

Head Over Heels Gymnastics - Ithaca

Gymnastics Showcase!!!!

EVERYONE IS A WINNER ON Sunday, December 9th!!

RISING STARS – For the three weeks preceding their performance, we will teach and practice routines on vault, bars, floor and trampoline.

GIRLS SUPER STARS, SUPER STARS ADVANCED, ELITE STARS, PRE-TEAM & TUMBLERS – For the three weeks preceding their performance, we will teach and practice routines on vault, bars, beam and floor. Tumblers will do routines on floor, tumbling & trampoline.

BOYS SUPER STARS, SUPER STARS ADVANCED/ELITE STARS & URBAN STARS - For the three weeks preceding their performance, we will teach and practice routines on floor, rings, vault, parallel bars and high bar. Urban Stars will do two “Urban Sequences” and a routine on Trampoline.

Everyone is a winner!! Gymnasts will leave the showcase feeling great about themselves as they receive a GOLD MEDAL for their wonderful performance.

(Gymnasts must be enrolled in December classes in order to register for the Showcase)

SCHEDULE (please read carefully):

Sunday Dec 9th @ 10:30 – Rising Stars, Girls Super Stars 5 & 6 Wed classes

Sunday Dec 9th @ 12:00 – Girls Super Stars 5 & 6 Mon, Tue, Thu, Fri, Sat classes

Sunday Dec 9th @ 1:30 – Girls Super Stars 7 & Over, Tumbling Stars,
Urban Gymnastics

Sunday Dec 9th @ 3:00 – Girls Super Stars Advanced, Boys Super Stars

Sunday Dec 9th @ 4:30 – Girls Elite Stars, Boys Super Stars Advanced/Elite Stars, Pre-Team



All participants should arrive 15 minutes early so we can start right on time!!!

*****There is a \$5.00 fee to for your child to participate.*****

There will be a \$4.00 per person charge for spectators on the day of the Showcase.

YOU MUST REGISTER AND PAY IN ADVANCE FOR YOUR CHILD... PLEASE TEAR THIS PORTION AND HAND INTO THE OFFICE WITH PAYMENT BY SATURDAY, NOVEMBER 17th!!

CHILD'S NAME: _____

Class Name: _____ Class Day: _____ Time: _____