

Greetings Coaches,

Hope this email finds you well.

Welcome to our 'Let's Make a Deal' 2012.

We are almost ready to Rock!

Just few reminders:

Make sure your USAG number is up to date as well as your Background and Safety. No one will be allowed on the floor without proper credentials.

We will be using Modified Traditional Format, warm-up/compete. As soon as your athletes are done competing on an event, please rotate to the next apparatus to prepare for your warm up on that apparatus. You will compete on the same set of equipment that you warm up on.

If you have more than 7 gymnasts in one session, please be sure to bring enough coaches in case your team needs to be split, in order to keep the meet running smoothly.

Before your warm up, we will be taking pictures of the teams for the team trophies. So please tell your parents to be on time and have the girls ready for the pictures on arrival.

Warm up times are:

- Level 2, 3 & PR - 30 sec .Bars/Beam, 2 Vaults, 2.5 min. for the first 5, after, the next 5 will be invited to bump in between routines.
- Level 4 - 45 sec. Bars/Beam, 2 Vaults, 4 min. for the first 5, after, bump in between.
- Level 5, 6 & PN, PI - 1 min. Bars/Beam, 3 Vaults, 5min. for the first 5, after, bump in between.
- Level 7 & PA - 1.5 min. Bars/Beam, 3 Vaults, 7.5min.for the first 5, after, bump in between.
- Level 8,9,10 & PS - 2 min. Bars/Beam, 4 Vaults, 10 min. for the first 5, after, bump in between.

I'm looking forward to seeing you at LMAD 2012. If you have any questions, please feel free to email me at : vasko.sterlinggym@gmail.com, or call at the gym - 978-422-7655 and ask for Vasko.

Also visit our website for more information. www.sterlinggym.com.

Thank you for coming to LMAD 2012.

Vasko Vetzev