

## Suggestions for Participation In Star Meets

You should enter your daughter if she meets most of the criteria below:

- She really *wants* to participate.
- She understands that she must *know* the routines appropriate to her level.
- She should be able to do 90% of the routine by herself without needing a coach to “put her through it”. A light spot or quick cue is OK.
- She must understand that she should compete in the level she is most proficient. For example, she may be working on Level 2 right now, but she is ready to compete well and by herself at Level 1. Later in the year, she can move up to Level 2 in the meets when she has mastered the new level.
- She will compete on all four events: vault, bars, beam & floor.
- She has her required uniform: one of the leotards embroidered with RGTC in one of the four colors (grape, lime, blue, or cherry).
- She can choose to compete in any of the meets throughout the year. She does not have to do them all. She can enter only the last one if she wants to wait until she is more secure.

\*\*\*I recommend that the youngest girls (ages 5 & 6) in the Star 1 & 2 classes check with their teachers about their readiness for participation in the first meet (Dec. 11). I want the experience to be positive for everyone! The goal of this program is have fun!  
Darlene Rose