



Handsprings for Hope 2023 Schedule



Modified Capital Cup			
Session	#Of kids	Open Stretch	Awards
Saturday: April 22, 2023			
1R- Gold	60	8am	10:45am
2R-Gold	68	11:15am	2:15pm
3R-Gold	59	2:45pm	5:30pm
4R-Di, Sap,7, 8	56	5:45pm	9:00pm
Sunday: April 23, 2023			
5R-Platinum	55	8:00am	11:15am
6R-Platinum	59	11:45am	3:00pm
7R-level 4	91	3:30pm	7:15pm

Modified Traditional #1			
Session	#Of kids	Open Stretch	Awards
Saturday: April 22, 2023			
1M-Bronze	72	8am	10:30am
2M-L 2/3	68	11:45am	3:00pm
3M-Silver	63	4:15pm	7:15pm
Sunday: April 23, 2023			
4M-Silver	57	8am	11:00am
5M-Silver	44	12:15pm	2:45pm
6M-Silver	51	4:00 pm	6:45pm

Saturday Ronald Gym	
1R-Gold	Cumberland (5), Force, Hanover, Head over Heels, Metzler's, Precision (2 squads), Ricochets, The Gravity Forge, Upper Merion
2R-Gold	All Star (2 squads), ASAP, Axis, Bearfoot, Berks East, Central Bucks, Dynamic, Waynesboro YMCA, Wilson
3R-Gold	Cumberland (4), M-BC Flip Over, Hershey, Hope, KMC, North Mountain, Philly in Movement (2 squads), Prestige (2 squads), Tate's
4R-Di/Sap/7/8	Central Bucks, Dynamic, Gym Starz, Hershey, Hanover, Head over Heels, KMC, M-BC Flip Over, Metzler's, Precision, Prestige, Ricochets, Somerton, The Gravity Forge, Upper Merion, Wilson

Sunday Ronald Gym	
5R-Platinum	All Star (2 squads), Central Bucks, Cumberland, Dynamic, Force, Hershey, Metzler's, Upper Merion
6R-Platinum	Berks East, Gym Starz, Hanover, Head over Heels, Hope, KMC, North Mountain, Philly in Movement, Precision (2 squads), Prestige, Ricochets, Somerton, The Gravity Forge, Waynesboro YMCA, Wilson
7R-Level 4	All Star, ASAP (2 squads), Central Bucks, Force, Gym Starz, Hershey (2 squads), Hanover, Precision, The Gravity Forge, Upper Merion, Wilson

Saturday McDonald Gym	
1M-Bronze	Gym Starz, Hershey (2 squads), Head over Heels, Hope, KMC (2 squads), North Mountain, Prestige (2 squads), Tate's, Waynesboro YMCA
2M-Level 2/3	Bearfoot, Colombia, Gym Starz, Hill's, Hope, Upper Merion
3M-Silver	All Star, Axis, Dynamic, Gym Starz, Tate's, Waynesboro YMCA, Wilson

Sunday McDonald Gym	
4M-Silver	ASAP, Berks East, Hanover, North Mountain, Precision, Somerton,
5M-Silver	Central Bucks, Force, Hope, Metzler's, Philly in Movement, The Gravity Forge
6M-Silver	Head over Heels, Hershey, KMC, M-BC Flip Over, Prestige, Upper Merion