



# Rock Star Invitational

## At Flips Gymnastics

### March 20-21st

**Host:** Flips Gymnastics 8333 Rochester Ave. # 101-102 Rancho Cucamonga, CA 91752

**Competition Levels:** Compulsory 1,2,3,4,5,7,8,00 Xcel: BR, SI, GO, PL, DI

**Entry Deadline:** Rosters Due February 27th, Money Due March 6th

**Entry Fee:** Gymnast: \$56, \$61 after the deadline

Spectators: \$5.00 (Age 4+) Limit 2 per Family per session.

Cameras: We will have a camera system where parents can watch from their cars or home for \$5.00 each. Must pre sign up and Pre-Pay their Coaches by March 6<sup>th</sup> deadline. \$5.00 per Login.

**Payments:** Flips Gymnastics **Mail to: 5728 Goldfinch Ct. Mira Loma, CA 91752**

**Equipment:** 40 x 40 Spring Floor, AAI/Spieth Crank Beam and Bars, AAI Vault aero board and spring board, 68' runway, R.O mat/ Collar

**Awards:** Ribbons, Medals and Trophies

**Contact:** Amanda Marcucci [almarcucci7@aol.com](mailto:almarcucci7@aol.com) 951-966-6069

**Covid for Spectators:** We will be keeping the meets around 25 per session, with quicker sessions. All spectators will need to wear a mask at all times, sanitize, and get temperatures checked upon entry. All chairs will be sanitized in between sessions. Please make sure all parents maintain a 6-foot distance. Chairs will be spread out throughout the facility in groups of 2 chairs, 6 feet apart for social distancing. All workers will wear a mask or be behind a partition.

**Covid for Gymnasts:** All gymnasts are required to wear a mask into/out of the facility. In between rotations, at awards and while stretching or using the restrooms. They will need to wear the mask whenever they are not on equipment. We will provide sanitizing stations at all pieces of equipment. Please make sure the sanitize between rotations. They will be required to bring their own chalk and water bottles for bars. We will have chalk for sale if needed.

**Covid for Coaches:** All coaches will be required to wear a mask, sanitize often and keep a distance from each other and other team members.

**Snack Bar and Sales:** We will offer a snack bar with only pre-packaged food and drinks. No hot food will be served. Wire and resin art will be sold (made by Amanda and Freddie Marcucci). Our gym is hot when hot and cold when cold. Please dress appropriately for the weather.

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**AAU Event:** This event is licensed by the Amateur Athletic Union of the U.S. inc. All participants must have a current AAU Membership. AAU Membership may not be included as part of the entry fee to the event. AAU Youth Athlete membership must be obtained before the competition begins except where the event operator has a laptop available with an internet connection. Be Prepared: Adult and non Athlete memberships are no longer instant and cannot be applied for at the event. Please allow 10 days for memberships to be processed.

