

Competition Checklist

DAY OF COMPETITION-vaulters

- Unitard
- Team Uniform (sweats, navy leggings, OCV t-shirt, OCV sweatshirt)
- Freestyle Costume (if you have been approved for one)
- Armband w/ AVA #
- Team Hair Scrunchie
- Black Socks
- Vaulting Shoes
- Team Bag
- Warm Jacket
- Hair Kit – please do NOT share (bobby pins AND hair pins, rubber bands, spray gel, brush & hair spray, hair net)
- "Emergency" Kit (needle, thread, nail polish remover, safety pins, Band-Aids, duct tape, Sharpie, velcro)

DAY OF COMPETITION-parents

- Water
- Snacks/Lunch/Dinner
- Sunscreen
- Chair/Blanket to sit on
- EZ-up or Umbrella
- Directions/address to Competition
- Competition Values doc reviewed
- Pop-up Changing Room
- Order of Go
- Medal Testing materials
- Bulletin Board
- Back-up Phone Battery/Charger

PREPARATION FOR COMPETITION

- Vaulters 3 Goals Set
- Music Cut & Submitted
- Hotel Reservations
- Medal Testing Submitted
- Order of Go

I LOVE VAULTING

- Inventory, 3 bins
- Price Signs
- Cash Box/Credit Card Swiper
- Banner
- EZ Up
- Pink Chairs, 2
- Table Cloth

OC Vaulting Club's goal is to work hard, build character, develop personally and as a team, and treat others the way we would like to be treated. Prizes and ribbons are the fruit of labor, not our focus or goal.

In keeping with this, please keep in mind the following for before, during and after each competition.

BEFORE - a week or two before each competition –

Vaulters write down/email your coach, 3 personal goals for the competition: (1) Attainable Goal, (1) Serious Goal, (1) Stretch Goal.

1. These goals can have anything to do with the competition and/our behavior at the competition within these guidelines:
 - Goals must NOT be about Placing (e.g. 1st, 2nd, 3rd, whether I place or not, “I will score higher than Mary,” etc.).
 - State the goal in the Positive (e.g. “I will stay on the horse” (Positive) vs. “I will not fall off the horse” (Negative)).
 - The goals must be Tangible (e.g. “I will do my best.” (Not tangible) vs. “My judging score on Basic Seat will be higher than my last competition, higher than 4.1” (Tangible).
2. Goals can also be about character development (e.g. “I will compliment 3 vaulters outside of my Club.” “I will congratulate another Team about their routine.”)
3. Goals can be about something the vaulter is working on (e.g. “I will get my roll-up mount.” “I will stand all the way up during my compulsories.”)

DURING the Competition

1. Our focus is on achieving the goals, above.
2. We bring attitudes of encouragement, gratitude, and support for ourselves, one another, other Clubs, Judges, and Host Club/people putting on the competition.
3. Vaulters & Parents do *not* talk to the judges – only Coaches.
4. We disallow Vaulters & Parents from checking the score board during or after the competition. Looking at scores distracts us from our purpose in being there and can change our attitudes and vaulting in the rest of our day. We want our vaulters to perform as they have prepared for and for their focus to be on their 3 Goals (above).

AFTER the Competition

1. We all attend the Ribbon Ceremony (exception for vaulters under 8 years old. If the day is too long for the youngest vaulters, attendance is optional).
 1. Our attitudes at the Ribbon Ceremony is as described above (gratitude, support, humility, etc.)
 2. We clap and cheer for ALL the vaulters, not just our own.
 3. We thank the Host Club, Judges, and all the volunteers that put the competition on.
2. We all look for ways to clean up and help out.
3. Vaulters & Parents need to check out with their respective Coach before departing.
4. In days following the competition, vaulters debrief their goals with Coach and/or Parent.

We look forward to another season of helping to develop character in each of our vaulters through competition and the many lessons it offers!