



# January 17-19, 2025

Hosted by

**Arising Stars Gymnastics**

Meet Director:

**Kim Fuchs Madsen /KFSports**

## **USA Sanction Levels 2-10 & KC League all Levels**

### **Meet Facility & Location**

St. Joseph's newly renovated 50,000 Sq Ft. Civic Arena  
100 N Fourth Street, St. Joseph, MO 64501



### **Custom Awards:**

USA sanction: 50% for each age group,  
No groups larger than 25 athletes  
Banners for Team placement.  
KC League 100% per league rules  
Age determined as of 1/19/25

**Live scoring** available on  
Mymeetscores.com & Myusagym.com

### **Gymnast Gift:**

USA sanction athletes receive a GK Elite Custom meet leotard  
KC League gymnasts may order for additional \$35



Color: Raspberry, Purple, Turquoise, yellow & White

### **Entry Fee & Information:**

**All USA sanction Gymnasts: \$145**

Pre-Register by **September 15** through  
USA Gymnastics Meet Reservations

**Team \$50 per level**

**KC League gymnasts: \$95**

Register thru ScoreKing online by October 15

Team \$20 per team

### **Payment Deadline October 15th**

Mail team roster with check payable to:

Arising Stars Gymnastics

12061 Victory Drive

Country Club, MO 64505

### **Add, Drops and refunds**

**Email directly to [kfsportskim@gmail.com](mailto:kfsportskim@gmail.com)**

Deadline for drops with refund is **November 10**.

Additions and level changes available through  
**December 15**, discretion of the meet director.

### **Additional information**

Contact Robin Weidmaier

[arising.stars.gymnastics@gmail.com](mailto:arising.stars.gymnastics@gmail.com)

[kfsportskim@gmail.com](mailto:kfsportskim@gmail.com)

### **Admission: CASH ONLY**

Adults 13+: \$15.00

Youth (5-12):& seniors (65+) \$10.00

Children 4 & under : FREE

**Free Parking** : covered parking garage across the  
street from the arena.

## **Additional information:**

**Location:** St. Joseph Missouri is 35 minutes north of the MCI Kansas City Airport, or 2 hours south of Omaha, Nebraska off 1-29 hwy. Just 2.5 hours southwest of Des Moines, Iowa. The St. Joseph Civic Arena is in the heart of downtown with restaurants within walking distance. Travel within 3 miles of the Arena, new hotels, shopping, family recreational opportunities and the abundance of restaurants available along the Belt hwy.

**Refund Drop information:** Email must be received by November 10, 2024.

Email to [kfsportskim@gmail.com](mailto:kfsportskim@gmail.com) and/or [arising.stars.gymnastics@gmail.com](mailto:arising.stars.gymnastics@gmail.com)

Refund will be mailed to the participants gym after the completion of the meet.

Refund will be minus \$35.00 cost of the leotard . The gymnast will still receive the leotard.

**Gymnast gift:** Custom Dream Classic tank leotard from GK Elite Sportswear for each USA sanctioned Gymnast when registered by October 15. Registration received after October 15 are subject to availability of size and if time allows for ordering. For proper fit it is recommended that parents check the sizing information at [www.gkelite.com](http://www.gkelite.com). No switching of sizes once the leotards have been ordered. A roster with Leotard sizes needs to be emailed to [arising.stars.gymnastics@gmail.com](mailto:arising.stars.gymnastics@gmail.com) by October 15.

## **Coaches' Hospitality:**

Lunch and Dinner will be available for coaches in our hospitality room.

Quick grab and go breakfast and snacks will be available throughout the day.

## **Equipment:**

All AAI equipment supplied by United Athletic International.

**On Site meet t-shirts, leotards and other vendors may be available.**

## Team Challenge: \$100 per team

Grand Prize : 4ft x 6ft x 8in Tumble Trac Pit Pillow

Here are the opportunities to build a score for the team challenge.

The team score is created by earning points from each session.

At the conclusion of each session while awaiting results/awards there will be opportunities to earn points: no more than 2 challenges allowed per session and challenges must be performed by different athletes or coaches. Not counting the handstand contest which will be available to earn points every session.

Coaches must be 18 years or older and cannot be a competing athlete.

