



NorCal Graduating Senior Packet

For the parent's
of graduating seniors
2023

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 (all levels).

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**. 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.

Levels 6/7/ 8/9/10 State		Xcel Bronze State
CCGI Andrea Phines 9514 W Pershing Ave Visalia, CA 93291 559-651-2244 ccgiandrea@gmail.com		Peninsula Gymnastics Courtney Johnson 1740 Leslie Street San Mateo, CA 94402 (650) 571-7555 courtneyt@peninsulagym.com
Xcel North Silver-Diamond State	Xcel South Silver-Diamond State	
North Bay Athletic Association Elizabeth R. Ichikawa 415 Mississippi Street Vallejo CA 94590 (707) 643-9622 lizzieichikawa@gmail.com	Pacific West Gymnastics Evelyn Paradis 32920 Alvarado Niles Rd. Suite 210 Union City, CA 94587 (510) 471-0240 evelynparadis1@gmail.com	

For the video part of the presentation (levels 6 - 10 only):

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, 4011 Crescent Court, Antioch CA 94509.

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 you are to film or take pictures with your phone or pad please record in the landscape mode. (the phone or pad sideways) Taking video or pictures in the portrait mode (the phone up and down) will not allow the video to fit properly on the screen.

If the pictures are digital you may email them or burn them to a cd. ***If you have files you want to upload go to http://www.vg-productions.com/Norcal_Senior_Video_upload.php contact mike@vg-productions.com on instructions on how to do so.***

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 March 6th. If you have any questions please contact Mike Guzman at 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

All these items need to be received by March 2nd

If she is a level 6 or 7 gymnast.

Send the following to VG Productions.

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

Send the following to :

CCGI

Andrea Phines

9514 W Pershing Ave

Visalia, CA 93291

559-651-2244

ccgiandrea@gmail.com

- The filled out NorCal Graduating Senior Form
- 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)

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

Send the following to VG Productions.

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

Send the following to :

CCGI

Andrea Phines

9514 W Pershing Ave

Visalia, CA 93291

559-651-2244

ccgiandrea@gmail.com

- The filled out NorCal Graduating Senior Form
- 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)

If she is a Xcel Bronze gymnast.

Send the following to :

Peninsula Gymnastics

Courtney Johnson

1740 Leslie Street

San Mateo, CA 94402

(650) 571-7555

courtneyt@peninsulagym.com

The filled out NorCal Graduating Senior Form

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)

If she is a Xcel North Silver-Safire State gymnast.

Send the following to :

North Bay Athletic Association

Elizabeth R. Ichikawa

415 Mississippi Street

Vallejo CA 94590

(707) 643-9622

lizzieichikawa@gmail.com

The filled out NorCal Graduating Senior Form

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)

If she is a Xcel South Silver-Diamond State gymnast.

Send the following to :

Pacific West Gymnastics

Evelyn Paradis

32920 Alvarado Niles Rd. Suite 210

Union City, CA 94587

(510) 471-0240

evelynparadis1@gmail.com

The filled out NorCal Graduating Senior Form

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)



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 _____

Levels 6/7/ 8/9/10 State

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9514 W Pershing Ave
Visalia, CA 93291
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Xcel Bronze State

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Xcel North Silver-Diamond State

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evelynparadis1@gmail.com



VG Productions will be producing the NorCal Graduating Seniors Video for Levels 6 - 10. 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, 4011 Crescent Court, Antioch CA 94509. **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.

If you are to film or take pictures with your phone or pad please record in the landscape mode. (the phone or pad sideways) Taking video or pictures in the portrait mode (the phone up and down) will not allow the video to fit properly on the screen.

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 March 6th.** If you have any questions please contact me at mike@VG-Productions.com . There is an order from 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! If you have files you want to upload to our website contact mike@vg-productions.com on instructions on how to do so.**

Thank you
VG Productions

To order a copy of the Norcal Senior Video on dvd

go to

https://www.vg-productions.com/Norcal_Senior_Video_upload.php