



Tots & Tumblers Gymnastic Club welcomes you to Trinidad and Tobago! This twin island county is rich in history, natural resources and culture; we are even internationally accomplished in music, literature, beauty and sport; but we are best known for our warm and friendly hospitality.

We're delighted that you will visit us for "We Flippin'" our 15th annual invitational meet and can't wait to host you as only "Trinis" can. At this meet, you'll get the opportunity to compete against the best gymnasts from our club, as well as other top athletes from this country.

This information packet is designed to help you with your arrangements to get to Trinidad and prepare you to have the best possible experience while you're here. If you have any questions please contact Annette Telfer at:

(1 868) 629-3001 or (1 868) 627-2745 after 4:00 pm.

You can also send emails to annettet@tstt.net.tt.

Get ready for a truly unique experience!



TOTS & TUMBLERS 15th ANNUAL INVITATIONAL MEET 2010

MEET INFORMATION

Venue

Woodbrook Youth Facility
Hamilton Holder Street
Woodbrook
Trinidad, West Indies

Format

USAG women's competition Levels 1 to 10

Registration

Individual entry: US\$80.00 per person

Team entry: Free

Forms: Available online at www.totsandtumblers.com

Deadline: Saturday 5th March 2011

Payment: Cash

Procedure: Download the registration form from the website. Complete the form and fax to (1 868) 625-1222 or scan and email to annettet@tstt.net.tt. Meet entry fees can be paid upon arrival.

Late registration: An additional fee of US\$20 per club will be charged

Refunds: No refunds after March 5th 2011



Schedule

DATE	ACTIVITY*
Thursday 24 th March 2011	Visitors arrive (recommended)
	5:00 pm - Meet & Greet party
Friday 25 th March 2011	9:00 am to 4:00 pm - Open gym
	6:00 pm to 9:00 pm - Session 1 competition Levels 6 to 10
Saturday 26 th March 2011	8:30 am to 11:30 am - Session 2 competition Levels 1 to 3
	12:00 pm to 3:00 pm - Session 3 competition Levels 4 to 5
	3:30 pm to 6:30 pm - Session 4 competition Level Pre Com
Sunday 27 ^h March 2011	Visitor outing - boatripe, bathing and beach barbeque
Monday 28 th March 2011	Visitors leave

*based on number of competitors and subject to change



Awards

Prizes will be awarded at 3 levels of competition - all around Level, age group within Level and apparatus within age group.

Apparatus: 1st, 2nd and 3rd place winners for each apparatus will receive a medal

Age group: 1st, 2nd and 3rd place winners for each age group will receive a trophy

All around: 1st, 2nd and 3rd place winners for each Level (all ages) will receive a plaque

Team: 1st, 2nd and 3rd place winners for each Level (top 3 individual scores) will receive a trophy

Participation: All competitors will receive a participation trophy, certificate with scores and goody bag

Age groups

Athletes competing within each Session will be split into small groups according to birth dates.

TRAVEL INFORMATION

Airport: Piarco International Airport, Trinidad (POS)

Flights: American Airlines and Caribbean Airlines offer the most options for flight times out of the United States. Aeropostal is the most common carrier out of Caracas and both Caribbean airlines and Liat offer convenient flights within the Caribbean.

Hotels: The competition is being held within the capital city of Port of Spain, so we recommend the following options for accommodation with the area



Hotel	Proximity	Website
Courtyard by Marriott	Walking distance	www.marriott.com/hotels/travel/poscy-courtyard-port-of-spain
Kapok	10 minute drive	www.kapokhotel.com
Monique's Guesthouse	15 minute drive	www.moniquestrinidad.com

For more information about our club, please explore our website www.totsandtumblers.com

ABOUT TRINIDAD & TOBAGO

Location

Trinidad & Tobago are the 2 most southern islands of the Caribbean chain, situated just 11 km (6.8 miles) off the coast of Venezuela. The country consists of the two main islands, Trinidad and Tobago, as well as many smaller ones including Chacachacare, Monos, Gaspar Grande and Little Tobago.



Capital

The country's capital is Port of Spain, located in the north west of Trinidad.

Language

The official language of is English, but Spanish, Hindi, French patois and Chinese are also spoken in some parts of the country.

History

The islands were first inhabited by the Amerindians (Caribs and Arawaks). Christopher Columbus arrived in Trinidad in 1498 and this island remained under Spanish rule until the 1780's, when the French came to settle with their African slaves. Trinidad was later captured by the British in 1797 and labourers were brought here from India, China and Madeira. The Dutch, French and British fought over Tobago for several years, until finally the British took control in 1762. The 2 islands became a single British colony from 1888 until the country's independence in 1962 and is now a republic nation within the Commonwealth since 1976.

People and Culture

With such an exciting history, our country is diverse with many races and cultures living together. The majority of our people are of African and East Indian descent, but we also have people of mixed race, and from European, Chinese and Middle Eastern ancestry. Trinidad is the birthplace of the steel pan, the limbo dance and calypso music, but our culture is also alive with other musical artforms such as chutney and soca, as well many religious festivals and scrumptious eats.



For more information about Trinidad & Tobago, visit www.gotrinidadandtobago.com