What an exciting time of the year!

There are a few items we should review to help make sure the season starts out successful:

#1: **Know what session your child is competing in.** At times, a level may be divided up into age groups. *In most cases*, the age of your child on September 1st determines the age group in which they will compete.

#2: **Please review the meet schedules,** as they are e mailed to you. Maps and times will be e mailed. As you’ll see, many of the schedules will be marked as “tentative” allowing the gyms to change the session times as they see fit. The final schedules will be posted on the Boys Team Bulletin Board.

#3: **Please arrive 15 minutes** before the warm-up or open stretch time (indicated on schedule). This allows the gymnast to acclimate to the surroundings. They’re able focus and get down to business once they know where their parents are sitting...where the bathrooms are...and finally, know the location of each event.

#4: **Not attending the meet...** If you are unable to attend a meet, please notify the front desk and your coach in writing. Please give at least **30 days notice.** You are automatically placed in the meet and billed if we do not receive notice.

#5: **Let’s review uniform requirements...**
All gymnasts arrive dressed in their core uniform—CSC team shirt, bodysuit, shorts, stirrups, and warm-ups. Keep an extra pair of socks in your gymnast's bag. Gymnasts should wear their warm-up suits entering the gym, during awards and exiting the gym. Make sure all uniform pieces; grips and bags are clearly marked with your child’s name. Higher-level boys should also carry extra grips in their bag. No hats are allowed and absolutely no jewelry is allowed at meets.

#6: **Early to bed... Early to rise...** A good healthy breakfast will make a gymnast strong, healthy and perhaps a bit more wise (give me a break... the theory works). **Energy needs;** not only is a competition physically draining, but also emotionally. Keep the energy flowing with healthy snacks such as fruit, cheese, crackers, juices and water for hydration.

#7: The boy’s coaches are expected to be in charge of the athlete’s from the time they arrive at the meet facility until they are dismissed following awards.

**Be a fan, and your son’s biggest supporter. NOT A COACH!!**