



# chicago park district

2007  
BEACH MEET

Beach Meet Participants:

The Chicago Park District will host the 17<sup>th</sup> Annual Beach Meet at the **63rd Street Beach** on **July 21 & 22, 2007**. We look forward to your participation in this annual get-together for sun, fun, and competition on the beach.

Enclosed you will find information on the Beach Meet for both the gymnastics, tumbling and cheer/poms competition along with entry forms. Please read the information closely and return your entry forms as soon as possible.

As you know, we use a different set of rules and competition format for the Gymnastics Beach Meet. Each team enters a specialist for each event and all the specialists perform a "tag team" floor exercise routine. All routines are limited to five parts of value. Please refer to the Beach Meet Rules that are enclosed with this letter.

The Tumbling Beach Meet will be divided into two exciting divisions; team and individual. Team competition, in which each team enters a specialist to perform one optional tumbling pass as a "tag team". All routines are limited to five parts of value. The individual competition will be divided into ten levels with each tumbler competing USAGTT tumbling rules. Participants may enter both the team and individual competition. Please refer to the Tumbling Beach Meet rules that are enclosed with this letter.

The Cheerleading Beach Meet routine should last from 2:00 to 2:30 minutes. Please refer to the Cheerleading and Poms Beach Meet rules that are enclosed with this letter.

The competition will be held over two days. Please note that the competition may be canceled if the weather is inclement.

We look forward to seeing you at this year's competition.

Sincerely,  
Sarah Anderson  
Gymnastics Program Specialist

Enclosures



City of Chicago, Richard M. Daley, Mayor  
Chicago Park District Board of Commissioners  
Chicago Park District, Timothy J. Mitchell, General Superintendent & CEO  
For more information about your Chicago Park District visit [www.chicagoparkdistrict.com](http://www.chicagoparkdistrict.com)  
or call (312) 742-PLAY or (312) 747-2001 (TTY).

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## 2007 BEACH MEET

<b>EVENT:</b>	<b>Chicago Park District Beach Meet Competition</b>	
<b>DATE:</b>	<b>Saturday, July 21, 2007</b>	<b>Gymnastics</b> - Female Junior Division; Female Senior Division; All Male Divisions <b>Tumbling</b> – Female Hotshot, Female Children Division
	<b>Sunday, July 22, 2007</b>	<b>Gymnastics</b> – Female Children Division <b>Cheer &amp; Pom</b> – All Divisions <b>Tumbling</b> – Female Junior Division; Female Senior Division; All Male Divisions
<b>SITE:</b>	<b>63<sup>rd</sup> Street Beach</b>	
<b>TIME:</b>	10:00 am	Check-in / Stretch
	10:30 am	Warm-ups
	12:00 pm	Opening Ceremonies
	12:15 pm	Competition
<b>AGES:</b>	Hotshot	7 and younger (Tumbling, Cheer, Poms)
	Children	11 and younger (Gymnastics); 8 –11 (Tumbling, Cheer, Poms)
	Juniors	12 - 14 years
	Seniors	15 years and older
<b>AWARDS:</b>	Team	Trophies 1 - 3
	Individual	Trophies 1 <sup>st</sup> place Medals 2 - 3 Ribbons 4 - 10
<b>ENTRY FEES:</b>	<b>All gymnastics entries are by teams.</b>	
	Male Gymnastics Teams	\$200 (5 Individuals)
	Female Gymnastics Teams	\$120 (3 Individuals)
	<b>Tumbling Team</b>	\$45 (3 Individuals)
	<b>Individual Tumbling</b>	\$20 – Individual Fee
	<b>Cheer &amp; Pom Teams</b>	\$10 (Per Individual)
<b>DEADLINE:</b>	All entries must be received by <b>June 16, 2007</b>	
<b>EQUIPMENT:</b>	All equipment will be Speith-Anderson Tumbling Strip – Rod Floor Cheerleading Competition will be on Speith Anderson Spring Floor	
<b>INFORMATION:</b>	Sarah Anderson	Phone (312) 742-4926 / Mobile (312) 735-9050
	Cindy Morano	Phone (312) 742-4927 / Mobile (312) 735-9048

## **Male Gymnastics Teams**

All male teams will consist of five athletes. All team members must participate in a “tag team” floor exercise routine. Each team member must compete in one event and each team member must compete on a different event. All six event scores will count towards the team score. Average age (1/2 year goes to higher age) will determine which age division a team will compete.

