



Capitol City Gymnastics

hosts

Flippin' Back to the Future

November 5th – 7th 2021

The decades before many gymnasts have paved the way and helped to shape this sport. We'd like to take the opportunity to recognize and celebrate them, as each of our gymnasts demonstrates all of their hard work and dedication.

To add a little fun to the day, coaches choose your favorite decade and dress to represent it!

The coaches will receive feedback directly from the judges following each apparatus.

Meet Information:

Levels: 2 – 5 and Xcel

Cost: \$75 per gymnast
& \$25 per Team

(A full refund will be given should the meet be cancelled)

Location: Capitol City Gymnastics
3518 Rohr Road, Groveport, Ohio 43125

Free Parking

Spectator entry fee \$5
Currently no spectator limitations
Concessions will be available

To Register - email your gymnast list to:
capcityboosters@gmail.com

1. Checks are payable to CCG Boosters
2. Mail to 3518 Rohr Road
Groveport, Ohio 43125
c/o Sarah Carrish

REGISTRATION DEADLINE 10/8/21

Questions: Meet Director, Matt Reed at
info@capitolcitygym.com or (614) 409-7655
Or CCG Boosters at capcityboosters@gmail.com



Nadia Comaneci – 70's



Mary Lou Retton – 80's



Dominique Dawes - 90's



Nastia Liukin – 2000's