



Register NOW for the ICF Coaches Cup, 2016 – January 23 and 24th (Session times TBA)

Metropolitan Gymnastics is proud to host the **ICF Coaches Cup** – a fundraising meet for the Iron Cross Foundation Scholarship fund. ICF was started by a Washington state gymnast to help his peers and has been providing support for Junior Olympic gymnasts around the country for the past 9 years. ICF scholarships help defray competition-related expenses for JO athletes (boys who have competed at least one season). Real-time meet scoring is provided by UW Men's Gymnastics to provide funding to support UW Men's gymnastics.

Level 3/Ex = \$35

Levels 4-7 = \$85

Levels 8-10 = \$95

Register online with UW Men's Gymnastics at: meets.wmgf.us (Level 4-10) by Friday, January 11th - **Then** send your checks made out to Metropolitan Gymnastics to:

**Metropolitan Gymnastics
6822 S. 190th St.
Kent, WA 98032**

Level 3/Exhibition = \$35

Send rosters and payment directly to Metropolitan Gymnastics
(do NOT register via meets.wmgf.us)

- VIP Party on Saturday night for Coaches and Judges (21 and over)
 - Hospitality Suite throughout competition
 - AA Awards / Team Banners
 - Customized event apparel onsite

For more information, contact PJ Chi:

206.931.3168

Pchi427@hotmail.com



IRON CROSS FOUNDATION
Supporting Boys Gymnastics Dreams

ICF Coaches Cup 2016

Exhibition Athletes

The Metropolitan Gymnastics Center invites exhibition athletes (recreational gymnasts as well as USAG Level 3) to participate in the **2016 ICF Coaches Cup on Sunday, January 24th following the Level 4 session(s)**. ICF (the Iron Cross Foundation) is an organization started by a 12-year old gymnasts to provide socio-economic, social and educational resources for male gymnasts, their families and coaches. This meet serves as fundraiser for the ICF Scholarship Fund and also supports the UW Men's Gymnastics foundation.

Athletes will compete the USAG Level 3 routines on Floor, Rings, Vault, and Parallel Bars. They will not receive scores, but will be evaluated by judges during their competition. Competing as an exhibition gymnast offers gymnasts and their families the opportunity to see "up close and personal" what competitive gymnastics is like and can encourage them to take the next steps toward becoming an USAG competitive athlete.

Registration for Exhibition athletes is \$35.

All exhibition athletes will receive an ICF Coaches Cup event t-shirt, a certificate of participation, and will earn ribbons on each of the 4 events competed. There will be a special raffle drawing for registered exhibition athletes.

Admission will be charged at the door. Families who pay admission for Level 4 sessions will be able to stay for the Level 3/Exhibition session at no cost. There is no admission fee for competing gymnasts to watch other sessions.

Registration process:

Metropolitan Gymnasts: Please sign up at the front desk. You can pay the \$35 registration fee with cash, check, or credit card (to Metropolitan Gymnastics) NO LATER THAN Friday, January 15th, 2016. Indicate child's t-shirt size at the time of registration. Parents will also need to sign a competitive team waiver if they have not already done so.

Visiting Gymnasts: Send your Level 3/Exhibition rosters to PJ Chi with your registration fee for your entire team. Level 4-10 rosters should be completed on the UW registration site. Be sure to indicate which gymnasts are Level 3/Exhibition and their t-shirt sizes on your rosters. Payment is \$35 per gymnast with check made out to Metropolitan Gymnastics. Preferred Registration deadline: Friday, January 8th, 2016. Exhibition athletes will need to sign a Metropolitan competitive team waiver (not necessary for USAG Level 3 athletes since this event is sanctioned for Level 3/Exhibition).

