

## Summer 2022 Tumbling Meet Information

### Saturday August 13, 2022 – at Jacobs Gymnastics

Jacobs Gymnastics Club is hosting our 20th Annual Tumbling Meet! The meet will be Saturday August 13, 2022, beginning at 8:00 AM, here at Jacobs Gymnastics. The entry fee is \$50, which includes a meet T-shirt for each participant. There will be no extra fees: no spectator admission or parking fees.

We encourage ALL our gymnasts, ages 4 and older, to participate!

Gymnasts will compete with other gymnasts in the same age and ability level. Each gymnast will be assigned a session – each session is 45 minutes in length, start to finish. We offer the opportunity for our gymnasts to compete in the tumbling meet, just once a year in August! The meet is for Jacobs Gymnasts only and must be enrolled through the summer!

The gymnasts will be practicing the tumbling routines during their class times. This meet is an excellent chance to try out competition and perform in front of parents. The emphasis is on having fun, trying our best, and improving our skills and form throughout the summer. There will be awards (medals) given to all participants. No prior competition experience is required- this is the place to gain that experience and confidence. It is also great motivation to improve skills and technique.

Exact competition times available by July 20. All competition will be held between 8 AM and 2 PM, starting with the youngest gymnasts and continuing through the oldest/most advanced.

**Entry forms are required by Monday, July 11!** Orders for T-shirts, leotards and medals must be placed early!

**What is the meet?** The Tumbling Meet is an opportunity for our gymnasts, ages 4 and older, beginner through team levels, to compete a tumbling routine and enjoy a meet experience. The gymnast will be working on memorizing and presenting clean routines during the tumbling portion of summer classes. The routines consist of 4-5 tumbling skills – 2 tumbling passes per routine. Just Tumbling – no beam, bars, or vault!

It is a valuable process in that gymnasts learn a routine, work on form and technique, present the routine at the meet, and all gymnasts receive a score, medal, and t-shirt at the meet. Practice on these routines begins the week of June 21, during the tumbling portion of class.

We hope you and your gymnast will join in the fun this year!

For more information, please click on the entry form, routines, and FAQ links.

**If you have questions email Chris – [chrisjacobs04@msn.com](mailto:chrisjacobs04@msn.com)**

**ENTRY FORM – New this year – easy Google doc entry! [Click here](#)**

**TUMBLING MEET ROUTINES – [Click here](#)**

**Simply fill out form at the link above – submit – and follow up with a payment by July 11! Easy!**

Entry fee is \$50 check or cash – gymnast's name on memo line of check please.

\$55 if paying with paypal link: [paypal.me/jacobsgymnastics](https://www.paypal.me/jacobsgymnastics)

\$55 if you prefer us to process a cc on file. Please email me to request!

## Summer 2022 Tumbling Meet FAQs:

The meet will be held on Saturday August 13, 2022, at Jacobs Gymnastics Club. Please check the website, [www.jacobsgymnastics.com](http://www.jacobsgymnastics.com) (Tumbling Meet page) for additional info!

**How long is the meet?** Each session will be 30-45 minutes. We are planning for smaller sessions this year, so we are not so crowded in at the bleachers. Each gymnast is scheduled for one session only. Schedules will be emailed July 20.

**Should my gymnast memorize the routine?** Yes – It is all about confidence, and your routine will look better! We are working on the routines during the tumbling portion of class. We also have camps in August to help gymnasts get extra practice too! Register early!

**Will my gymnast be nervous?** Everyone is a little! It is ok – but everyone coming to watch is a parent or grandparent, watching their own gymnast.

**What should my gymnast wear?** Leotard, hair up/out of face, no jewelry, no socks, no shorts.

**What is the best score you can get at the meet?** We use the traditional 10.0 scoring format.

**What are the standard deductions** (what makes your score go down?) Form breaks – bent arms/legs, not pointing toes, not stretching tall Extra steps in between skills, pauses, fixing your hair or leotard, falling....

**How many gymnasts compete at one time?** ONE!

**How many warmup routines will each gymnast have at the meet?** 1 warm-up routine – then line up, introductions, compete, and awards!

**Will there be coaches at the meet to help your gymnast – verbally or physically?** YES! Sometimes gymnasts get nervous and forget their routine – we can talk them through it. We try to match each gymnast with a routine that gives challenges, but not to the degree that they will need spot during a meet. Meets are for presenting routines with few flaws and confidence – not to showcase the coach’s spotting abilities.

**What are the routines?** [Click here](#) for a pdf file of the routines.

**Should we cheer for the other gymnasts?** YES PLEASE – good sportsmanship!

**Will everyone get a medal?** Yes – placements depend on your score!

**Will everyone get a meet t-shirt?** Yes, after the awards!

**What is the most important thing to remember about the meet?** The kids are encouraged to “Do your best and have fun!” The parents are encouraged to enjoy watching your child tumble and participate in the competition experience!

**Exact competition times available by July 20.** All competition will be held between 8 AM and 2 PM, starting with the youngest gymnasts and continuing through the oldest/most advanced.

**Entry forms are required by Monday, July 11!** Orders for T-shirts, leotards and medals must be placed early!

Also, we have 2 clinics dedicated to practicing and polishing the meet routines – Tuesdays - August 2 and 9, noon- 1:30, \$35/clinic – must pre-register, space is limited. Simply email [chrisjacobs04@msn.com](mailto:chrisjacobs04@msn.com) to register.

**See Chris or your gymnast’s coach if you have any questions.**