

"How many leg lifts can YOU do???"



**Come to the Region 6 TOP's "CHECK
UP" and find out !**

May 2, 2008

12:00-3:00 pm

Aim HIGH Academy, RI

FREE!

(60 athlete limit so send enclosed entry form TODAY!)

Region 6 TOPs “Check up”

A great opportunity for your TOPs athletes to come and participate in a Physical Abilities “practice test” with other TOPs athletes to see how they are progressing!



WHO: TOPs athletes who would like an opportunity to test their physical abilities in a mock testing format to get out all those “first test jitters!” It also an opportunity for coaches to observe their athletes in a testing format to see what areas need more work.

WHAT: A mock physical abilities TOPs testing- it will run like a real test, but will not be official. (No scores sent to National Office.)

WHERE: Aim High Academy, 3355 South County Trail, East Greenwich, RI

WHEN: Friday, May 2, 2008 (In conjunction with Level 8 Regionals) 12:00-3:00 pm

WHY: Its **FREE** and its going to be very educational and a lot of fun!

THIS OPPORTUNITY IS OPEN TO THE FIRST 60 ATHLETES THAT REGISTER!

Athletes must have a valid USAG number to participate in the check up.

Send Entries to: Rett Ware, c/o Head Over Heels Gymnastics, 412 Washington St., Norwell, MA 02061

Questions? Contact your TOPs state manager!

TOPs Check Up Entry Form

**Send to: Rett Ware, c/o Head Over Heels Gymnastics, 412 Washington St.,
Norwell, MA 02061**

(No fax/email entries will be accepted. Entries are accepted on a first come, first served basis.)

Athlete Name	DOB	TOPs Age (age as of Dec. 31, 2008)	USAG #

Club Name _____ CLUB USAG #: _____

Club Address _____

Coach/ Club Email _____

Club Phone # _____

Coach(es) attending: _____ USAG #: _____

FUTURE REGION 6 TOPs DATES:

May 2, 2008	Check up	Aim High Gymnastics, RI
June 8, 2008	ME/NH/MA State Test	Gymnastics and More, MA
June 29, 2008	RI State Test	Aim High Gymnastics, RI
July 13, 2008	CT State Test	Gym Revolution, CT
July 19, 2008	NY State Test	Finger Lakes Gymnastics, NY