



What your Team needs to
know and do at a CARA Meet



PRIOR TO THE MEET

Regular Season (Gate charge for spectators - \$3/spectator 2yrs and older)

May 30th @ Home - Overland HS

Achieve	Sat		100
30-May	C3	C4	Opt
Achieve	49	57	54
Peak	9	2	0
Adventure	12	1	0
Hyland Hills	0	0	30
Gymstarz	32	20	20
3 sessions/6 judges	102	80	104

	Opt	Comp 3	Comp 4
Arrive	8:00	12:15	3:45
Open	8:00 - 8:45	12:45 - 1:00	4:15 - 4:30
Timed	8:45 - 9:45	1:00 - 2:00	4:30 - 5:30
March	9:45 - 10:00	2:00 - 2:15	5:30 - 5:45
Comp	10:00 - 12:45	2:15 - 4:15	5:45 - 7:30
Awards	1:00 - 1:45	4:30 - 4:45	7:45 - 8:15

****Arrive on Time!** Next session will start with Open warm up at Arrival time and time schedule move up if previous session finishes ahead of schedule.

1. OBTAIN MEET SCHEDULE FROM WEBSITE

www.caragymnastics.org

Meet schedules can be found on the calendar.

Note special info (Ipod only, no food in the gym, limited seating, etc.)

Timed warm ups will not start prior to the arrival time of a meet, but if a meet is running early, the schedule will be moved up. Ask the meet host if march in is being adjusted and tell your parents!!!



2. RELAY MEET SCHEDULE TO FAMILIES

Give them the CARA Website, but also communicate the meet info as well!

Make sure parents understand the importance of arriving on time!

C.A.R.A. GYMNASTICS MEET
EVENT ENTRY FORM

EVENT: VAULT BARS BEAM FLOOR COMPETITION LEVEL:

DEPARTMENT:

AGE GROUP:

NO.	NAME	J1	DED.	AVE.	AA

C.A.R.A. GYMNASTICS MEET
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NO.	NAME	J1	DED.	AVE.	AA

3. PREPARE YOUR ENTRY SHEETS AND BRING WAIVERS TO ALL MEETS

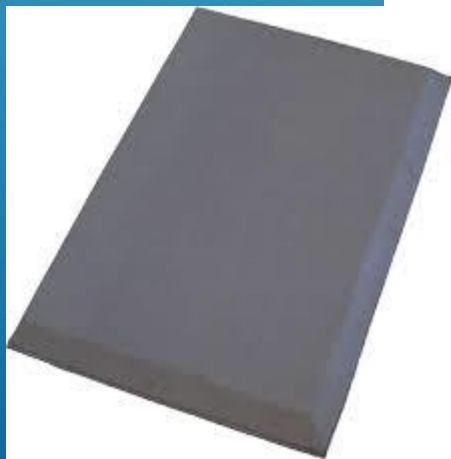
Separate sheet for all ages and levels.

Preparing these prior to the meet allows you to focus on your girls at the meet!



4. DON'T FORGET YOUR SPRING BOARD, SAFETY ZONE, HAND PLACEMENT MAT & TAPE

Meet hosts should have these things (not tape), and are more than willing to share when they are not using them, but most teams bring their own. (If you need a safety zone/placement mat and are not planning to bring one, it is recommended you make sure the meet host has one.)





THINGS YOUR PARENTS NEED TO KNOW...

- Seating is limited at most meets
- Be on time
- Parents are NOT allowed in the competition area- EVER!!!
- Never approach a judge
- Cost to attend meets
- Feed the gymnast before a meet!
- Mandate and Super Rules
- Special circumstances at meets (no food in gym, parking issues, etc.)
- Coaches- you are responsible for your parents!



AT THE MEET



1. CHECK IN AT SCORE TABLE, GET ROSTER AND FIND OUT WHERE KIDS SHOULD PUT THEIR STUFF

BE ON TIME FOR THE COACHES MEETING!!!

