



TNT - Rock N Roll Showcase 2025

Saturday, May 17, 2025

TNT - Prairie du Chien | 1890 E. LaPointe Street, Prairie du Chien, WI

Admissions (Cash Only - Good for all day):

Adult (12-55 yrs): \$10 | Youth (3-11 yrs): \$7 | Senior (55+ yrs): \$7 | Child (under 3): Free

Competition Schedule - Tentative as of 1/18/25 - Times may change slightly pending how many gymnasts register. Final schedule will be posted by April 10.

Session #1:

Level 2 (Child A & B)

Warm-Up: 8:00 AM

Awards: 9:30 AM

Session #2:

Level 2 (Jr A & B)

Warm-Up: 10:00 AM

Awards: 11:30 AM

Session #3:

Level 3, 4 & 5 (All Ages)

Warm-Up: 11:45 AM

Awards: 1:15 PM

Session #4:

Xcel Bronze & Silver

Warm-Up: 1:30 PM

Awards: 3:15 PM

Parking/Concessions

Free parking - may park in the TNT parking lot or street parking. If overflow is needed - use the Pink's Auto parking lot. Do not arrive more than 15 minutes before your listed warm-up time above as space will be limited until the previous session clears out.

Shout outs & concessions will be available.

Important Reminders

- Girls - Need to wear a leotard, make sure undergarments are not sticking out (underwear/sports bras). TNT leotard is preferred, but not required.
Boys - T-Shirt/Shorts are acceptable.
- Long hair pulled back & out of the face.
- NO dangly earrings, necklaces or bracelets.
Please keep your child's belongings (shoes, bags, coats, etc) with you in the stands. This will help minimize people mixing up/losing items.
- PLEASE do not go up to the judges and ask questions, this is not allowed at our large competitions and we want to keep the meet running in a timely manner.
- Your child will bring home a scorecard with all of their scores on it.
- Awards - we go out 50% of the age group for each individual event & 100% for the all around (total of all 4 event scores). This means some children will receive more medals than others - this is a great opportunity to talk about good sportsmanship, hard work, consistency & how some people have better days than others.
- A common question I receive after competitions is how the routines are scored. The routines are mainly scored on form/execution (starting & finishing skills properly, straight legs, pointed toes, confidence throughout the routine, etc). It is possible to see someone fall & score higher than someone who did not fall - but maybe had lots of bobbles or form breaks throughout the routine.