**Final Competition Information**

Your child only needs to attend for their round as we will do a medals ceremony at the end of each round, unless they want to stay and watch the older children compete in the later rounds.

You can help your child feel confident by watching the routine videos together and testing them on their routine. Please reassure the children that they will be prompted by a coach from the side of the mats if they forgot their routine. The password for the page below is routines

<https://www.springbucks.co.uk/competitions/competition-routines/>

**On the day:**

Address: Hazlemere Youth Centre, Rose Avenue, Hazlemere, HP15 7UB

**When you arrive** at the youth centre please take extra care on the road and pavements as it will be icy and snowy still.

Rather than having a registration table this year we will be registering the children when they are called onto the mats at the start of their round. Please make your way into the hall when you arrive and find a seat, make sure your child has been to the toilet and is dressed ready to compete, then they can come over onto the mats when their round is called.

**What to wear**

To compete gymnasts should be in shorts and a Tshirt, or leotard. All shorts must be above the knee. Due to the weather I would suggest your child wears a tracksuit or similar on top of their leotard or shorts and Tshirt, that they can keep on throughout the competition and just whip off when it is their turn to actually compete. I am happy for them to also keep socks on while they are waiting if they would like to.

**Photography**

We ask that you refrain from taking any flash photography during the competition rounds as it can put gymnasts off their performance. Please make sure that any photos or video taken during the day captures only your own child as much as is possible and is kept only for personal home use, and not put up on the internet.

**Cafe Opening Times**

The Avenue Cafe will be opening during the morning from the start of the competition until mid-day. We would ask that any food and drinks bought are consumed in the cafe area rather than brought into the hall as it will be busy and we don't want to risk hot drinks being spilt on anyone.

Many thanks and we look forward to seeing you all on Sunday!