

## Gymnastics Intern Promotions Sheet – Lindenwood Meet

██████████ Derek Parker ██████████

Report Time 1:00pm

### Pre-meet

- Make sure poster tables/roster sheet tables on East and West ends are neat throughout pre-meet
- 1 intern at Kids Zone throughout pre-meet (██████████ 1:30 – 2:10 / ██████████ 2:10 – 2:45)
  - o Face-painting, poster-making and face tattoos!!! GET EXCITED
- Pick Hand Stand contestants (5) (██████████ / Derek / ██████████) ✓
  - o They will have to hold a hand-stand for as long as possible on the floor mat
  - o Will occur after 1<sup>st</sup> rotation – while teams move to 2<sup>nd</sup> event
  - o Must bring onto floor from North end as warmups for vault will be on South
- Get popcorn for “Delivery of the Game” around 2:20pm (██████████)
- MIGHT need to Pick “Best Seat in the House” participants (3)
  - o Will occur before 4<sup>th</sup> and final rotation
- Have prizes, t-shirts for toss, sharpies all down on floor level
- 2:20pm
  - o Meet pre-meet group in back area and then take onto mat when cued by Michael around 2:32pm (██████████ & Derek)
- 2:30pm
  - o Meet National Anthem Singer – stay near Michael with wireless mic (██████████)

### In-meet (THIS MEET WILL GO FAST, GET PREPARED FOR EACH PROMO EARLY!)

- Prior to 1<sup>st</sup> event 2:55
  - o T-Shirt Toss on the floor (EVERYONE!!!!!!)
- Prior to 2<sup>nd</sup> event - Grab @ 1<sup>st</sup>
  - o Hand Stand contest
    - Winner gets prize pack
    - Other 4 will get a t-shirt
- Prior to 3<sup>rd</sup> event
  - o Delivery of the Game (EVERYONE!!!!!!)
    - Be set on A concourse prior to PA read – will come out of tunnel on A concourse
- Prior to 4<sup>th</sup> event
  - o Best Seat in the House
    - If Boosters, Michael will have names
    - If chosen from fans, get Michael names beforehand
    - ██████████ & Derek will need to move couch near mat, on uneven bars side
  - o At start of this rotation, 1 intern needs to go upstairs and grab flowers (in Michaels office)
- SPECIAL
  - o If a Mizzou gymnast scores a 9.8 or higher on ANY event, we will be throwing stuffed tiger / t-shirts. Michael will keep everyone updated on scores (videoboard will also have them)
- End of Meet
  - o Autographs behind A30
  - o Need gold and silver sharpies & posters