#### **Parent's Information**

Parking is next to the Conference Center or next to the Hotel. Admission to this year's event will be \$20.00 for Adults and \$10.00 for children under 12. Coaches & Competing gymnasts will not be charged. Entrance is between the Conference Center and the Sheraton at the Falls. Convention Center Niagara Falls address: 101 Old Falls Street, Niagara Falls, NY 14303 If you arrive extra early, there may be the session ahead of you still going and there may not be a seat until the session is finished.

#### **Hotel Information**

The Host Hotel will be the **Wyndgate by Wyndham** Niagara Falls \$115.00 Or the **Cambria Hotel**, Niagara Falls \$99 Both hotel links are on our website FlipKids.com

#### **Competition Times**

Coaches please check the times that your gymnasts compete. Some schools had to be split into **two squads, please bring extra coaches, we will not change squads during the coaches meeting.** The competition will be warm-up on the competitive set of equipment with no touch time. Floor will touch in between, with a tumbling strip next to floor for warm-ups. Bar sets will be only 15 minutes, please make sure your gymnasts are on time! Final Competition numbers and competition order will be available the day of the meet.

#### **Event Finals**

Event Finals will be Saturday night, the top 8 in levels 8, 9, 10, Sapphire and Diamond will qualifiy. There is no cost for this competition, just door fees. We need to know before the session finishes if you are going to finals. Finals will be Saturday at 7:00.

#### **Parking**

Surface parking is available on both sides of the Conference Center

#### **Questions**

If I have left any information out or you require additional information please call us at (716) 433-8811 or **www.FlipKids.com** 

#### Friday January 24th, 2025

Session #1 Levels 6 & 7 8:00 A.M.

Doors open at 7:15, 8:00 Coaches Meeting Individual & Team Awards to follow

## Friday January 24th, 2025

Session # 2 Level 8,9,10 & Sapphire 11:30 A.M.

11:45 Coaches Meeting Individual & Team Awards to follow

## Friday January 24th, 2025

**Session #3** Level 4 3:30 P.M.

3:45 Coaches Meeting Individual Awards to follow

## Friday January 24th, 2025

Session #4 Diamond & Gold 6:30 P.M.

6:45 Coaches Meeting Individual Awards to follow

**Teams: All Diamond Gymnasts** 

Gold Gymnasts: Eagle, Extreme, Turners, Niagara, MCA, Stumpfs, Competitve Edge, Grand Rapids, GSA

## Saturday January 25th, 2025

Session #5 X-Cel Silver 8:00 A.M.

Doors open at 7:30, 8:15 Coaches Meeting Individual & Team Awards to follow

Teams: Hamburg, Grand Rapids, Blaze, MCA, Turners, Niagara, Cutting Edge

## Saturday January 25th, 2025

Session #6 Level 2 & 3 11:30 A.M.

11:45 A.M. Coaches Meeting Individual & Team Awards to follow

Teams: Level 2- Blaze, Flips, Regionettes, Niagara, Tumble Bee, Wojtek's Level 3- Blaze, Flips, Extreme, Summit, Turners, Wojtek's

#### Saturday January 25th, 2025

Session #7 X-Cel Silver & Level 5 3:30 P.M.

3:45 P.M. Coaches Meeting Individual & Team Awards to follow

Teams: Silver- GSA, Tumble Bee, Regionettes, Stumpfs, Extreme, Gymmies, Flips Level 5- All Level 5 gymnasts

## Saturday January 25th, 2025

Session #8 Finals 7:00 P.M.

7:15 P.M. Coaches Meeting Individual Awards to follow

## Sunday January 26th, 2025

#### Session #9 X-Cel Platinum & Bronze 7:30 A.M.

Doors open at 7:00, 7:45 Coaches Meeting Individual & Team Awards to follow

Teams: All Platinum Gymnasts Bronze- Eagle, Turners, Flips

## Sunday January 26th, 2025

#### Session # 10 Level 3 11:00 A.M.

11:15 A.M. Coaches Meeting Individual & Team Awards to follow

Teams: Silver- GSA, Niagara, Tumble Bee, Greater Buffalo, Stumpfs, Grand Rapids

#### Sunday January 26th, 2025

#### Session #11 X-Cel Gold 3:00 P.M.

3:15 P.M. Coaches Meeting Individual & Team Awards to follow

Teams: Gold-Blaze, Regionettes, Gymmies, Summit, Victors, Tumble Bee

## Sunday January 26th, 2025

Session #12 X-Cel Bronze 6:00 P.M.

6:15 P.M. Coaches Meeting Individual & Team Awards to follow

Teams: Regionettes, Hamburg, Niagara, Competitive Edge, Blaze, Tumble Bee, MCA