

ILLUSIONS RHYTHMIC GYMNASTICS CLUB

MOCK COMPETITION – February 6-7, 2016

Hi Everyone,

Just a reminder that we are having a mock competition during class time (February 6-7, 2016).

This competition will help prepare our athletes for the Provincial Championships (March 5-6th, 2016). The mock competition is closed to parents.

This is a fun, stress-free event! The girls will be judged but will not be receiving marks or awards. The girls (listed below) will be competing their group routine.

Sunday (BHPCC; regular practice times): Evie, Phoebe, Georgia, Ella, Lucy, Jorjah, Sky, Ciara, Paige, Riana, Kaleigh, Georgia, Abbey, Ella, Parker, Reese, Zoe, Kelsey, Fiona, Marissa, Emily & Josee.

The girls listed below will be competing one individual routine (Ball/Hoop: Levels 2-4A **OR** Ribbon: Level 5A & 5B). Those athletes that are new to our competitive stream will have the option to perform their individual routine alone or with a buddy or 2 – this competition is meant to be a very positive, fun experience for everyone.

Saturday (Scotia Gym, Burnside; 9-1pm): Marissa, Fiona, Kelsey, Emily Maddigan, Josee, Emily Jones (free), Jenna (free)

** Please confirm if you can stay until 1pm on Saturday, February 6th.*

Saturday (BHPCC; 7-9pm): All As

Sunday (BHPCC; 11-1pm): Emily Jones (ball)

Sunday (BHPCC; 1-4pm): Adriella, Alex, Allison, Melanie

Here are a few details:

- 1) All athletes should arrive 5 mins prior to regular scheduled practice times. Hair should be in a bun, make-up is optional.
- 2) **Attire:** The girls should wear their black practice attire (solid black tank top & black biking shorts). Please bring your competition suit to change into for the mock competition.
- 3) **Toe shoes:** Please make sure that you have a pair of toe shoes to wear (no holes/broken elastics).
- 4) **Lunch/Snacks:** Please make sure the girls bring a healthy lunch &/or snacks. Also, please bring a filled water bottle with your name on it.



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