## **Female Gymnastics Teams**

All female teams will consist of three athletes. All team members must participate in “tag team” floor exercise routine. Each team member must compete in one event and each team member must compete on a different event. All four event scores will count towards the team score. Average age (1/2 year goes to higher age) will determine which age division a team will compete.

## **GYMNASTICS RULES**

1. All routines are optional with five value parts.
2. All routines will be evaluated in an “open ended/most difficult” format using the FIG Code of Points.
3. Difficulty - each routine will be limited to five skills with the following values:
  - “A” skills are valued at 0.3
  - “B” skills are valued at 0.5
  - “C” skills are valued at 0.7
  - “D” and “E” skills are valued at 0.9
4. Execution will be valued at 5.0 and all deductions will be applied as per FIG Code of Points.
5. Bonus - a maximum of 0.5 can be awarded as bonus.
6. Combination/Special Requirements - are not applicable in this meet.
7. Vaults will be valued as per FIG rules for both men and women.
8. The primary rule of the Beach Meet is Safety First! Have fun but stay safe.

## **Female & Male Tumbling Teams**

Each team will consist of three athletes. Each member must compete in one optional tumbling pass. All scores will count towards the team score. Average age (1/2 year goes to higher age) will determine which age division a team will compete.

## **TEAM TUMBLING RULES**

1. All routines are optional with five value parts.
2. Difficulty - will be applied as per FIG Code of Points.
3. Execution will be valued at 5.0 and all deductions will be applied as per FIG Code of Points.
4. The primary rule of the Beach Meet is Safety First! Have fun but stay safe.

## **Individual Tumbling**

Boys and girls will compete separately and the age groups are: Hot shot (7 and under), Children (8 to 11), Junior (12 to 14) and Senior (15 & over).

## **INDIVIDUAL TUMBLING RULES**

1. USATT rules / Levels 1 – 10 (See Enclosed Routines)

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## GYMNASTICS ENTRY FORM



# 2007 BEACH MEET

Each Gymnastics team must fill out a separate entry form.

**Team Name:** \_\_\_\_\_

**Team Address:** \_\_\_\_\_

**Team Contact:** \_\_\_\_\_ **Phone:** (    ) \_\_\_\_\_

**Coach Name:** \_\_\_\_\_ **Phone:** (    ) \_\_\_\_\_

**Coach Name:** \_\_\_\_\_ **Phone:** (    ) \_\_\_\_\_

**Division:**     Male                       Female                       Children                       Junior                       Senior

**Organization:**  Private Club     School/University     Park District     Independent     Other \_\_\_\_\_

For each member of the team, please provide name, age and birthdate. All Teams will be entered in floor exercise competition as "tag teams."

Athlete's Name	Athlete's Age	Athlete's Birth Date	Female Events	Male Events
			Balance Beam	
			Uneven Bars	
			Vault	
				Pommel Horse
				Rings
				Vault
				Parallel Bars
				High Bar

**FEE:**     \$200.00 PER MALE TEAM ENTRY                       \$120.00 PER FEMALE TEAM ENTRY

Payment Method:             Check                       Cash                       Money Order                       Cashier's Check

Mail Entries to: **Chicago Park District - Gymnastics, 541 North Fairbanks, Chicago, Illinois 60611, Attn: Sarah Anderson.** If you have any questions call (312) 742-4926 or (312) 742-4927.