### Challenges are:

**Handstand hold Gymnast:** 1 point for each second above 5 seconds– Maximum points 25 (no walking)

**Handstand hold Coach:** 1 point for each second above 5 seconds– Maximum points 25 (no walking)

**Hand walking Gymnast:** 50 ft continuous walking the length of vault runway: 25 points ( only 1 try )

**Hand walking Coach:** 50 ft continuous walking the length of vault runway: 25 points ( only 1 try )

**Re-do score Challenge:** The coach chooses a gymnast to redo a bar routine: Points earned by the difference between their score from earlier and the 2nd bar routine. There are 2 opportunities for this challenge (Gymnasts will get a 30 second touch warm-up).

**Score challenge: Beam** Prior to the start of the session, the coach makes a guess of the gymnasts beam score at the beginning of the session. If coach is within .2 - 10 pts earned. Exact guess earns 25pts

**Score challenge: Floor** Prior to the start of the session, the coach makes a guess of the gymnasts floor score at the beginning of the session. If coach is within .2 - 10 pts earned. Exact guess earns 25pts

**Coaches skill challenges:** Standing Back Tuck 10 pts with stuck landing

Cartwheel on Beam 5 pts

Glide Kip 10 points

Each session will have a **handstand contest** for all of the gymnasts & coaches in that session.

The winning gymnast team will receive 10 points. The winning coach's team will also receive 10 points.

Gymnasts & coaches may walk.

The goal of our Team challenge is strategize among all your team members and coaches to build a team score. Including the coaches as part of the skills is fun for the gymnasts and parents to see that "Once a gymnast, always a gymnast".

Good Luck to all the teams!



# Dream Team Challenge Score Sheet

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

Challenge:	Session	Participant Name	Points Earned
Handstand: Gymnast 1 point for every second over 5 not to succeed 30 seconds (Maximum 25 points)			
Handstand: Coach 1 point for every second over 5 not to succeed 30 seconds (Maximum 25 point)			
Hand Walking: Gymnast 50' Continuous ( 25 points)			
Hand Walking: Coach 50' Continuous ( 25 points)			
Coach skill Challenge: Standing back tuck ( 10 points)			
Coach skill Challenge: Cartwheel Beam ( 5 points)			
Coach skill Challenge: Glide low bar Kip ( 10 points)			
Score Challenge: Beam Gymnast Name: _____ Predicted score: _____			
Score Challenge: Floor Gymnast Name: _____ Predicted score: _____			
Re-Do Challenge: Bars Within .20 10 points Exact score: 25 points		Gymnast: First score: _____ 2nd Score: _____	
Re-Do Challenge: Bars Within .20 10 points Exact score: 25 points		Gymnast: First score: _____ 2nd Score: _____	
Handstand contest : Gymnast 10 points possible per session	Session 1: Session 2: Session 3; Session 4: Session 5 Session 6:	_____ _____ _____ _____ _____ _____	
Handstand contest : Coach 10 points possible per session	Session 1: Session 2: Session 3; Session 4: Session 5 Session 6:	_____ _____ _____ _____ _____ _____	
			Total points:



USA Sanctioned  
Entry Form  
**January 17-19, 2025**

USA Gymnastic online Registration Deadline: September 15

Payment Deadline: October 15th

Late Entries will be accepted until December 1st– Add \$10.00

*Free Leotard will not be guaranteed with late entry*

Refund Deadline: November 10th

Gym Name: \_\_\_\_\_ Gym USAG#: \_\_\_\_\_

Gym Address: \_\_\_\_\_

Gym Phone: \_\_\_\_\_ Gym Email: \_\_\_\_\_

Contact: \_\_\_\_\_ Phone: \_\_\_\_\_

**Payment Worksheet:**

# of USA Gymnasts: \_\_\_\_\_ X \$145.00 = \_\_\_\_\_

USA Team : circle level (s) entering

2 3 4 5 6 7 8 9 10 Bronze Silver Gold Platinum Diamond X \$50.00 = \_\_\_\_\_

Team Challenge – USA Team only Yes or No \$100.00 \_\_\_\_\_

Total Due: \_\_\_\_\_

Check payable addressed to :

**Arising Stars Gymnastics**  
12061 Victory Drive,  
Country Club, MO 64505

**USAG Entries please also go online and register through [USAGym.org](http://USAGym.org)**

Coach Name:	USAG#	Safety Expiration	Background Expiration

