

NEW ENGLAND HIGH SCHOOL GIRL'S GYMNASTICS CHAMPIONSHIPS
Sponsored by: Council of New England Secondary Schools Principals' Assoc., Inc.
SATURDAY, MARCH 13, 2004

Officers:

Pres.	Richard Magarian, RI Interscholastic League
Vice Pres.	Larry Labrie, Maine Principal's Assoc.
Sec./Treas.	William Savage, N.H.I.A.A
Ex-Officio	Tony Mosa, CIAC, CT
Exec. Dir.	William Savage 66 Skyline Dr. Keene, New Hampshire 02431 603-352-6273
Exec. Cons.	Haig Varadian 53 Willow Drive, Cranston, RI 02920 Tel/Fax 401-944-3973

Site: **Norwich Free Academy**
305 Broadway
Norwich, CT 06360

Time: **11:00 am competition**

Rules: **National Federation**

Format: **Team and Individual Competition**

Fee: **\$75 per team \$10 per individual**

Participants: **A. Top 2 high school girl's team from each state**
B. Top 6 individual high school girl gymnasts on each event plus all-around from each state
In many cases, some of the top 6 girls are included on the top 2 teams from the state

Awards: **Top 3 teams overall**
Top 6 individual girls in each event plus all-around
All participants are eligible for individual awards

Points of Information: **No jewelry may be worn**
T-shirts with names on the back of all girls entered will be available.
deadline for names on the shirts is Saturday, March 6, 2004.
email or call Pat Simon

Entry Form to: **Pat Simon, Coordinator**
105 Wilcox Rd., Milford, CT 06460
office 203-783-3412 evenings 203-874-2260 fax 203-874-1314
patrick.simon@snet.net

Time Schedule:

9:30 registration, collection of fees, distribution of packets, etc.

10:00 stretching, bar sets

10:25 first rotation starts warming up in the practice gym

10:50 march in and introductions

11:00 first rotation competes and second rotation warms up in the practice gym

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PETITION OF ENTRY

Coach _____

Home phone _____ School phone _____

Fax _____ email _____

The following female gymnast/gymnasts participated with the _____
_____ High School Girl's Gymnastics Team and have been selected to represent the State of
_____ in the New England High School Girl's Gymnastics Championships.

The female student-athletes listed below have all satisfied the necessary eligibility requirements established by the school system they represent and are cleared to participate in the New England High School Girl's Gymnastics Championship competition.

Please type or print clearly (these names will be used for t-shirts and the program)

Girls name	grade	event(s)

Signature _____ Date _____
New England Council Member or Designee(High School Principal)

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INFORMATION

Tournament information and results can be found on the New England High Schools Sports web page at www.newenglandsports.com or www.casciac.org

Directions: use mapquest.com

Hotels

**Comfort Suites
275 Otrobando Ave.
Norwich, CT 06360
Host: Andrew Nollman 860-892-9292
New England rate: \$99**

**Ramada Inn-Norwich
10 Laura Boulevard
Norwich, CT 06360
Host: Bonnie 860-889-5201
New England rate: \$79.00**

There will be a certified trainer at the meet. Please bring your own tape and supplies.

There will be a vault table and horse as the table may be used in addition to the horse by Federation Rules.

The program will be typed and contact will be made with the coaches by email if any questions arise regarding the entries. *Please print clearly.*

Fax the Petition of Entry to Pat Simon, Coordinator at 203-874-1314

Contact Sue Hopkins-Terrell, Meet Director about directions, restaurants, other hotels or any other questions at 860-887-2505X5731 suehopterrell@aol.com

**Coordinator: Pat Simon
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**Chairman: William Savage
New England Council
Keene High School, Keene, NH**

Vault Warm up	Touch Compete vault	Bars Warm up	Touch Compete Bars	Beam Warm up	Touch Compete Beam	Floor Warm up	Touch Compete floor
3	xxx	4	xxx	7	xxx	8	xxx
1	3	2	4	5	7	6	8
8	1	3	2	4	5	7	6
6	8	1	3	2	4	5	7
7	6	8	1	3	2	4	5
5	7	6	8	1	3	2	4
4	5	7	6	8	1	3	2
2	4	5	7	6	8	1	3
xxx	2	xxx	5	xxx	6	xxx	1

Warm-up time will be 12 minutes per team and/or 2 minutes per individual

Two vaults per gymnast in the touch

Bars and floor touch will be 50 seconds per gymnast or 5 minutes per team

Beam will be a 30 second Michigan Touch or the same as bars and floor

No gymnasts are allowed on any equipment until the first warm-up period except on floor

After the march in and introductions gymnasts should proceed to their first designated area

After teams and individuals compete they should remain at that event until all events are completed in that rotation and they have been instructed to move to their next designated area

At the conclusion of the meet, march in and sit on the mat for awards