



Cold Turkey Invitational 2015 **December 5th and 6th**

The Metropolitan Gymnastics Center invites athletes Levels 3-10 to participate in the **2015 Cold Turkey Invitational**. The Cold Turkey has a long tradition as a fun, productive, pre-season tune up. Metropolitan is proud to host this meet that offers athletes, coaches, and judges to get a sense of where they are in their preparation for the regular season. Real-time meet scoring is provided by UW Men's Gymnastics to provide funding to support UW Men's gymnastics.

Level 3/Ex = \$35

Levels 4-7 = \$85

Levels 8-10 = \$95

Register online with UW Men's Gymnastics at: meets.wmgf.us (Level 4-10) by the end of November and **Then** send your checks made out to Metropolitan Gymnastics to:

Metropolitan Gymnastics
6822 S. 190th St.
Kent, WA 98032

Level 3/Exhibition = \$35

Send rosters and payment directly to Metropolitan Gymnastics
(do NOT register via meets.wmgf.us)

- Hospitality Suite throughout competition
 - AA and Team awards.
- Meet T-shirts included with registration (be sure to indicate sizes with registration)

For more information, contact PJ Chi:
206.931.3168
Pchi427@hotmail.com



Cold Turkey Invitational 2015 **Exhibition Athletes**

The Metropolitan Gymnastics Center invites exhibition athletes (recreational gymnasts as well as USAG Level 3) to participate in the **2015 Cold Turkey Invitational on Sunday, December 6th following the Level 4 session(s)**. The Cold Turkey Invitational has a long tradition as a fun, productive, pre-season tune up. Boys that may not yet be old enough to compete as Level 4 gymnasts can compete as Level 3 or exhibition athletes in this meet and get a sense of competitive gymnastics is all about.

Athletes will compete the USAG Level 3 routines on Floor, Rings, Vault, and Parallel Bars. They will not receive scores, but will be evaluated by judges during their competition. Competing as an exhibition gymnast offers gymnasts and their families the opportunity to see “up close and personal” what competitive gymnastics is like and can encourage them to take the next steps toward becoming an USAG competitive athlete.

Registration for Exhibition athletes is \$35.

All exhibition athletes will receive a Cold Turkey event t-shirt, a certificate of participation, and will earn ribbons on each of the 4 events competed. There will be a special raffle drawing for registered exhibition athletes.

Admission will be charged at the door. Families who pay admission for Level 4 sessions will be able to stay for the Level 3/Exhibition session at no cost. There is no admission fee for competing gymnasts to watch other sessions.

Registration process:

Metropolitan Gymnasts: Please sign up at the front desk. You can pay the \$35 registration fee with cash, check, or credit card (to Metropolitan Gymnastics) **NO LATER THAN** Wednesday November 25th, 2015. Indicate child’s t-shirt size at the time of registration. Parents will also need to sign a competitive team waiver if they have not already done so.

Visiting Gymnasts: Send your Level 3/Exhibition rosters to PJ Chi with your registration fee for your entire team. Level 4-10 rosters should be completed on the UW registration site. Be sure to indicate which gymnasts are Level 3/Exhibition and their t-shirt sizes on your rosters. Payment is \$35 per gymnast with check made out to Metropolitan Gymnastics. **Preferred Registration deadline: Monday, November 23rd, 2015.** Exhibition athletes will need to sign a Metropolitan competitive team waiver (not necessary for USAG Level 3 athletes since this event is sanctioned for Level 3/Exhibition).

