

2019 Turkey Tumble – November 16 & 17

Host: North Shore Gymnastics

Competition Site: Westonka High School
5905 Sunnyfield Road East
Minnetrista, MN 55364

Directions:

From the east: West on 394/Hwy 12 past Wayzata. Take the express way/bypass past Long Lake. In about 4 miles you will come to Maple Plain. Continue through the town to the west. At the stoplight (83/Halgren Rd) take a left. Continue on Halgren Road, it will become County Road 83. Continue on County Road 83. County Road 83 becomes County Road 110. Turn Right on Sunnyfield Road. The high school will be on your left. Park in the lower parking area.

From the northwest: 94 East to Highway 25 south (through Buffalo). Turn East on highway 12 towards the town of Delano. Five miles outside of Delano take a right at the stop light (83/Halgren) in Maple Plain. Follow directions above.

Parent Information:

Parents please try to have your gymnast arrive 15-30 minutes prior to the start of warm ups. We would rather be early with extra time to prepare than rushed and unfocused for competition.

Have gymnasts dressed in their competition leotard under their warm ups. Make sure their under garments are either nude in color or match the leotard (they will be deducted otherwise). Their hair must be completely out of their face (they will be deducted otherwise). Keep in mind when doing hair that your daughters are going to be rolling during their floor routines. Also, feel free to make good use of hairspray and clips. No excessive make-up, nail polish, tattoos or jewelry (stud earrings are okay). ***Please make sure nail polish is removed prior to competition!***

Please pack water for your gymnast. You may also pack a healthy snack for your daughter. Do not pack anything with nuts. We do not encourage our gymnasts to eat during competition, but there will be time for snack after competition and before awards begin.

Gymnasts with grips – remember to grab them from the gym before competition!

Schedule

Saturday, Nov. 16, 2019

Session 3: Level 3

3:00 pm	Stretch
3:20 pm	March In
5:45 pm	Awards

Sunday, Nov. 17, 2019

Session 6: Level 5

12:30 pm	Stretch
12:50 pm	March In
2:45 pm	Awards

Session 7: Level 4

3:45 pm	Stretch
4:05 pm	March In
6:45 pm	Awards

IGM Gymnasts

Level 3:

314 Lexi Anderson	8	Jr B
322 Sophia Newman	10	Jr C
326 Arabella VanBellinger	10	Jr C

Level 4:

315 Sareena Averbakh	13	Sr C
320 Macy Kmiecik	10	Sr B
321 Julia Leonard	11	Sr C
323 Leah Rudashevsky	9	Sr A

Level 5:

316 Trinity Garwick-Nelson	10	Sr B
317 Piper Keith	10	Sr B
318 Ulyana Khrapova	9	Sr A
319 Reese King	10	Sr B
324 Marie Ruegg	11	Sr B
325 Claire Sundstrom	11	Sr B