**DEADLINE:**                      All entries must be received by **June 16, 2007**

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## TUMBLING ENTRY FORM - Individual



# 2007 BEACH MEET

Team Name: \_\_\_\_\_

Team Address: \_\_\_\_\_

Team Contact: \_\_\_\_\_ Phone: ( ) \_\_\_\_\_

Coach Name: \_\_\_\_\_ Phone: ( ) \_\_\_\_\_

Coach Name: \_\_\_\_\_ Phone: ( ) \_\_\_\_\_

Organization:  Private Club  School/University  Park District  Independent  Other \_\_\_\_\_

Athlete's Name	Athlete's Age	Athlete's Birth Date	Athlete's Level	Athlete's Gender

**FEES: \$20.00 PER INDIVIDUAL**

Age Groups:  Hot Shot (7 & under)  Children (8 to 11)  Junior (12 to 14)  Senior (15 & over)

Payment Method:  Check  Cash  Money Order  Cashier's Check

Mail Entries to: **Chicago Park District - Gymnastics, 541 North Fairbanks, Chicago, Illinois 60611, Attn: Sarah Anderson.** If you have any questions call (312) 742-4926 or (312) 742-4927.

**DEADLINE:** All entries must be received by **June 16, 2007**

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## TUMBLING ENTRY FORM – Team



# 2007 BEACH MEET

Each Tumbling team must fill out a separate entry form.

**Team Name:** \_\_\_\_\_

**Team Address:** \_\_\_\_\_

**Team Contact:** \_\_\_\_\_ **Phone:** ( ) \_\_\_\_\_

**Coach Name:** \_\_\_\_\_ **Phone:** ( ) \_\_\_\_\_

**Coach Name:** \_\_\_\_\_ **Phone:** ( ) \_\_\_\_\_

**Organization:**  Private Club  School/University  Park District  Independent  Other \_\_\_\_\_

For each member of the team, please provide name, age and birthdate.

Athlete's Name	Athlete's Age	Athlete's Birth Date

### FEE: \$45 TUMBLING TEAM ENTRY

**Age Groups:**  Hot Shot (7 & under)  Children (8 to 11)  Junior (12 to 14)  Senior (15 & over)

**Payment Method:**  Check  Cash  Money Order  Cashier's Check

Mail Entries to: **Chicago Park District - Gymnastics, 541 North Fairbanks, Chicago, Illinois 60611, Attn: Sarah Anderson.** If you have any questions call (312) 742-4926 or (312) 742-4927.

**DEADLINE:** All entries must be received by **June 16, 2007**

## Cheerleading Teams

All squads will consist of a minimum of 5 athletes to a maximum of 25 athletes. Average age (1/2 year goes to higher age) will determine which age division a team will compete.

### CHEER RULES

1. All routines should contain a balance of four types of activities:
  - Steps and movements to music (dancing)
  - Jumps, **with a minimum of 2 synchronized jumps required.**
  - Vocalizations (cheering, yelling)
  - Acrobatic activities (rolling, flips, throwing, tumbling), **with a minimum of 2 different skills required.**
  - Stunting (group structures), **with a minimum of 2 stunts required.** Stunts will only include single and double thigh stand, shoulder sits, double base into double base, hitches, liberty, arabesques (one spotter required, two are recommended-front and back), extension, pony sits, and ½ level shoulder stands. Basket tosses are only permitted at the Junior and Senior levels.
  - A “pop” is permitted if it is part of a dismount.
2. All routines shall last from 2:00 to 2:30 minutes, with a minimum of 1 minute of dance and one minute of cheer.
3. The routine must have music and live cheer sections.
4. **Not Permitted:**
  - Collapsible Stunts
  - “In your face” negative gestures; hand gestures of guns; and “dirty dancing”.
5. Scoring - 100 points
  - Projection
    - ✓ 10 points - Voice (projection, articulation, clarity)
    - ✓ 10 points – Spirit / Sportsmanship (facial expression, eye connect, enthusiasm, smile)
  - Fundamental Skills
    - ✓ 10 points – Motions (sharpness, execution, technique)
    - ✓ 10 points – Jumps (variety, technique, uniformity)
    - ✓ 10 points – Tumbling / Stunts / Pyramids (variety, technique, incorporation)
  - Group Skills
    - ✓ 10 points – Synchronization (timing, rhythm)
    - ✓ 10 points – Formation and Spacing (use of floor, transitions)
  - Overall Effect
    - ✓ 10 points – Difficulty
    - ✓ 10 points – Choreography / Creativity / Originality
    - ✓ 10 points – Crowd Appeal (impact, energy, continuity, performance, quality, visual impact)
6. The primary rule of the Beach Meet is Safety First! Have fun but stay safe.

