



# NorCal Graduating Senior Packet

For the parent's  
of graduating seniors  
2010

Norcal honors its seniors each year in a small ceremony that is held right before the awards of the State Meet for that gymnast's level. NorCal provides flowers for this event. The flowers are given to the gymnasts by the parents as the gymnast's name is called. After this part of the ceremony a video is shown highlighting the graduating seniors.

***For all this to happen we need some information and media from you.***

**For the program and first part of the presentation.**

On the next page is a form for you and your daughter to fill out. It asks information about what college she is going to, if she has received a scholarship or not and other information about her. All this information is used to announce her at the ceremony at the State Meet. This information along with a head shot will be used in the program. You will need to mail this form with a head shot to **the state meet host for your daughter level. The head shot may not have a photographer's name on the front or the back!** It is against copyright law to reproduce these pictures. If you don't have one without a photographer's name, we ask that you take one personally and include it. You may send pictures on CD if you would like.

Below is the list of the State Meet host for this year and their addresses.

Level 7 State - Marin Elite Gymnastics Academy  
Mike Nichols  
72 Woodland Avenue  
San Rafael, CA 94901  
BUSINESS PHONE (415) 257-6342  
FAX (415) 453-1101

Levels 8/9/10 State - Oroville Gymnastics Academy  
Shaw Carter and Heidi Wensel  
1875 Feather River Blvd.  
Oroville, CA 95965  
BUSINESS PHONE (530) 533-1043  
FAX (530) 533-1082

**For the video part of the presentation:**

VG Productions will be producing a video to be shown at the various State Meets. To have your daughter in this video you must send tapes and pictures to VG Productions, 210 Alvarado Ave, Pittsburg CA 94565.

**Please send ORIGINAL tapes or digital media and photos – do not send copies this will reduce the quality of the video if you camera is tapeless please send the original file off the camera please do not re-encode the file for a dvd.** If the pictures are digital you may email them or burn them to a cd.

Send baby pictures, old video of their first meet, videos of the present competitions, anything and everything. Please label each tape with gymnast's name and address. If there is a part of the tape you like give the time code of the parts you like on a separate piece of paper. ***Please do not copy to a DVD or send your daughters college video DVD.*** If no tapes are sent – they will not be in the video. This is all needed by the 3rd of March. If you have any questions please contact Mike Guzman at [mike@VG-Productions.com](mailto:mike@VG-Productions.com). There is an order form at the end of this packet to preorder the video. Please make checks out to "VG Productions". Pre-Orders that will be picked up at the State meets will not have to pay a shipping charge. Only a limited number will be available to purchase after the State meets.

# Norcal Senior check list

## Send the following to VG Productions.

- Baby picture
- Present picture
- Video of when she was young doing gymnastics.
- Video of present gymnastic competition or work out.

## If she is a level 7 gymnast.

- Fill out NorCal Graduating Senior Form
- Get a present picture **without** photographers name on front or back (pictures with the photographers name on them cannot be reproduced for the program do to copyright rules)
- Send both to  
Marin Elite Gymnastics Academy  
Mike Nichols  
72 Woodland Avenue  
San Rafael, CA 94901  
BUSINESS PHONE (415) 257-6342  
FAX (415) 453-1101

## If she is a Level 8,9 or 10 gymnast.

- Fill out NorCal Graduating Senior Form
- Get a present picture without photographers' name on front or back (pictures with the photographers name on them cannot be reproduced for the program do to copyright rules)
- Send both to  
Oroville Gymnastics Academy  
Shaw Carter and Heidi Wensel  
1875 Feather River Blvd.  
Oroville, CA 95965  
BUSINESS PHONE (530) 533-1043  
FAX (530) 533-1082

# NorCal Graduating Senior Form.



Name of Gymnast \_\_\_\_\_

Parent(s) Name \_\_\_\_\_

Will the parents be attending this years State Meet (They will be presenting flowers to their daughter)?  yes  no .