SILVERTHORNE Team Roster
4/9/2015

ID.	GYMNAST	LEVEL	GROUP
22001	SUSSMAN, SIENNA	C-3	07-07
22002	HOLISKY, GWEN	C-3	08-08
22003	NICHOLDS, CHLOE	C-3	08-08
22004	ROSTAD, NAYA	C-3	08-08
22005	DALY, PEYTON	C-3	09-09
22006	JACKSON, REGAN	C-3	09-09
22007	RYCKMAN, MAYA	C-3	09-09
22008	SALAZAR, PIPER	C-3	09-09
22009	FIELDS, MORGAN	C-3	09-09
22010	ISAACSON, MAKAYLA	C-3	10-10
22011	SCHEUERMANN, ELLA	C-3	10-10
22012	GALLEN, RILEY	C-3	11-11
22013	PETERSEN, PAIGE	C-3	11-11
22014	SABO, MAYA	C-3	11-11
22015	MURPHY, SCOUT	C-3	12-18
22016	DURLOO, SIERRA	C-4	07-09
22017	MERO, LARISSA	C-4	07-09
22018	SNYDER, ELLA	C-4	07-09
22019	COMAI, ISABELLA	C-4	10-10
22020	KOETTERITZ, EMILY	C-4	10-10
22021	SNYDER, OLYVIA	C-4	11-11
22022	NOLZ, LINDSEY	C-4	11-11
22023	FERRARI, BRYTON	C-4	11-11
22024	DAVIDSON, DEANNA	C-4	11-11
22025	SMIERCIK, KASSIDY	C-4	11-11
22026	BALLINGER, AVA	C-4	11-11
22027	MURPHY, KAYDENCE	C-4	12-12
22028	NOVOTNY, CJ	C-4	12-12
22029	SCHAMBERGER, NINA	O-1	07-10
22030	MURPHY, SCARLETT	O-1	07-10
22031	HESS, LILY	O-1	11-11
22032	NATIONS, MADDIE	O-1	11-11

2. VERIFY ROSTER AND MAKE CHANGES AT THE SCORE TABLE

Check name, age, and level

**Must be done prior to competition
or results will not reflect changes**

Thoroughly check roster at every
meet- sometimes changes don't
transfer from one computer to
another

**Achieve Gymnastics
6/20/15**

	Opt	Comp 3	Comp 4
Arrive	8:00	11:30	2:15
Open	8:00 - 8:30	11:45 - 12:00	2:45 - 3:00
Timed	8:30 - 9:30	12:00 - 1:00	3:00 - 3:50
March	9:30 - 9:45	1:00 - 1:15	3:50 - 4:00
Comp	9:45 - 11:45	1:15 - 2:45	4:00 - 5:30
Awards	12:00 - 12:45	3:00 - 3:45	5:45 - 6:30

Order of Competition

Optionals: (20)

Achieve - V, Bm, Br, F

High Plains - Bm, Br, F, V

Apex - Br, F, V, Bm

Achieve (9) - F, V, Bm, Br

Country - F, V, Bm, Br

Comp 3: (18)

Achieve - V, Bm, Br, F

High Plains - Bm, Br, F, V
Country - Bm, Br, F, V

Apex - Br, F, V, Bm

Achieve(s) - F, V, Bm, Br

Peak - F, V, Bm, Br

Comp 4: (12)

Achieve - V, Bm, Br, F

Achieve - Bm, Br, F, V

Apex - Br, F, V, Bm

Peak - Br, F, V, Bm

Achieve (5) - F, V, Bm, Br

High Plains - F, V, Bm, Br

Integrity - F, V, Bm, Br

Beam & Floor Splits

Beam 1 & Floor 1

Opt 1: 7-10, 11

Opt 2: 7-12

Opt 3: 7-13

Comp 3: 7, 10, 11

Comp 4: 7-9, 10

Beam 2 & Floor 2

Opt 1: 12, 13-18

Opt 2: 13-18

Opt 3: 14-18

Opt 4

Comp 3: 8, 9, 12-18

Comp 4: 11, 12, 13-18

Coaches :

*Rotate to your next event as it becomes available.

