

NOC Gymnastics Championship 2010

Medina High School
777 East Union Street
Medina, Oh 44256

Welcome to the NOC Championship hosted by Medina High School.
We would like to share the following information:

Saturday, February 6, 2010

8:00AM: Gym Opens

8:30AM: Timed Warm-Ups

9:45AM: Intro and National Anthem

10:00AM: Competition

The division champion is determined by 50% of the season and 50% of the NOC championship meet. Therefore, you need to have competed against everyone in your division prior to Saturday, February 6, 2010. Please send an updated copy of your roster with coaches names listed as well as your win/loss record to darcyrinaldo@gmail.com. Immediately following the meet we will have a short NOC coaches meeting to discuss any comments, criticisms, suggestions, etc. for the conference and championship meet.

Equipment: SA Vault (collar available), SA bars, AAI beam, Spring Floor

Thank you and we look forward to seeing you on February 6th!

Darcy Ranallo and Jeff Harrison

Medina Athletic Department
330-636-3226