

**SAVE THE DATE!**

**Flip n Twist**  
GYMNASTICS

**GIRLS**  
**POWER**

**5<sup>th</sup> Annual Invitational  
Level 3 - 10 & Prep Opt.**

**March 13 & 14, 2010**

**Lakota East High School, Liberty Twp., Ohio**

**Entry Fees**

**\$75 for Level 3 - 6 , Prep Opt.**

**\$85 for Level 7 - 10**

**\$50 for Team**

- \*Apparel for all gymnasts
- \*100% event medals & all-around trophies to Levels 3 - 6, Prep Optional
- \*50% event medals & all-around trophies to Optionals
- \*Food continuously provided for coaches
- \*AAI Equipment

**Extras**

***Hospitality Tables***

*for Coaches, Judges and Gymnasts*

***Door Prizes & Raffle Baskets***

***Concessions for Spectators***

***Host Hotels Near Meet Site***

● **ENTRY DEADLINE** ●

**January 4, 2010**

For more information  
or for entry forms  
please call (513) 942-4435  
or visit our website: [www.flipntwist.com](http://www.flipntwist.com)

**focus**

**"Never Underestimate the Power of a Girl"**

heart strength courage faith  
confidence