/Safe Invitationals

Hosted by: **SPIRIT GYMNASTICS**



SNOWFLAKE MEET

January 16-17, 2021 XB to XP & USAG L 1-9

Registration open 12/1/2020, [Scratch and deadline date 12/30/2020](#)

\$80 Gymnast Entry fee. NO Team competition. Two judge panel.

Due to the Coronavirus, IF there is a shutdown of the County or State, a FULL refund will be given.

Gymnasts will receive Medals to 50% for events and 100% for

All-Around. Event participation ribbons will be given to Levels 1-5, and Xcel Bronze and Silver.

IF YOU ARE INTERESTED IN ATTENDING THE COMPETITION, PLEASE SEND YOUR ROSTER IN ANY FORMAT ASAP TO COACHSHANNON76@AOL.COM FINAL ROSTER WITH PAYMENT CAN BE SENT IN AFTER DECEMBER 1.



DALMATIAN CLASSIC

February 12,13 & 14, 2021 XB to XP & USAG L 1-9

Registration open 12/1/2020, [Scratch and deadline date 1/15/2021](#)

\$101 Gymnast Entry fee. Two judge panel.

\$55 Team competition *All teams of 3 or more can enter.

Team Placements to 100% Each team will receive a Trophy or Banner

Event placements - medals to 50%

Due to the Coronavirus, IF there is a shutdown of the County or State, a FULL refund will be given. Due to the fact that we order 100%

Trophies, any late scratches for ANY reason, will receive a Trophy.

Gymnasts will receive Medals to 50% for events and Trophies to 100%

for All-Around. Event participation ribbons will be given to Levels 1-5, and Xcel Bronze and Silver.

Follow Dalmatian Classic Facebook Page for updates



John Cheng will be coming to the 2021 Dalmatian Classic! Every gymnast will receive a **FREE** link to their Beam & Floor Photos! This is our gift to the gymnast for attending the Dalmatian Classic!

IF YOU ARE INTERESTED IN ATTENDING THE COMPETITION, PLEASE SEND YOUR ROSTER IN ANY FORMAT ASAP TO COACHSHANNON76@AOL.COM FINAL ROSTER WITH PAYMENT CAN BE SENT IN AFTER DECEMBER 1.

SPIRIT GYMNASTICS - 513 Dickerson Road, North Wales, PA 19454 215-699-2900

Please Contact Shannon personally at coachshannon76@aol.com or cell: 267-275-9040

Gym & Coach's Information

The information on this page is for the Coach's and Gym's to review and understand when signing up for a home meet at Spirit.



EQUIPMENT: Palmer Spring Floor with the extra edges. JF Vault Table, Vault Mat systems for ALL Levels, Spring Boards and Vaulting Tramp, Elite AAI soft rail Bars, AAI Elite Newer covered beam. A vault Number system to show judges what vault is performed



GYMNAST/COACH SEATING: 10 Metal Chairs at every event for easy cleaning



MODIFIED TRADITIONAL FORMAT: 4 events with a maximum of 8 gymnasts per squad. (Please send 1 coach to every 8 gymnasts). No BYE squad. NO presentation to the judges. Must follow the gymnast's order on the rotation sheet... NO exceptions, because of the way we have to get their scores to the computer, and done safely.



MASK WEARING: Masks are to be worn for the coaches AT ALL TIMES, unless it affects the safety of the gymnast. Shields are also okay. Gymnasts MUST WEAR MASKS while sitting in the chairs, going to the bathroom, and rotating. They may remove their mask once they are warming up the event, and then while competing on the event.



BAR/CHALK INFORMATION: Please have the gymnast bring their own chalk, in their own bag. Please have the gymnasts bring their own water spray bottle and grip scraper. NO CHALK BIN will be available. If the gymnast needs chalk on the ground for their feet (for any event), please bring their own Boot Tray with their own chalk in it.



BAGS: The gymnast's bags are to stay with them, under their seat at each event. When their mask comes off, the mask must be placed in their bag. Please have them have a hand sanitizer in their bag with them.



MEDICAL: There will be a medical person at the gym. This person can assist with injuries, and/or if the gymnast or a coach gets sick during the competition.



FOOD AND DRINK: Our water fountain is not in service (due to Covid-19), therefore, we encourage the gymnasts to bring their own Water Bottle. They may also have a snack in their bag. NO POPCORN. We encourage the coaches to also bring their own food and drink. We will have limited Drinks, and Pre-packaged food items to Grab and Go, but no actual meals.



