PARADISE FRIENDSHIP MEET

Trampoline, Fitness, & Ninja Challenge

2016 April 02, Saturday, Honolulu, HI

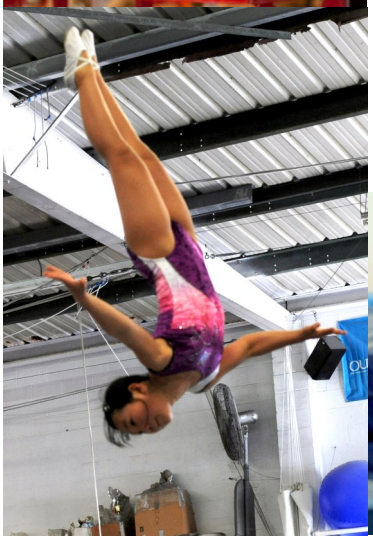
This meet is open for anyone wishing to participate, no matter their age (3-100+), sex, or skill level (remedial — world class). The **Trampoline Competition** features three formal USAG/FIG events: trampoline (TR), double mini-trampoline (DM), and power tumbling (TU). The **Fitness Challenge** has four events (PushUps, V-SitUps, PullUps, and 10-Bounce Time) with ribbons given to the ranking of all four events within age groups. The **Ninja Challenge** is an obstacle course (one for those age 3-5; one for 6-11; and one for 12+) with ribbons This meet is especially suited for first-time competitors because of its fun and nurturing environment. It will also feature some world class performers.

There will be a team from the Kalihi Gym (Hawaii Trampoline and Tumbling Club) and a team from Montana (I-Fly Trampoline Program, Roots Acro Sports Center) but most participants will be students from Hawaii Academy Classes. Coaches will be provided for all participants. Preliminaries and practice on Friday night 4/1.

8-9a Warm-Up

9-1130a: Trampoline Meet

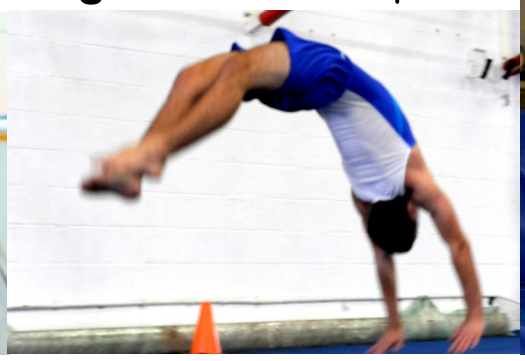
Trampoline Registration Fee: $30



1130a-12p Warm-Up

12-3p: Fitness & Ninja Challenge

Fitness & Ninja Registration Fee: $10



- Eurotramp equipment to FIG Specifications; AirTime Electronic Timing; Aerial Scoring System

HAWAII ACADEMY

Kalihi Gym, 1314 Moonui Street, Honolulu, HI 96817 USA

Tel: +1.808.842.5642 Email: info@HawaiiAcademy.com

www.HawaiiAcademy.com