Please double check your gymnast numbers on your event sheet with your team roster

Please verify scores at the end of the meet

Good Luck - Have Fun!!

3. OBTAIN SPLITS AND ORGANIZE YOUR EVENT SHEETS

Splits can be found on time schedule from meet host the day of the meet

Splits ensure kids of the same age are judged by the same judge

Write judge # on sheets for beam and floor

Sit kids according to splits

Tell kids which judge they are with

One group may be up before another



4. WARM UPS

Meet time schedules are the discretion of the meet host

Warm up times can vary

Open Warm Up- all events are open

Timed Warm Up- specified time on each even for your team

You may be sharing events for warm ups, communicate with other coaches!

Be ready at your event prior to warm ups starting

Rotate on time

Know how to adjust equipment

Have a strategy for warm up

Competition
is a good thing;
it forces us to
do our best.

Nancy Pearcey

www.dbsquaredinc.com

5. COMPETITION

Line up for march in as soon as you finish timed warm ups

Competition is continuous- rotate to your next event as soon as it is available

Make sure you kids compete in order!!!

If you have 2 coaches (if you have 20+ kids, you should have 2 coaches) and the event ahead of you is open, one coach will need to rotate to the next event with girls ready for that event

Meet host will provide Compulsory music, but each team is responsible for playing it

No team saluting judges

Score Report for: ACHIEVE
Event: ALL
at 5/10 CHALKBOX REG SEASON on 5/10/2014 hosted by CHALKBOX