ENTRANCE AND EXIT: We will be asking you to follow the map, to show where to enter, and where to exit. Parking for coaches will be in the other lot, as we are designating the one lot to a Carline to drop off the gymnast.



COACH'S MEETING AND INFORMATION: There will be NO coach's meeting. Any scratches can be texted to Shannon at 267-275-9040. Please put this number in your phone, and all communication will go through there, so please send a text message ahead of time with your name and the affiliated gym.



BATHROOM: There is a single bathroom in the Competition Arena, which coaches, gymnasts and judges can use.



SIGN IN INFORMATION: When you enter through the back door, there will be a place to sign your initials or write your USAG info on. Pen will be sanitized in between each use. Gymnasts will NOT sign in, and will NOT get their number on their hand. This is why it is important that you read and send ANY communications from your phone.



EXTRA BODIES: Please only have 1 coach to 8 gymnasts, and NO other side coaches, friends, family etc. on the Arena Floor



OTHER COVID-19 INFO: Every gymnast and coach will have their temperature taken, at the door, and be given a squirt of hand sanitizer. There will be various stations for hand sanitizing. The chairs and equipment will be sanitized in between each rotation. We will have a music person, so that there will only be 1 hand that touches the system.



AWARDS: There can be no hugs, no hand holding, and no hand shaking, on the awards stand. The gymnast may remove their mask, and place it IN THEIR BAG, to receive their award. Mask must promptly be put back on, when they sit back down.

Spectator Information

The information on this page is for the attending Parent to review and understand when attending a home meet at Spirit.



ENTRY & FEE INFORMATION, & PARKING: ONE PERSON per gymnast is allowed to attend. Please abide by these rules, as we are doing our best to go by CDC, WHO, STATE and USAG regulations. ALL Spectator entry fees will be bought ONLINE, you will be sent a link, when the session information is sent out. The person with the gymnast, will pull into the main lot and follow the carline guides to let the gymnast off at the rear entrance of the gym. The person then will head to the next lot (or street—of it would be a Friday), and park in that lot. There will be limited parking for Handicap. The accompanying person will then go to the FRONT door, you will give your name (from when you purchased your entry online), and then you will have your temperature checked and receive a squirt of hand sanitizer upon entry. Entry will be based COMPLETELY on the CDC guidelines, and you must wear a mask at all times *unless you are eating or drinking.



SPECTATOR SEATING: There will be bleacher seating, as well as some chair seating. If you need special room to accommodate a wheelchair, please call the gym at 215-699-2900 ahead of time to let us save room. Social Distancing will be used as much as possible and masks are to be worn at all times. *Shields are also acceptable



BARS/CHALK INFORMATION: Please have the gymnast bring their own chalk, in their own bag. Please have the gymnasts bring their own water spray bottle and grip scraper. NO CHALK BIN will be available. If the gymnast needs chalk on the ground for their feet (for any event), please bring their own Boot Tray with their own chalk in it.



BAGS: The gymnast's bags are to stay with them, under their seat at each event. When their mask comes off, the mask must be placed in their bag. Please have them have a hand sanitizer in their bag with them.



MEDICAL: There will be a medical person at the gym. This person can assist with anyone who gets sick during the competition.



FOOD AND DRINK: Our water fountain is not in service (due to Covid-19), therefore, we encourage the gymnasts to bring their own Water Bottle. They may also have a snack in their bag. NO POPCORN. We will be selling Drinks, and Pre-packaged food items to Grab and Go, but no actual meals. The spectator may bring their own food and drink



BATHROOMS: There are 2 bathrooms in the middle gym that are for use. One person at a time *unless you are accompanying your child



OTHER COVID-19 INFO: Events will be sanitized in between each rotation, as well as in between meets. Spectator seating also. There will be sanitizers throughout, however, please bring your own if you can. The sessions will be smaller, and the time may be longer, so we can properly maintain social distancing, sanitizing and safety. The coaches will have the detailed information, but please have your child wear a mask or a shield. The exit will be in the middle gym and will be labeled. Please also see map for guidelines.



AWARDS: There can be no hugs, no hand holding, and no hand shaking, on the awards stand. The gymnast may remove their mask, and place it IN THEIR BAG, to receive their award. Mask must promptly be put back on, when they sit back down.

