

## GYMNASTICS ADVISORY COMMITTEE

April 13, 2012

Advisory Committee: Patty Moses, Wahpeton; Robbie Werchau, Minot; Kent Van Ells, Dickinson

### 1. Adjust warm-ups for Balance Beam and Floor Exercise:

Beam:

First 3 competitors touch, then competition starts.

Team A: Gymnasts 1&2 touches.

Team B: Gymnast 1 touches.

Team A: Gymnast 1 competes.

Team B: Gymnast 2 touches

Team B: Gymnast 1 competes

Team A: Gymnast 3 touches.

Team A: Gymnast 2 competes.

Team B: Gymnast 3 touches:

Team B: Gymnast 2 competes:

and so on.

Floor Exercise:

First 6 competitors touch (2 min.):

Team A Gymnasts 1, 2 & 3, followed by Team B Gymnast 1, 2 & 3 touch

Team A gymnasts 1 competes followed by Team B 1 competes

Team A gymnasts 2 competes followed by Team B 2 competes

Team A gymnasts 3 competes followed by Team B 3 competes

### 2. Adjust Friday (Team Day) schedule:

1:00 pm – Gym Opens

1:15 pm– Coaches' Meeting

1:45 pm – 3:35 pm – Timed Warm-ups

Remaining schedule – no change

### 3. Adjust Saturday (Individual Day) schedule:

10:45 am – Gym Opens

11:00 am – Coaches' Meeting

11:30 am – Timed Warm-ups Begin

12:30 pm – Video review for base score (optional)

12:45 pm – Opening Ceremonies

1:00 pm – Begin Competition

### 4. Schedule state-wide coaches' and judges' meeting October 20, 2012 at Horizon Middle School in Bismarck