If no do you want norcal to provide someone to present the flowers or do you want their coach?

Coach  NorCal provide presenter

Competitive Level at this years State Meet \_\_\_\_\_ Number of years participating in gymnastics: \_\_\_\_\_

Gym Affiliation : \_\_\_\_\_

Gym Address : \_\_\_\_\_

Coach's Name : \_\_\_\_\_ Phone# : \_\_\_\_\_

Current High School Attending: \_\_\_\_\_

High School Address: \_\_\_\_\_ Graduation Date: \_\_\_\_\_

What college will she be attending next year \_\_\_\_\_

Has she received a scholarship  yes  no What will she be majoring in? \_\_\_\_\_

Outside activities \_\_\_\_\_

Fun Facts \_\_\_\_\_

Please include a head shot. **The head shot may not have a photographers name on the front or the back!** It is against copyright law to reproduce these pictures. If you don't have one without a photographer's name, we ask that you take one personally and include it. You may send pictures on CD if you would like. Mail with this form to the gym hosting your daughter's State Meet.

## Level 7 State

Marin Elite Gymnastics Academy

Mike Nichols

72 Woodland Avenue

San Rafael, CA 94901

BUSINESS PHONE (415) 257-6342

FAX (415) 453-1101

## Levels 8/9/10 State

Oroville Gymnastics Academy

Shaw Carter and Heidi Wensel

1875 Feather River Blvd.

Oroville, CA 95965

BUSINESS PHONE (530) 533-1043

FAX (530) 533-1082

music editing, video editing,  
commercial production, filming



# Productions

VG Productions will be producing the NorCal Graduating Seniors Video again this year. This video will be shown at all the Optional Level State Meets. If you have a graduating senior please send video and pictures to VG Productions, 210 Alvarado Ave, Pittsburg, CA 94565. **Please send ORIGINAL tapes or digital format and photos – do not send copies or encode and burn**

**to a DVD** this will reduce the quality of the video. Send baby pictures, old video of their first meet anything and everything. Please label each tape with gymnasts name and address. If no tapes are sent – they will not be in the video. This is all needed by February 26th. If you have any questions please contact me at [mike@VG-Productions.com](mailto:mike@VG-Productions.com) . There is an order form below to preorder the video. Pre-Orders that are prepaid and will be picked up at the State meets will not have to pay a shipping charge Only a limited number will be available after the meet. Please fill out the information below and send this form with your videos even if you do not order.

### Send the following to VG Productions with this form

- Baby picture may be digital on cd
- Present picture may be digital on cd
- Video of when she was young doing gymnastics use footage from \_\_\_\_\_ to \_\_\_\_\_  
Or footage from \_\_\_\_\_ to \_\_\_\_\_  
Or footage from \_\_\_\_\_ to \_\_\_\_\_
- Video of present gymnastic competition or work out use footage from \_\_\_\_\_ to \_\_\_\_\_  
Or footage from \_\_\_\_\_ to \_\_\_\_\_  
Or footage from \_\_\_\_\_ to \_\_\_\_\_

Please send original video. If video is digital burn original format to a cd or send memory card. **Please do not encode and burn to a DVD!**

Thank you  
VG Productions

### NORCAL SENIOR 2010 VIDEO ORDER FORM

Gymnasts Name \_\_\_\_\_ Gym \_\_\_\_\_  
 Level \_\_\_\_\_ Parent's Name \_\_\_\_\_  
 Address \_\_\_\_\_ City \_\_\_\_\_  
 State \_\_\_\_\_ Zip \_\_\_\_\_ Phone \_\_\_\_\_

Make checks out to:

Item	Quantity	Cost Each	Total Cost
NorCal Senior 2009 Video DVD		\$35	
Total Enclosed			

**VG Productions, 210 Alvarado Ave, Pittsburg, CA 94565**  
**925 351-6126**  
**www.VG-Productions.com**