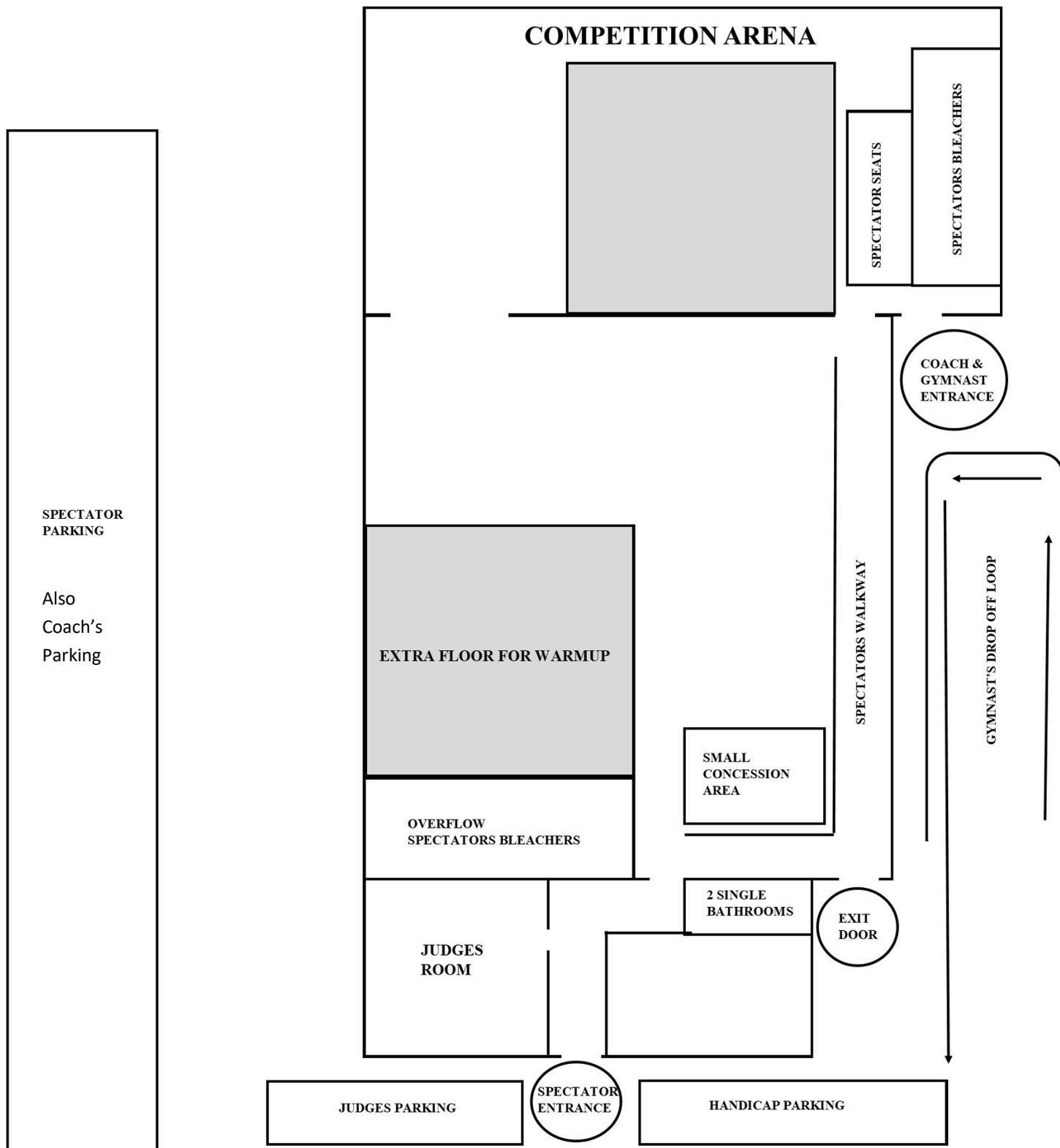


PATIENCE AND UNDERSTANDING: Please understand that these are un-certain times and we want the gymnast's to try to maintain some sort of normalcy, while keeping with the guidelines. Our normal meets are not run this way, but we must follow many guidelines and make certain rules and sacrifices in order to allow the gymnasts to compete.



FOR DALMATIAN CLASSIC ONLY: John Cheng and TEAM Photo will be taking photos of Beam and Floor for all the gymnasts. The link will be sent to the contact person for your gym, and then that person will send you the link. THESE PHOTOS ARE ALL FREE!!

PLEASE FOLLOW THIS MAP FOR MEETS



513 Dickerson Road, North Wales, PA 19454

215-699-2900

Facebook: Spirit Gymnastics and Dalmatian Classic