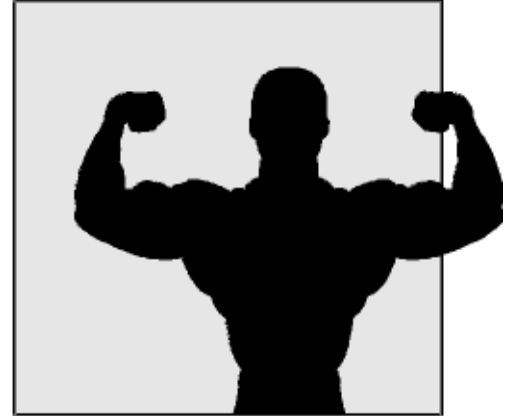


13th Annual Muscle Man Challenge

Hosted by:

Alpha Omega Gymnastics

www.alphaomegagym.net * 281-639-2206



The Muscle Man Challenge is a unique competition to test the strength of your athletes. The format includes specific strength elements on each piece of apparatus. A list of the strength events, along with an explanation of each is included. If you have any questions or suggestions please call. Athletes of all ages and levels will enjoy this competition. We hope you plan to attend.

Date: Saturday, September 17th

Location: Juegen's Gymnastics
7506 FM 1960, Ste A
Humble, TX 77346
281-913-1951

Schedule: Session 1 (ages 6-7, 8-9)
Session 2 (ages 10-11, 12-13, 14+)
Times TBD after entries are received

Age Groups: Individual 6-7,8-9,10-11,12-13, 14+(no levels)
Junior Division Team (ages 6-9)
Senior Division Team (ages 10-14+)

Awards: All Around Medals for every Athlete
Top 4 All Around Scores in each division comprise Team Total
Top 4 Teams in each division receive Trophy
Special Award for Grand Champion Team*
*(top 6 scores from your team regardless of age)

Cost: \$50 per Athlete (includes T-Shirt)
No Team Fee
Make Checks Payable to Alpha Omega Gymnastics

Deadline: September 4th

Send To: Muscle Man Challenge
13907 Oakwood Ln
Sugar Land, TX 77478

**If you have any questions or comments please call
Jerit at 281-639-2206.**