

2024 FIRE & ICE CHALLENGE- COACHES INFORMATION
FEBRUARY 24-25, 2024

Hosted by: More Than A Meet, LLC & Ruby Gymnastics Academy-ETC

Meet Site:

The "W" at Wartburg College
400 12th Str., NW
Waverly, Ia 50677

SESSION SPECIFIC INFORMATION:

****PLEASE CHECK THE SCHEDULE FOR THE SESSIONS THAT YOUR TEAM IS SPLIT INTO 2 GROUPS- be sure you have the appropriate number of coaches for each session. Thank you!**

SATURDAY-SESSION 1: LEVEL 2's and Bronze

- Level 2's from YMCA-IMV Starz will begin on A flight beam; SUCCESS Level 2's will begin on B flight beam
- Somersaults and Infinite Starz- you are split into two separate rotations

SATURDAY-SESSION 2: LEVELS 4-5 and Gold

- Levels 4 & 5 are A flight and one rotation of B flight- starting on Vault
- Chows- Compulsories and Golds- both are split into two separate rotations
- SUCCESS- Compulsories are in one rotation; Golds are in a separate rotation

SATURDAY-SESSION 3: LEVEL 6-9 and Diamond

- All teams were kept together
- Diamonds are in the A flight; Dev are in the B flight

SUNDAY- SESSION 5: LEVEL 3 & Silver

- This one is a "mixed bag"- 3's are throughout in A and B Flights, no consistency.



- Evolve- you are split into two separate rotations

SUNDAY-SESSION 7: Gold

- All-Around, Synergy, and Twisters- you are each split into two rotations

SUNDAY-SESSION 8: Silver

- All-Around and Twisters- you are each split into two rotations

COACHES CHECK IN:

Coaches can check in near the Head Table in the competition area. **PLEASE DOUBLE CHECK THAT ALL OF YOUR COACHES ARE REGISTERED THROUGH USAG RESERVATIONS TO BE ON THE COMPETITIVE FLOOR!**

We will have Coaches' Packets ready for you! Your packet will have all gymnasts' competitive cards and schedule for the weekend.

BE SURE TO ATTEND EACH COACHES' MEETINGS PRIOR TO THE START OF EACH SESSION- WE HAVE PRIZES GIVE OUT!!! 🍪

VENDOR:

GymTreasures will be on-site for apparel, shout outs, and meet gift purchases!

HOSPITALITY:

We will have lunch and dinner available for you both days of the competition. The hospitality room is located near **ADMISSIONS**. Plenty of caffeine, sweets, and various snacks/drinks will be available all day for you.

LEOTARDS:

Your meet leotards will be bagged and ready to go for each club. You can pick those up near the Head Table.

Awards will immediately follow each session in the **AWARDS AREA**. We ask that all spectators remain seated until the last competitor is done prior to moving to the **AWARDS AREA**.

HOTEL OPTIONS:

Cobblestone Inn 319-352-1311
208 E Bremer Ave
Waverly, IA 50677

The Red Fox Inn & Suites
1900 Heritage Way
Waverly, IA 50677
Redfoxwaverly.com

Hampton Inn: Cedar Falls Downtown
101 W 1st St
Cedar Falls, IA 50613
319-242-7350

Super 8 by Wyndham
301 13th Ave SW
Waverly, IA 50677
(319) 596-1064

Holiday Inn & Suites/BienVenu Event Center
7400 Hudson Rd
Cedar Falls, IA 50613