

GYMNASTICS INFO



June 7th & 8th 2025
La Serna High School

Try on a leotards from
2/24 - 4/17

Gymnastics Team
Info at the bottom!

WHAT TO WEAR:

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

**LOLLIPOP
WOODS**

**PRESCHOOL
GYMNASTICS**

**PEPPERMINT
STICK
FOREST**

**BEGINNER
GYMNASTICS**

**GUMDROP
MOUNTAIN**

**INTERMEDIATE 1
GYMNASTICS**

**WATERMELON
WATERFALLS**

**INTERMEDIATE 2
GYMNASTICS**

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 - 45 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 BE 30 MINUTES LONG, CLOSED PRACTICES.

SHOW TIMES:

PRESCHOOL, BEGINNER, INTERMEDIATE 1 GYMNASTS WILL PERFORM IN 1 SHOWTIME ON SATURDAY. WE WILL ASSIGN THE SHOWTIME, HOWEVER YOU MAY SELECT YOUR PREFERRED TIME IN THE REGISTRATION. INTERMEDIATE 2 GYMNASTS WILL LIKELY 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!

TICKETS:

ALL SPECTATORS WILL NEED TO PURCHASE A TICKET. CHILDREN 2 & UNDER & PERFORMERS ARE FREE. IF YOU ARE ASSIGNED TO MULTIPLE SHOWS, PLEASE ASK ABOUT THE "MULTI SHOW TICKET DISCOUNT" TICKETS WILL BE SOLD ONLINE. YOU WILL NEED TO PICK UP YOUR TICKETS AT LSC, OR THE EVENT, *This is a public event. Tickets will be available for all with the LSC shows.com BEFORE THE SHOW STARTS.

GIFTS:

GIFTS ARE AVAILABLE FOR PRE-SALE DURING YOUR REGISTRATION AS WELL AS SHOPLSC.COM. THERE WILL

Gym Comp Team

**June 7th & 8th 2024
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WHAT TO WEAR:

GYMNASTS WILL ARRIVE IN THEIR COMPETITION 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 - 45 MINUTES BEFORE THEIR SHOWTIME, READY TO GO!

HAIR & MAKEUP:

COMPETITION HAIR: 2 FRENCH BRAIDS TO A BUN. MAKEUP IS ALLOWED, LIPSTICK MUST BE RED.

SHOW TIMES: *TENTATIVE

SATURDAY, JUNE 7TH:

BRONZE T/TH: 2:45PM

BRONZE M/W: 12:45PM

SILVER: 9:15 & 11:00AM

GOLD: 4:30PM

SUNDAY, JUNE 8TH

GOLD: 10:00AM & 11:45AM