

Gymnastics Intern Promotions Sheet – North Carolina State Meet

Derek Parker, [REDACTED]

Report Time 4:30pm

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 ([REDACTED] 5:00 – 5:40 / [REDACTED] 5:40 – 6:15)
 - o MIZZOU BOUNCE HOUSE!! YES YES YES!!!!
 - o Face-painting, poster-making and face tattoos!!! GET EXCITED
- Need 1 intern at East entrance and 1 at West entrance passing out t-shirt to MIZZOU STUDENTS ONLY
 - o East - [REDACTED] from 5:00 – 5:40 / [REDACTED] 5:40 til gone
 - o West - [REDACTED] from 5:00 til gone
- 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 1st rotation – while teams move to 2nd event ?
- *Prior to* Get popcorn for "Delivery of the Game" around 6:15pm ([REDACTED])
- **MIGHT** need to Pick "Best Seat in the House" participants (3)
 - o Will occur before 4th and final rotation
- Have prizes, t-shirts for toss, sharpies all down on floor level
- 5:45pm
 - o Meet Golden Girls and pre-meet group, take down to back area and then take onto mat when cued by Michael around 6:09pm (Derek)★
- 6:00pm
 - o Meet National Anthem Group (West Middle School) – (Derek)★ [REDACTED] - Director

In-meet

- Prior to 1st event ✓
 - o Hand Stand contest
 - Winner gets prize pack
 - Other 4 will get a t-shirt
- Prior to 2nd event ✓
 - o T-Shirt Toss on the floor (EVERYONE!!!!)★
- Prior to 3rd 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 4th event
 - o Best Seat in the House
 - If Boosters, Michael will have names
 - If chosen from fans, get Michael names beforehand
 - ★ Derek [REDACTED] 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 t-shirts. Michael will keep everyone updated on scores (videoboard will also have them) *white*
- End of Meet ★
 - o SENIOR DAY - Derek [REDACTED] be prepared to organize parents & siblings
 - o Senior Autographs – A concourse behind A30

6:24pm