

Starz Gymnastics Academy

invites you to join us for our

Winter Wonderland

Recreational Tumbling Competition!

Friday, December 2, 2022

Session times run between 4:30 – 8 PM Ages 4 – 17

Starz' Recreational Tumbling Competition is an exciting opportunity for our students to show off the skills they have been working hard on! All of our students will be learning their floor routine in the weeks prior to the competition to put before our Starz 'judges.' All participants will receive a medal or ribbon and be placed within their age group. There will also be a special performance by our Starz Competitive athletes!

Please fill out the registration form below and turn it into the office by November 18th to secure your spot on the competition. Competitors must be active students in the month of December. Session times will be announced on November 21st, with each session running around 60 – 90 minutes. The admission fee the day of the event is \$5 per person, and admission for children 5 & under will be free. All proceeds will go toward new equipment for the gym! Each participant ages 6 & up will receive a coupon for half off our Open Gym that same evening from 8 – 9 PM! Participants ages 4-5 will receive a free Preschool Open Gym coupon that will be redeemable any Friday in December. Preschool Open Gyms run on Fridays from 9:30 – 10:30 AM.

Competitors are expected to wear a leotard or other athletic clothing, and long hair must be tied back.

Please turn this half into the office:

- ◇ Yes, my child will compete! Entry Fee: \$20
◇ Yes, my child will compete, and wants a T-shirt! Entry Fee and T-shirt: \$35

T-shirt size (Youth XS – XL): _____

Gymnast's Name: _____ Total \$ due: _____

Payment Type (circle one): cash check on account

Class/Day/Time: _____ Age on December 2nd _____

Please return Registration Form and Payment to the Starz office by November 18, 2022.

Starz Gymnastics Academy 920.983.0903 rec.starzgb@gmail.com

Beginner Gymnastics / Beginner Tumbling

- Salute – backward roll down wedge to squat, stand and stretch tall – jump half turn – lunge, handstand, lunge – feet together, stretch tall, forward roll to stand and stretch tall – straight jump, tuck jump – lunge, cartwheel, lunge – salute

Intermediate Gymnastics / Advanced Tumbling

- Salute – lay down to tight line – bridge kickover down wedge to lunge (or bridge, lift leg, come down, backward roll down mat), stretch tall – jump half turn – lunge, handstand, lunge – stretch tall, forward roll (or HS forward roll), stand to stretch tall – straight jump, split jump – candlestick to stand and stretch tall – lunge, cartwheel step together – salute

4/5 YO and Futures

- Salute – walk feet up wall to handstand, hold for 3, walk feet down – stretch tall, forward roll, stand to stretch tall – straight jumps down line (hands on hips) – lunge, cartwheel, lunge with mat – feet together, stretch tall, sit to backward roll down wedge mat, stand to stretch tall – salute

Pre-Team

- Salute – show shapes: tuck, pike, straddle, v-sit, pike candlestick to stand – stretch tall, backward roll to pushup, jump to squat, stand stretch tall – jump half turn – lunge, handstand, lunge – straight jump, split jump – forward chasse x 2 – lunge, cartwheel, lunge – *choice skill* – salute