



# Winter 2025 Glenelg Glisten Invitational

Glenelg High School in Howard County invites you to our Annual GLENELG GLISTEN INVITATIONAL competition at **Glenelg High School** on **Thursday, January 16, 2025 at 6:00 PM.**

This competition is open to Varsity and Junior Varsity teams and is sanctioned by the MPSSCC

**TO RESERVE & SECURE YOUR SPOT:** Please email [CoachKatieCarpenter@gmail.com](mailto:CoachKatieCarpenter@gmail.com) your intent to attend.

## **Registration:**

- Cost per team is \$150.00 for 1 team or \$250 for 2 teams
- Registration **due** by December 20th
- No REFUNDS after January 1st
- ONLY the first **20 teams** to register will be guaranteed a spot!
- Make school checks payable to **Glenelg High School**
- Only registered coaches will be permitted to enter with the team during registration

## **Competition Guidelines:**

- National Federation of High Schools (NFHS) and MPSSC rules and regulations will be followed:
- Double panel of judges will be used if needed
- The length of the traditional competitive routines shall not exceed two and a half minutes
- Up to 25 athletes are allowed on the mat
- Up to 30 people – alternates, mascots, managers, members – will be allowed to enter with the team

## **Event Information:**

- Team Registration will be between 4:00-4:45 PM
- Open Mat in the Main Gym on Competition Floor 4:50 - 5:20 PM
- Coaches Meeting at 5:25 PM. Food, beverages, and Thank YOU **gifts** for coaches!
- Doors open to spectators at 5:30 PM
- Concessions, event shirts, and vendors will be available for sale
- **1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> Place Team Trophies** will be presented for each division (Varsity and JV).
- IF we have a **large signup**, we will break down Varsity divisions further 1A/2A/3A/4A
- **Sportsmanship Award**
- **Senior Spotlight** Recognition
- **The competition will begin at 6:00 PM**
- Cost of admission: \$5.00, children under 5 are Free! (Ticket sales - online only)

**Please complete your registration and mail it with your school check to:**

Glenelg High School, Attention: Cheer - Coach Hyrowski

14025 Burntwoods Road, Glenelg, MD, 21737

Questions? Please contact Katie Hyrowski at (443)797-3731 or [CoachKatieCarpenter@gmail.com](mailto:CoachKatieCarpenter@gmail.com)



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TEAM 1 School Name: \_\_\_\_\_ Division: VARSITY or JV 1A 2A 3A 4A

School Address \_\_\_\_\_

Total # of Student Athletes *Competing on the Floor* \_\_\_\_\_

Head Coach's Name \_\_\_\_\_

Head Coach's Contact Number \_\_\_\_\_ Head Coach's Email Address \_\_\_\_\_

Assistant Coach's Name(s): \_\_\_\_\_

\*Please list squad members alphabetically - ONE name per line.

\*Please label all alternates, mascots, and managers - alternates MUST be in uniform.

NO MORE THAN 5 TOTAL MAY ENTER WITH TEAM.

Student Athlete's Name	Student Athlete's Name
1.	16.
2.	17.
3.	18.
4.	19.
5.	20.
6.	21.
7.	22.
8.	23.
9.	24.
10.	25.
11.	26.
12.	27.
13.	28.
14.	29.
15.	30.

Please send the complete registration form and school check to:

Glenelg High School  
Attn: Cheer - Coach Hyrowski  
14025 Burntwoods Road  
Glenelg, MD 21737

Questions? Please contact Katie Hyrowski at (443)797-3731 or CoachKatieCarpenter@gmail.com



**TEAM 2** School Name: \_\_\_\_\_ **Division:** VARSITY or JV 1A 2A 3A 4A

Total # of Student Athletes *Competing on the Floor* \_\_\_\_\_

Head Coach's Name \_\_\_\_\_

Head Coach's Contact Number \_\_\_\_\_ Email \_\_\_\_\_

Assistant Coach's Name(s): \_\_\_\_\_

\*Please list squad members alphabetically - ONE name per line.

\*Please label all alternates, mascots, and managers - alternates **MUST** be in uniform.

**NO MORE THAN 5 TOTAL MAY ENTER WITH TEAM.**

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13.	28.
14.	29.
15.	30.

