

SHAKE YA' TAIL FEATHERS



IN LICKING COUNTY

**I WILL PRAISE GOD'S NAME IN SONG AND GLORIFY HIM WITH
THANKSGIVING.. PSALM 69:30**

NOVEMBER 15, 2008

**LICKING COUNTY FAMILY YMCA HOSTS FOR CAMBRIDGE & MT. VERNON
YMCA'S**

420 WEST CHURCH STREET, NEWARK, OHIO 43055

(740)345-9622

SESSION 1

ALL LEVEL 4'S TRADITIONAL FORMAT

8:00 AM GYM OPENS FOR WARM-UP & STRETCH

8:20 AM COACHES MEETING

8:40 AM 15 MINUTE TIMED WARM-UPS BEGIN

10:15 AM MARCH IN

10:30 AM COMPETITION BEGINS

SESSION 2

LEVEL'S 5,6,7,8, PREP OPTION MODIFIED CAPITAL CUP FORMAT

12:00 PM WARM-UP & STRETCH

12:15 PM COACHES MEETING

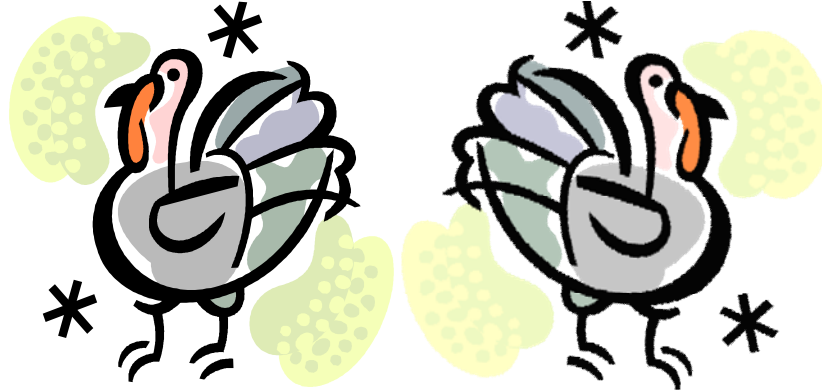
12:30 PM MARCH IN

12:45 PM COMPETITION BEGINS

12:45 PM TIMED WARM-UPS AT FIRST EVENT

AWARD CEREMONIES WILL BE HELD FOLLOWING EACH SESSION

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Texas Orange Cedar

\$10.00

Preorder your T-shirt prior to the meet and save \$\$\$\$\$\$\$

Gymnast name _____ Level _____

Size: YM YL AS AM AL Color(s) _____ Qty _____

Size: YM YL AS AM AL Color(s) _____ Qty _____

Size: YM YL AS AM AL Color(s) _____ Qty _____

Size: YM YL AS AM AL Color(s) _____ Qty _____

Total amount due _____ Paid _____

Your order needs to be placed by Saturday, November 12, 2008. All monies need to be paid prior to November 15, 2008 in order to get the discount. If you have any questions please feel free to contact Teresa Dozier deputydodah@yahoo.com. Please mail your form and money to 1300 Sequoia Lane, Heath, Ohio 43056