

# Britton-Hecla Gymnastics

**Britton Hecla School**  
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**Head Coach:**  
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**Assistant Coaches:**  
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## Britton-Hecla JV Meet Tuesday, December 8<sup>th</sup>, 2020 5:30 p.m.

**Teams:** Britton-Hecla, Sisseton, Milbank

**Entries:** Entry deadline (by email or text to Coach Grupe): December 4<sup>th</sup> by 4:00 p.m.  
Compete 6 per event. (Include name, grade, & competition # on roster.)

**Scoring:** Top four scores in each event to determine team scores.

**Entry Fee:** \$50 (Please submit to the BHHS business office.)

**Coaches & Judges Meeting:** 5:10 pm

**Equipment:** AAI Balance Beam, AAI Uneven Bars, AAI Vault Table with run up strip, and Springboard Floor. We have three 8" crash mats and one sting mat. We do not have a board collar or a hand placement mat.

**COVID:** There will not be concessions or hospitalities offered this season. Please bring your own chalk as there will not be a community chalk bucket offered this year. There will be hand sanitizer around the gym, but we ask you also bring your own as well as disinfectant wipes as you travel to and from each event. There will be no warm-ups prior to start of competition. Each team will have their own bathroom/locker room and it will be closed off to all others during the meet.

BHHS winter sports attendance policy is six fans per team member (athlete, coach, manager). This list needs to be emailed to AD Jon Anderson the day prior to competition. [jon.anderson@k12.sd.us](mailto:jon.anderson@k12.sd.us) Only those on the list will be allowed in the competition so please make sure this is done.

**Schedule:** The gym will open at 4:30 with open stretch and equipment check from 4:45 – 5:10 (please be respectful of all coaches/athletes wanting to check equipment). Teams--please stay in your designated team area in the bleachers until you are to report to your first event. The first rotation team/shared warm-up will begin at 5:17 and will end at 5:25. At this time the teams will remain in the area by their first event and we will play the national anthem. Competition will begin at 5:30 starting with the first and second competitors receiving a one-minute individual touch.

**Awards:** At the conclusion of the meet each team will stay in their designated team area in the bleachers and the awards and team packets will be delivered to each coach. Awards will be announced but all gymnasts will remain in their team area and stand when called as a placer. One packet of awards and results will be handed to the coach. This will be done quickly, and we will get you out of the gym as fast as possible.

### **Competition Rotation**

<b>Time</b>	<b>Vault</b>	<b>Bars</b>	<b>Beam</b>	<b>Floor</b>
Rotation 1		Britton-Hecla	Sisseton	Milbank
Rotation 2	Milbank		Britton-Hecla	Sisseton
Rotation 3	Sisseton	Milbank		Britton-Hecla
Rotation 4	Britton-Hecla	Sisseton	Milbank	

**Rotation:** Each rotation will start with a six-minute shared/team warm-up. Then the first competitor will have a one-minute individual touch, the second competitor will have a one-minute individual touch, first competitor will compete, third competitor will have a one-minute individual touch, etc. We will wait until all four events are done before we move to the next rotation except for the third rotation. When Milbank is done on bars they can proceed to beam right away. Please make sure gymnasts have all the items they need in their gym bag so we can minimize movement around the gym.

Thank you and feel free to contact me with any questions you have.

*Angela Grupe*