



Sulphur Recreation and Aquatic Center
933 Parish Rd.
Sulphur, LA 70663

WHO...

Level 1-3

- Non-Sanctioned Girls

Level 3-10

- Sanctioned Girls
- Prep-Optional Girls

Level 4-10

- Elite Boys



WHEN...

Friday, January 29 to Sunday, January 31, 2010

- Every Gymnast gets an All-Around Trophy!
- AT LEAST 50% on Individual Awards!!
- Small age groups

COST...

Non-Sanctioned Girls...\$60
Sanctioned Girls...\$80
All Boys...\$80
Team Entry...\$50



HOSTED BY
GYMNASTICS ETC

**January 29 - 31, 2010
Sulphur, Louisiana**

Gymnastics ETC
3615 Maplewood Drive
Sulphur, LA 70663



January 29 - 31, 2010
Sulphur, Louisiana

FOR MORE INFO, VISIT WWW.GYM-ETC.COM



January 29-31, 2010



Hotel Information

All Reservations should be made under "Gumbo Cup"
This year's hotels will be:

Holiday Inn in Sulphur



This property is a brand new hotel with 97 rooms. It has a heated indoor pool and a full service restaurant and bar. Each room has a microwave, fridge, and a 32" flat screen television.

Rooms will be held until 1/20/09

337-527-0858
\$89.99 a night

Quality Inn & Suites in Sulphur



This property is a recently remodeled all suite hotel that is located just three miles from the meet site. All rooms have a separate living area that has a pull-out couch. It also has a microwave and fridge in each room.

337-626-7000
\$69.99 a night

We hope to make this year's event bigger and better than ever before. All equipment will be provided by **Ross Athletic** and will be **AAI**. We will have two full sets of equipment for girls including two full size floors. The boys will have **All American Athletic (AAI)** equipment. The Sulphur Recreation and Aquatic Center is a state of the art facility with a capacity seating of over 2,000.

Awesome Coaches baskets! • Almost 600 gymnasts last year!
Two full sets of women's equipment including two full size floors!

Entry Due Date:
December 10th!

All entry forms and more information can be found on our web site at www.gym-etc.com