



NorCal Graduating Senior Packet

For the parent's
of graduating seniors
2024

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 gymnast by the parents as the gymnast's name is called. For the 6 through 10 levels, 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's 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 & Silver North State Meet
	BRGC Aura Samples P.O. Box 1011 Roseville Ca 95678 831-345-7272 BRGCmeetliaison@gmail.com	North Bay Athletic Association Lizzie Ichikawa 415 Mississippi Street Vallejo, CA 94590 707-643-9622 lizzieichikawa@gmail.com
Xcel Bronze & Silver South State Championships	Xcel Xcel Gold, Platinum, Diamond and Sapphire State	
Peninsula Gymnastics Courtney Johnson 1740 Leslie Street San Mateo, CA 94402 courtneyt@peninsulagym.com	CCGI Andrea Phines 9514 W Pershing Ave Visalia, CA 93291 559-651-2244 ccgiandrea@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 6 through 10 State Meet. To have your daughter in this video you must send videos 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 your 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/ 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 video with gymnast's name and address. If there is a part of the video 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 videos are sent – they will not be in the video. This is all needed by the March 4th. If you have any questions please contact Mike Guzman at mike@VG-Productions.com or at Michaelg214@comcast.net There is an order form at the end of this packet to preorder the video. Please make checks out to "VG Productions".

Norcal Senior check list

All these items need to be received by March 4th

If she is a Level 6, 7, 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 :

Byers Roseville

Aura Samples

P.O. Box 1011

Roseville Ca 95678

831-345-7272

BRGCmeetliaison@gmail.com

- The filled out NorCal Graduating Senior Form
- A present picture

If she is in the North Xcel Bronze and Silver State Championship.

Send the following to :

North Bay Athletic Association

415 Mississippi Street

Vallejo, CA 94590

(650) 571-7555

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 in the South Xcel Bronze and Silver State Championship.

Send the following to :

Peninsula Gymnastics

Courtney Johnson

1740 Leslie Street

San Mateo, CA 94402

courtneyt@peninsulagym.com

The filled out NorCal Graduating Senior Form

A present picture

If she is in the Xcel Gold, Platinum, Diamond, and Sapphire State Championships.

Send the following to :

CCGI

9514 W Pershing Ave

Visalia, CA 93291

(510) 471-0240

The filled out NorCal Graduating Senior Form

A present picture



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

Xcel Bronze & Silver North State Meet

BRGC
Aura Samples
P.O. Box 1011
Roseville Ca 95678
831-345-7272

BRGCmeetliaison@gmail.com

North Bay Athletic Association
Lizzie Ichikawa
415 Mississippi Street
Vallejo, CA 94590
707-643-9622

lizzieichikawa@gmail.com

Xcel Bronze & Silver South State Championships

Xcel Xcel Gold, Platinum, Diamond and Sapphire State

Peninsula Gymnastics
Courtney Johnson
1740 Leslie Street
San Mateo, CA 94402

courtneyt@peninsulagym.com

CCGI
Andrea Phines
9514 W Pershing Ave
Visalia, CA 93291
559-651-2244

ccgiandrea@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 4th.** If you have any questions please contact me at mike@VG-Productions.com. There is an order form below to preorder the video. 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
- Present picture
- 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, send original format on a memory card, or usb drive. **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 purchase a copy of the 2024 NorCal Senior Videos, Venmo \$30 plus \$2.50 shipping to @Michael-Guzman-140 . Put in your name and "for senior video" Then please email us your address to mike@VG-Productions.com.

If you would like to send a check, make it out to VG Productions and mail it to VG Productions, 4011 Crescent Court, Antioch CA 94509. Please include your address and phone number. If you order more than one copy, this shipping will still be \$2.50. The videos are sent as a digital file on a flash drive.



To upload pictures and video

go to

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