## Poms Teams

All squads will consist of a minimum of 5 athletes to a maximum of 25 athletes. Average age (1/2 year goes to higher age) will determine which age division a team will compete.

## POM RULES

1. All routines should contain:
  - Jumps, **with a minimum of 2 synchronized jumps required.**
  - Formation Changes, **with a minimum of 3 formation changes required (equals 4 actual formations).**
2. All routines shall last from 2:00 to 2:30 minutes, poms are required for more than 1:30 in the routine.
3. **Permitted / Expected Skills:**
  - Log Rolls
  - Shoulder rolls
  - Front / Back Rolls
  - Side Rolls
5. Scoring - 100 points
  - Projection
    - ✓ 10 points – Spirit / Sportsmanship (facial expression, eye connect, enthusiasm, smile)
  - Fundamental Skills
    - ✓ 10 points – Motions (sharpness, execution, technique)
    - ✓ 10 points – Jumps (variety, technique, uniformity)
    - ✓ 10 points – Tumbling / Stunts / Pyramids (variety, technique, incorporation)
  - Group Skills
    - ✓ 10 points – Synchronization (timing, rhythm)
    - ✓ 10 points – Formation and Spacing (use of floor, transitions)
  - Overall Effect
    - ✓ 10 points – Difficulty
    - ✓ 10 points – Choreography / Creativity / Originality
    - ✓ 10 points – Crowd Appeal (impact, energy, continuity, performance, quality, visual impact)
  - Bonus
    - ✓ 10 points – Pom-Poms pass
6. The primary rule of the Beach Meet is Safety First! Have fun but stay safe.





## **DIRECTIONS AND PARKING**

### **Directions from the North**

Take I-90/94 (Kennedy) south to the Stevenson (I-55) North to Lake Shore Drive South. Take Lake Shore Drive to Hayes Drive, turn right. Turn right into the parking lot. Use underpass to the beach.

### **Directions from the West**

Take I-88 to I-290 (Eisenhower) east to I-90/94 south to the Stevenson (I-55) North to Lake Shore Drive South. Take Lake Shore Drive to Hayes Drive, turn right. Turn right into the parking lot. Use underpass to the beach.

### **Directions from the South**

Take I-90/94 (Dan Ryan) north to the Stevenson (I-55) North to Lake Shore Drive South. Take Lake Shore Drive to Hayes Drive, turn right. Turn right into the parking lot. Use underpass to the beach.

## **HOTELS**

Hyatt at University Village  
625 South Ashland  
Chicago, Illinois  
312-491-1234

Holiday Inn City Centre  
350 North Orleans  
Chicago, Illinois  
836-5000

Hyatt Regency McCormick Place  
2233 South Martin Luther King Drive  
Chicago, Illinois  
312-567-1234

Best Western Grant Park  
1100 South Michigan  
Chicago, Illinois  
312-922-2900

Chicago Hilton & Towers  
720 South Michigan Avenue  
Chicago, Illinois  
312-922-4400