



2010 KMC KICK-OFF CLASSIC

Date: November 12-14, 2010

KMC GYMNASTICS

912 W. Cypress Street

Kennett Square, PA 19348

(610) 444-4464

Head Coach: Sergei Poukas

LEVELS: 4, 5, 6, 7 and Inter. Prep Opt

Meet Fees: \$75.00/Gymnast

\$60.00/Team (Top 3 Scores/Level)

Checks Payable to KMCAPO

Registration Deadline: October 12, 2010 – Registrations after the deadline will only be accepted at the gym’s discretion and with a \$25 late fee. No Exceptions. No refunds after 10/12/10 – substitutions only

Early Bird: September 12, 2010 - \$10 discount/gymnast

Email **TYPED ENTRIES** to: homemeet@kmcgirlsteam.org

Or fax to 610-444-4464

Meet Sanctioned Equipment
AA1 Reflex Vault & AA Intl
Table
Statum Spring Board
AA1 Super Wide Bars
Speith Anderson Super Wide
Bars
Palmer Spring Floor
AA1 Reflex Beams

LEVEL 4 – REPORT CARD			
BEAM			
Leg Swing Mount & 1/2 Turn	V-Sit, Swing to Tuck Stand	Coupe Walk, 1/2 turn In Forward Coupe	Straight Leg Leap
1/2 Handstand in Cross Position	Leg Swing, 1/2 Turn In Forward Coupe	Stretch & Tuck Jump	Flip, Retire Steps
Arabesque (45°), Scale (at Horizontal)	1/2 Pivot Turn	Cartwheel to Side Handstand, 1/2 turn Dismount	
Comments _____			Score <input type="text"/>
LEVEL 4 – REPORT CARD			
FLOOR			
Stretch Jump	Split Jump	Handstand Forward Roll w/ Straight Arms	Side Chasse with 1/2 Turn, 1/2 Pivot Turn
Handstand to Bridge, Back Kick-over	Straight Leg Leap, Leg Swing with Hep	Forward Split	Weight Transfer
Backward Roll to Push-Up Position	1/2 Turn in Forward Coupe	Round-Off, Flip-Flop To two feet, rebound	
Comments _____			Score <input type="text"/>

Personalized Report Card and All Around Award for Every Gymnast!
Complimentary coaches food!