NO.	NAME	LEVEL	GROUP	VAULT	PL	UBARS	PL	BTEAM	PL	FLOOR	PL	--AA--	PL
02008	THANDIWE, FOSTER	C-3	07-07	7.800*	2	6.300*	5	7.000*	2	7.300*	4	28.400*	3
02011	CHILCOTT, AVA'IRE	C-3	08-08	6.000	10	8.200*	1	3.000	12	5.500	13	22.700	12
02013	GEORGE, RYANNE	C-3	08-08	6.800	6	7.600*	5	6.600*	5	6.700*	9	27.700*	6
02014	ROTH, BROOKE	C-3	08-08	7.200	3	6.700*	8	6.200*	6	7.900*	5	28.000*	4
02015	BOHN, ALLYSON	C-3	08-08	6.700	7	7.600*	5	6.000*	7	7.300*	6	27.600*	7
02018	BLACK, OLIVIA	C-3	08-08	5.600	11	5.900	9	4.100	10	5.900	12	21.500	13
02020	BUGGAGE, MIKALAH	C-3	09-09	7.200	7	5.600	12	3.200	14	6.100	11	22.100	14
02029	GROBE, BRYLEIGH	C-3	09-09	7.500*	5	8.000*	2	7.200*	4	7.200*	6	29.900*	5
02034	O'BRIEN, TSOMO	C-3	10-10	6.600	8	7.900*	2	7.900*	1	7.800*	10	30.200*	4
02036	BATUELLO, VICTORIA	C-3	10-10	7.200	4	6.600*	9	4.800	12	8.000*	8	26.600*	12
02037	BOHN, EMMALINE	C-3	10-10	5.900	10	6.100	12	6.800*	6	6.800*	14	25.600	15
02038	SVENBY-MIKELIS, LIL	C-3	10-10	6.800	6	7.800*	3	7.700*	2	7.400*	11	29.700*	6
02039	DAVIS, I'YANA	C-3	10-10	7.800*	2	7.900*	2	7.100*	5	8.500*	3	31.300*	2
02045	PRUISNER, ALEXIS	C-3	11-11	6.200	9	6.500*	10	6.600*	6	7.400*	10	26.700*	10
02046	SITTER, CAROLINE	C-3	11-11	7.100	8	7.300*	6	5.200	10	7.900*	6	27.500*	9
02047	RICHMAN, MILAN	C-3	11-11	8.000*	4	8.400*	2	8.200*	1	8.300*	4	32.900*	2
02048	TAYLOR, JULIANA	C-3	11-11	7.800*	5	7.700*	5	7.100*	3	7.700*	7	30.300*	4
02049	AUSTIN, GRACE	C-3	11-11	8.200*	2	8.400*	2	7.700*	2	8.800*	1	33.100*	1
02056	RAUP, ISABELLA	C-3	12-18	6.900	4	7.200*	4	4.500	4	8.000*	3	26.600*	4
02057	TRUSSELL, KYLIN	C-3	12-18	8.100*	1	7.800*	3	7.100*	2	8.000*	3	31.000*	3
02059	KRIEGER, KOALIENNA	C-3	12-18	6.700	5	6.000	5	6.200*	3	5.500	4	24.400	5
02064	ROLLIE, KATE	C-4	07-09	6.400	12	7.000*	6	7.000*	6	7.300*	9	27.700*	7
02065	YEE, CHARLENE	C-4	07-09	6.700	9	7.800*	3	8.700*	1	8.700*	2	31.900*	2
02076	RHUBY, BROOKELYN	C-4	10-10	7.000*	9	5.700	13	2.800	10	5.400	14	20.900	13
02077	KNOLL, VICTORIA	C-4	10-10	7.800*	2	7.800*	2	8.000*	1	8.800*	3	32.400*	2
02081	WOODS, HANNAH	C-4	11-11	7.100*	6	8.600*	1	7.800*	2	9.400*	2	32.900*	2
02082	MATTSON, HEIDE	C-4	11-11	6.000	10	0		4.400	12	1.200	11	11.600	
02092	BALVIN, LYNDEY	C-4	11-11	7.700*	2	6.300*	6	7.500*	3	6.800*	9	28.300*	5
02096	MCMICHAEL, TABITHA	C-4	12-12	7.100*	8	7.100*	5	4.500	10	5.100	11	23.800	11
02097	KNAPKE, KYLA	C-4	12-12	6.900	10	6.800*	6	7.800*	1	7.400*	8	28.900*	5
02098	RUSSO, ELIZABETH	C-4	12-12	7.750*	2	8.500*	1	7.400*	2	9.400*	1	33.050*	1
02108	LEHMKUHLER, MELINDA	C-4	13-18	7.900*	1	6.100*	3	7.400*	1	2.800	5	24.200	4
02110	BUDFOLSKI, JESSICA	C-4	13-18	7.600*	2	6.200*	2	5.300	5	5.900	4	25.000	3
02112	MCLAIN, AVERIE	O-1	07-10	6.700	9	6.600*	6	6.200	9	6.300	10	25.800	10
02118	KING, RYANNE	O-1	07-10	7.200*	7	3.700	11	5.600	11	6.800	7	23.300	12
02119	BENSON, ISABELLA	O-1	07-10	7.300*	6	6.800*	5	5.700	10	7.000*	5	26.800	8
02121	BLACK, KYLIE	O-1	11-11	7.700*	3	6.600*	2	5.000	6	7.200*	5	26.500	4
02122	TAYLOR, DAIZHANAE	O-1	11-11	8.000*	1	6.700*	1	6.900*	3	7.500*	1	29.100*	1
02123	PLOWDEN, ADRIANNA	O-1	11-11	7.950*	2	5.700	4	7.100*	2	7.400*	2	28.150*	3
02132	RAWLINSON, MAYA	O-1	13-18	7.800*	4	6.200	5	5.800	8	6.400	8	26.200	7
02134	KANE, KAITLYN	O-1	13-18	7.700*	5	6.700*	4	5.700	9	7.400*	2	27.500*	5
02137	MCCARTHY, MARY	O-2	07-12	7.600*	6	7.700*	5	7.900*	1	7.500*	7	30.700*	4
02139	MALM, KELLY	O-2	13-18	8.100*	3	6.700	7	7.500*	3	7.700*	3	30.000*	4
02142	CUSHING, KAYLA	O-2	13-18	8.200*	2	7.300*	3	7.400*	4	7.900*	2	30.800*	2
02143	PARKER, ALLIE	O-2	13-18	0		7.000*	6	0		6.500	7	13.500	
02171	MORRISEY, DREW	O-2	13-18	8.200*	2	7.200*	4	0		7.200	6	22.600	
02144	TOOLE, MAURYN	O-3	07-13	8.100*	2	8.500*	1	6.900	5	8.650*	1	32.150*	1
02149	WILSON, NATALIE	O-3	07-13	8.600*	1	8.500*	1	6.800	6	7.700	8	31.600*	2
02150	RUSK, MAKAYLA	O-3	07-13	8.000*	3	8.200*	4	7.000	4	8.300*	3	31.500*	3
02151	SMITH, AMBER	O-3	14-18	7.900	3	7.000	4	7.600*	1	8.300*	2	30.800	3
02164	VENEGAS, MADIE	O-4	07-18	8.600*	5	8.500*	3	8.800*	3	8.950*	4	34.850*	4
02165	TURBYNE, MCKENNA	O-4	07-18	8.600*	5	8.900*	2	8.600*	4	9.700*	1	35.800*	2
02167	HATHAWAY, GENESIS	O-4	07-18	8.500*	6	8.500*	3	8.250*	6	9.150*	2	34.400*	5

