

IT'S A SEASONAL THING



NO FALL

Licking County Family YMCA Meet

470 West Church Street, Newark, Ohio 43055

NOVEMBER 21, 2009

SESSION ONE <i>Traditional Format</i>	SESSION TWO <i>Modified Capital Cup Format</i>
<i>All ages level 5 & 6</i>	<i>All ages Level 4,7,8's and Prep Ops</i>
<i>8:00am Gym opens for Warm up & Stretching</i>	<i>12:15pm Warm-up & stretch</i>
<i>8:20am Coaches Meeting</i>	<i>Bar sets immediately after session one</i>
<i>8:40am 20 minute Timed Warm-ups</i>	<i>12:45pm March In</i>
<i>10:15am March in</i>	<i>1:00pm timed Warm-ups and Compete</i>
<i>Competition Begins</i>	

Award Ceremonies will be held following each session

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There is a time for everything. And a season for every activity under heaven: a time to be born and a time to die, a time to plant and a time to uproot, a time to kill and a time to heal, a time to tear down and a time to build, a time to weep and a time to laugh, a time to mourn and a time to dance, a time to scatter stones and a time to gather them, a time to embrace and a time to refrain, a time to search and a time to give up, a time to keep and a time to throw away, a time to tear and a time to mend, a time to be silent and a time to speak, a time to love and a time to hate, a time for war and a time for peace.

Ecclesiastes 3: 1-8

Seasons come and seasons go. Gymnastics is truly a seasonal thing and our gymnasts grow with the seasons. In the spring we plant seeds: looking ahead to a new level, new conditioning, new skills and new routines. In the summer we nurture what we have planted; we practice those new skills and routines and watch them grow. In the fall we begin the harvesting of our crops we begin our league meets and this continues on into the winter. Then in the spring it begins all over again. Plant and grow - learn and show.

Gymnastics is a “Seasonal Thing” and at this meet it’s a “No Fall” season. Each meet at Licking County Family YMCA we have had a theme or purpose. Our intention at this meet is to give a little back of what we’ve been given. We will be giving each gymnast with a “No Fall” on the beam a raffle ticket for a chance to receive a complete Thanksgiving Dinner for four. Each gymnast who brings a non-perishable item in will also receive a raffle ticket for each item for a chance to win the turkey dinner. All items donated will be given to our local food pantries.

THEMED MEET SHIRTS

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Gold

Meet shirts will be available at the meet.

Cost \$10

Please be sure to visit our apparel shop.