

# GYMNASTICS INFO

**2024 Summer Show**

**June 8th 2024**

**La Serna High School**

**Try on a leotard from  
2/15-4/15**

**WHAT TO WEAR:**

**GYMNASTS WILL ARRIVE IN THEIR SHOW LEOTARD AND EASY SLIP ON SHOES. NO UNDERWEAR SHOWING.**

**WHAT TO BRING:**

**ONLY PERFORMERS IN MULTIPLE ROUTINES WILL BE ALLOWED TO BRING ANYTHING BACKSTAGE. WE WILL HAVE WATER AVAILABLE.**

**CALL TIMES:**

**GYMNASTS MUST CHECK IN AT "PERFORMER CHECKIN" 30 MINUTES BEFORE THEIR SHOWTIME, READY TO GO!**

**HAIR & MAKEUP:**

**LOW BUN WITH SHOW SCRUNCHIE. MAKEUP IS ALLOWED, LIPSTICK MUST BE RED.**

**MORE**

# GYMNASTICS HAIR

Part over the right eye, slicked back to a low bun with matching scrunchie.



# SHOW MAKEUP

## Encouraged Makeup:

Neutral colored eyeshadow

Mascara

Blush

RED lipstick only.



You may wear more makeup if you would like!

### **SHOW PRACTICES:**

**THESE WILL BE HELD ON VARIOUS SATURDAYS AND SUNDAYS AT BOTH THE WHITTIER & DOWNEY LOCATION. ALL GYMNASTS MUST ATTEND ONLY 1 SHOW PRACTICE. WE WILL EMAIL/TEXT IF THERE ARE SPOTS AVAILABLE FOR EXTRA PRACTICES. DRESS IN NORMAL CLASS ATTIRE. THESE PRACTICES WILL RANGE FROM 30-45 MINUTES DEPENDING ON THE LEVEL.**

### **SHOW TIMES:**

**PRESCHOOL, BEGINNER, INTERMEDIATE 1 GYMNASTS WILL PERFORM IN 1 SHOWTIME ON SATURDAY. WE WILL ASSIGN THE SHOWTIME, HOWEVER YOU CAN USE THE EMAILED LINK TO REQUEST A CHANGE. INTERMEDIATE 2 GYMNASTS WILL PERFORM IN 2 BACK TO BACK SHOWS.**

### **PROGRAM SHOUT OUT:**

**YOU CAN GIVE YOUR GYMNAST A SHOUT OUT IN THE PROGRAM! LEAVE THEM A MESSAGE AND ADD A PHOTO! THESE ARE GREAT SOUVENIRS TO KEEP!**

**GENERAL TICKET INFO**



**AFTER PARTY INFO**