6. CHECKING SCORES

Check your scores after 3 events and check the last event after your team is done competing

Report any discrepancies between the **judges sheet** and the computer print out to the score keeper

Don't hover around the score table- the score keeper needs to be able to focus and side conversations are very distracting

Be patient- score keepers have a tough job!

Let the score keeper know your scores are good

COLORADO HIGH SCHOOL ACTIVITIES ASSOCIATION
14855 E. Second Avenue
Aurora, Colorado 80011
(303) 344-5050

INQUIRY(IES) SHEET

SCHOOL _____ EVENT _____ SESSION _____

GYMNAST'S NAME _____

GYMNAST'S COMPUTER NUMBER _____

REASON FOR INQUIRY _____

COACH'S SIGNATURE _____

REFEREE'S DECISION _____

REFEREE'S SIGNATURE _____

INSTRUCTIONS TO SCORER'S TABLE (IF NECESSARY) _____

7. INQUIRIES

If you have a judging inquiry, the score table will have inquiry sheets

Fill out the sheet and give it to the meet ref

You can only inquire about addition, difficulty, event requirements, if something is written but credit is not given.

You cannot inquire on composition or execution.

8. AWARDS



Participation ribbons are available at the score table (C3's want them!)

Make sure your kids are paying attention and being respectful and quiet during the awards ceremony

If you suspect a problem with awards, wait until awards are over before approaching the meet director (most of these problems can be avoided by checking your roster and scores!)

All teams, gymnasts and coaches should stay through all of awards

Pick up your final results and team score sheets following awards

Kindly get your kids and parents out of the gym ASAP if there is a session following awards :)

ADDITIONAL INFO

- Keep track of scores throughout the season for mandates and supers
 - Chalk and ice are available at meets
 - Coaches must wear team shirt (only coaches in competition area)
 - Safety certified coach at every meet
 - Supervise your team
 - Look forward at meets!
 - Coaches/Judges rooms are not available at all regular season meets- come prepared!
 - It is the job of all coaches at meets to help out, keep the meet moving and keep parents out of the competition area!
 - Meets do not allow parents to bring chairs in unless it is specified on time schedule.
- 



If you have questions or need help at a meet, talk to the meet host or any coach- we are here to help, we want you and your team to have a positive competitive experience!

Info in this presentation is only useful if shared with your staff!