



ILLUSIONS RHYTHMIC GYMNASTICS CLUB

MINI COMPETITION

Sunday, December 11th (11am – 4pm)

Hi Everyone,

Just a reminder that we are having a mini competition on Sunday, December 11th at BHPCC.

Please invite your friends and family! Competition will be commencing at 1pm

This is a fun, stress-free event! The girls will be judged but will not be receiving marks or awards. The athletes listed below will be competing one individual routine (Freehand: Levels 1-5A **OR** Ribbon: Level 6A). This competition is meant to be a very positive, fun experience for everyone.

Athletes:

Capella: all athletes (15 athletes)

Blazing Stars: all athletes (19 athletes)

Here are a few details:

1) All athletes should arrive at CPA at **11am** with hair in a bun & make-up (optional). The girls will have about 1.5-2 hours to warm-up before the competition begins. We will start the competition at **1:00pm**.

**Parents: If you are able to stay and help with the set-up (bleachers/tables/chairs/carpet) that would be great.*

2) **Attire:** The girls do not need to have their competition suits for this competition. If you have a competition suit please wear it. If you don't have a suit, please wear your black Illusions warm-up attire (solid black biking shorts and tank top/shirt/bodysuit). Apparatus does not have to match your suit.

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 & snacks. They will all have an opportunity to have a quick bite to eat in the hallway before/during/after they compete. Make sure you have a big, healthy breakfast! Also, please bring a filled water bottle with your name on it.

5) **Admission:** We will be collecting non-perishable food donations for **FEED NOVA SCOTIA**.

6) **Competition Registration Fee for Athletes:** In lieu of athlete registration fees and medals/awards, Illusions will be doing a Pajama Drive (children: newborn to age 16). We have registered our PJ Drive with **FEED NOVA SCOTIA** and they are beyond thrilled to receive the PJs and distribute them to deserving families during the holiday season. Look for the decorated laundry baskets at the competition and drop your new, unwrapped PJs inside – any style, any color, any size (newborn to age 16)!