

Acro Meet Tips

The Basics

- Acro meets are all day events
- Arrive on time. If you are early please wait in your car until the doors open.
- All levels compete at the same event
- Hair and make up should be done before your arrive. (Exception- If your group will need to be measured come with hair down)
- Preliminary rotation schedules are released to coaches the Thursday before the event.
- March in for all athletes is between the morning and afternoon session
- Levels 7 and below compete one combined routine
- Level 8, 9, 10 and FIG 11-16 compete 2 routines, Balance and Dynamic
- FIG Junior and Senior Elite Levels compete 3 routines, Balance, Dynamic and Combined
- Admissions-

Local (1 day) meet:

- \$7 - anyone over age 5
- free - age 5 and under
- free – USA Gymnastics member with card

State Meets and Regionals:

- \$7 – 1 day entry – age 6-54
- \$12 – 2 day entry – age 6-54
- \$5 – 1 day entry – senior (55+)
- \$10 – 2 day entry – senior (55+)
- free - age 5 and under
- free – USA Gymnastics member with card

Please do not enter before the stated DOORS OPEN time listed on the rotation schedule. Meet volunteers will still be getting ready for your arrival and may not have admissions ready before that time.

-Shout Outs- Many meets will have special gifts for sale for the athletes. These are given out before session awards. The host organization decides on what will be offered, so it will be different from meet to meet. This is a way for parents or teammates to congratulate a job well done.

What to Bring

Athletes

- Groups often elect to have a separate leotard for each routine to reflect the tone of that routine
- Arrive in practice leo if your team uses one.
- Many upper level athletes have a separate practice leotard in order to preserve their competition leotards for the event.
- Competition leos should be on a hanger in a garment bag or covered in some way
- Warm ups- Teams will wear warm ups for march in. Most will wear their warm ups to/from the meet
- Socks- While waiting through other routines you may want socks to keep your feet warm. Ask your coach what color/type of socks they want the team to wear for march in. Some prefer black or white while others march in in bare feet.

- Butt Glue – Helps keep leo in place and prevent riding up during a routine.
- All hair necessities- Hair should be done prior to arrival, or come early/make arrangements to have someone else do the hair. There are times that hair comes out, having all your hair supplies in your bag helps avoid problems.
- Make-up - All members of your group should have matching make-up.
- *ProTip*-Use a small piece of decorative tape to mark all make-up and hair products so it can be easily identified.
- Make Up wipes to remove your make up after awards or between routines.
- Hand Wipes- Restrooms are limited in most gyms.
- Blanket- Many of the gyms are not heated well. Fleece throw blankets to sit on in the staging area or to wrap up in are a good idea.
- Excitement for your teammates and ALL participants.
- Keep your area clean. Keep your warm ups and leos in your bag when you are not wearing them so they don't get lost or mixed up.

Parents

- CASH- Most organizations will not be able to accept credit cards. Have cash on hand for admissions, concessions, and shout outs.
- Pen/Pencil- To keep track of scores on the rotation schedule.
- Sewing Kit- Good idea for one designated team parent to have a mini sewing kit on hand just in case.
- Photo/Video Plan- Coordinate with other team parents to take turns taking photo/video of routines. Don't miss your athlete on the floor while looking at a screen.
- Please do not enter the gym before the stated DOOR OPEN time. Meet volunteers will not be ready for you before that time.
- Warm hugs for your athlete when they are done competing.

-Seating

- Many of the venues have limited seating typically consisting of folding chairs and/or bleachers
- Meets have an athletes only area. Athletes all stay together with the team and do not sit in the general audience. Think of this as their "bench."
- Encourage your athlete to pack up anything they do not need before awards. This will make leaving less hectic and help prevent lost items.

-Snacks

- Meets are all day and athletes do not leave. It is important to have a healthy snack (or 2) and lunch packed. NO sweets, NO sodas, NO junk food, nothing colored that can get on a leo (ie. gold fish crackers, Doritos)
- Athletes should not eat in the athlete area. Meets will have a concessions area and usually some seating dedicated to that.
- Avoid colored sports drinks, sodas and red juices. We don't want any accidental spills on your leo or another teams leo.

-Times

The meet schedule typically comes out the Thursday prior to the meet. Approximate times for each group to start are listed which helps when planning your day to keep siblings from having to stay all day or if friends and family want to come. These are only guidelines. Most meets run a little late, and occasionally some are ahead of schedule, especially if there is inclement weather, breaks may be cut short to try to leave early. Be prepared to be flexible.

-Notifications

- Be sure to have the cell phone numbers of your athletes partners/parents and the Coach. If something happens on the way you want to be sure to keep everyone informed.
- Some teams have a group message system to help share any last minute communications.

USA Gymnastics Safe Sport Policy on Photography/Videography

Photographs or videos may only be taken

- (a) in public view;
- (b) if they observe generally accepted standards of decency; and
- (c) are both appropriate for and in the best interest of the gymnast.

Examples of photos that should be edited or deleted:

- Ø Open straddle positions
- Ø Any image where the genital area is prominent
- Ø Images with misplaced apparel or where undergarments are showing
- Ø Suggestive or provocative poses

Without a parent's (or legal guardian's) consent in the case of a Minor gymnast, or a gymnast's consent in the case of an adult gymnast (a) gymnasts may not be photographed or filmed; and (b) no images of gymnasts may be posted publicly or privately. If consent is given, it may be revoked at any time.