



1st Pacific (5th Paradise) Friendship Meet 8-10 January 2009 Honolulu, Hawaii



VENUE: Hawaii Academy Gymnasium, 1314 Moonui Street, Honolulu, HI 96817, Oahu

TIMES: Age 11-19 Fri 3:30/4:30-6:30p, Pot Luck Dinner; Sun 11a-2p; Age 3-10 Sat 9/10a-12p; Age 19-99 Sat 1/2-4p; FINALS Sat 6/7-8:30p

AGE DIVISIONS: Determined by number of participants but likely to be 3-6, 7-8, 9-10, 11-12, 13-14, 15-18, 19-29, 30-59, 60-79, 80-89, 90+

ABILITY LEVELS: Determined by distribution of participants but likely to be all grouped together (e.g., novice to elite) within age divisions

RULES: Rules from the FIG Code of Points. USAG routines given their DD value. Final decisions by meet referee according to international standards.

SCORING: Difficulty score added to three execution scores for a total score. Ties broken in finals according to FIG regulations.

AWARDS: All participants will receive a certificate of participation and a ribbon (color determined by ranking). Prizes will be given for intermission competitions (e.g., handstand contest).

EQUIPMENT: 4 EuroTramp Trampolines (Rebound String Beds & Springs)
2 EuroTramp Double Mini-Trampolines
1 Ross Athletic Supply Rod Tumbling Platform

COST: \$65 for all three events, prelims & finals, and the picnic

DEADLINE FOR REGISTRATION: **Monday, 05 January 2009**
No Changes or New Registrations After 5pm Wednesday, 07 Jan 09

TEAM REGISTRATION: Register individually and provide a judge for each 10 athletes (in lieu of judge please pay \$300). Complete team registration on website listing judge(s).

COACHES: Coaches are provided for each flight/squad.

FORMAT: Single day event this year because of scheduling.

CONTACT: info@hawaiiacademy.com; +1.808.842.5642; www.hawaiiacademy.com
Email registration or fax it to +1.808.841.2564

Detach and Submit This Individual Registration

Name _____ Age (in years on 31Dec09) _____ Birth Year _____ Sex (M/F) _____

Address _____ City _____ State/Province/Prefecture _____

PostalCode/Zip _____ Country _____ Gym School/Club _____ Location _____

Phones _____ Email _____ Website _____

Ability: Trampoline (Level/DD) _____ Double Mini (Level/2passDD) _____ Tumbling (Level/2passDD) _____

Limiting Conditions _____ Instructor/Coach _____ Instructor/Coach's Verification _____

Emergency Contact _____ Emergency Phone _____ Local Contact/Hotel _____

CreditCard # _____ Visa ___ M/C ___ Expiration ___/___ SecurityCode _____ Print&Sign Name on Card _____



1st Pacific Friendship Meet (5th Paradise Friendship Meet) 8-10 January 2009, Honolulu, Hawaii



HISTORY: This event was originally started with a visit from the Shasta Trampoline Club (Ms Valerie Johnson, Director and Head Coach) in British Columbia, Canada, in December 2004. Then called the Hawaii-Canada Friendship Meet, this event was a great success... It featured mixed synchronized trampoline routines—cross country affiliation, age, sex, and ability. Everyone was required to learn a synchro routine with an assigned partner from the opposite country. The picnic that year was held at Lanikai Beach Park in Kailua.



The second friendship event coincided with the oldest and most famous artistic gymnastics championships—the Aloha Gymfest, in January 2005. This time the main visiting team was the SkySurfers from California (Mr Rich Trimboli, Head Coach). Although complicated logistically with so much going on in the Kailua High School Gymnasium, all had a great time. The picnic was held at Waimanalo Beach Park.

In 2006 the event was held on Presidents' Day weekend in February and was called the 2nd Paradise Friendship Meet and Geriatric Trampoline Championships. We affectionately used the word geriatric to emphasize the fact that trampoline was for all ages, including the aged (oldest competitor was 94 yrs old). Gym clubs from Minnesota (Mr Larry Gleason, Head Coach of Gleason's Gypsy Flyers; Mr Dave Kennedy, Head Coach of the Geriatric Gypsy Flyers), California (Mr Justice Frangipane, Head Coach of the No Fear Team), and Nevada (Ms Mig O'Hara, Head Coach of Reno's Legacy T&T) participated and a picnic took place in Ala Moana Beach Park.

In 2007 there were two friendship events. This first was held in February over the Presidents' Day weekend but it was bad timing for the Japanese and conflicted with many mainland club schedules. Nonetheless, it was well attended locally as can be seen by pictures of the youngest and oldest participants to the right. The second meet of 2007 was called the Paradise Friendship Meet and was an effort to combine the meet with the Honolulu Marathon (to make arrangements easier for outsiders, especially the Japanese) during the second weekend in December. Unfortunately a number of conflicts (mostly ALL local hotels were full) forced the meet to be moved to December 15th and downscaled from three to one day. Although small it was especially good training for parents and athletes. We learned many lessons from the first four meets, especially about international scheduling and availability of local accommodations and sponsors.

The 5th Paradise Friendship Meet has been co-named the 1st Pacific Friendship Meet because of a special home and away agreement with the Japan Trampoline Association whereby Hawaii will host the first one and Japan the second. Coming are Japan's female and male junior champions for grade 1-3, 4-6, and 7-9. Hawaii has attended national championships in Japan since 2002. This is the first JTA group to visit Hawaii. Also participating is a small delegation from Maui Elite Gymnastics Academy in their first such experience. The 2nd Pacific Friendship Meet (2010) will be in Japan, the 6th Paradise Friendship Meet is scheduled for 11-15 February 2010 at Hawaii Academy.

THE ACADEMY: Hawaii Academy aspires to provide a private education for children, teens, adults, and seniors that promotes life-long fitness, the understanding of human sciences, and the effective use of technology to extend one's years of functional independence. Gymnastics is used as an instructional and competitive sport vehicle for communicating and motivating local, state, national, and international participation. There are eight departments, each with programs that strive to provide education, research, sports, and recreational activities for ALL ages (1-100+ yrs) and abilities (remedial to world class athletes). See www.hawaiiacademy.com/web/SpecialEvents/AthleticCompetitions.htm for more information.

