



# 2009 G FORCE GYM

## XMAS SHOW - SUNDAY, DEC 13<sup>TH</sup>

1:30pm & 3:30pm Show Times *(Each show is 90min)*

WE WILL HAVE A CONCESSION WITH PIZZA & MUNCHIES AVAILABLE

Please look at what time you warm up at and arrive 15 minutes early to stretch. Please be advised that seating will not be set up until right before the show. Therefore, parents should **DROP OFF THEIR CHILDREN** and then come back for the Spring Show start time.

### WARM UP TIMES & LOCATION

TIME	AREA 3	SMALL FLOOR	BIG FLOOR
11:00am-12:00pm	Youth Storm & Pre Comp	Sr2 & Yth2	J5 & Sr3
12:00pm-1:00pm	Both Tiny, Mini Quake	Jr3 & Jr. Twisters	Jr2 & Sr4
Seating will be set up at 1:00pm Sharp – <i>Parent Volunteers and Athletes will help</i>			
Doors Open for Parents and public at 1:15pm			



### ORDER OF PERFORMANCE

- Mini L1 Quake Team
- Youth L1 Storm Team
- Junior L2 Super Twisters
- Saturday Recreational Cheer Group
- Junior L5 Worlds Team
- Senior L2 Avalanche Team
- Junior L3 Inferno Team
- Friday Recreational Cheer Group
- Youth L2 Heat Wave Team
- Senior L3 Hurricane Team
- Tiny Raindrops Team (go first for show #2)
- Tiny Dew-a-Lots (go 2nd for show #2)
- Staff Skit
- Junior L1 Twisters Team
- Dance Group – Younger Group
- Senior L4 Reign Team
- Dance Group – Older Group

**Seating is limited: Please attend EITHER the 1:30 or 3:00 Show (not both)**

Sitting In Area 3 during Show	Sr3, Sr2, Sr4, J5, Jr2, Jr3, Jr1
Sitting On Fast Track	Youth Storm, Yth2
Sitting In front of Large Floor	Mini Quake & Tynys that can be alone
Chairs are reserved for:	Parents, Guests & Kids that need parents

Admission is \$3 for Adults \$1 for children 5/6 & Younger  
 Proceeds go to pay for Chair Rentals & COQUITLAM SHARE  
*Please Park in the back of the gym*