

USA Gymnastics
Trampoline & Tumbling
Region IV Championships

May 21-22, 2010

Redbird Arena
Illinois State University
Normal, IL 61790-2660



USA Gymnastics Trampoline & Tumbling

2010 Elite and Jr. Olympic Region IV Championships Region IV Team Selection

DATE	Level 10, Level 9, and all Synchro Levels 1 through Sr.	May 21 May 22
VENUE	Redbird Arena Illinois State University Normal, IL 61790	
HOTEL INFO:	Best Western University Inn: \$70 plus tax. They have an indoor pool, free parking, and free continental breakfast. Phone: 309-454-4070 Holiday Inn Express: \$89 plus tax. They have an indoor pool, free parking, and free continental breakfast. Phone: 309-862-1600 Country Inn and Suites: \$99 plus tax. They have an indoor pool, free parking, and free continental breakfast. Phone: 309-662-3100 Hampton Inn and Suites: \$99 plus tax. They have an indoor pool, free parking, and free continental breakfast. Phone: 309-452-8900	

When making your reservations ask for the block of rooms under USA Gymnastics Region 4 championships . All unreserved rooms will be released April 20,2010.

SCHEDULE:	A detailed block schedule will be posted on the region IV website no later than April 21. The schedule will be fairly similar to last year's with open work-out, synchro competition, and Levels 9 and 10 competition on Friday. All Level 1-8 and Jr. and Sr. competition will be on Saturday. There may be some Level 9 competition on Saturday depending on the schedule.
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FUNDS: Entry fees must be in the form of a money order or certified check. No personal or gym checks will be accepted.

PAYABLE TO: USA Gymnastics Trampoline & Tumbling Region IV

MAIL TO: **USA Gymnastics Trampoline & Tumbling Region IV**
C/O of Mary Lynn Pottorff
334 Gwens Cove Ct.
Lowell, IN 46356

PURPOSE: The Sr. Elite and Jr. Elite competitions will name Regional Champions in all disciplines. This competition will prepare our athletes for competition at national and international events. The Jr. Olympic Regional Championships (Levels 1-10) will name Regional Champions in age groups for all disciplines. This will also serve as the second and final opportunity to qualify for the national championships. We will also name the level 10 Regional Team that will represent our region at the regional face off at the national championships.

ENTRY FEES: **Sr. Elite Athletes will not be charged an entry fee. Competition is MANDATORY to be considered for Region IV Athlete funding.**

Levels 5-Jr. Elite (per competitor)	
First Event	\$80.00
Each additional event	\$15.00
Levels 1-4 (per competitor)	
First Event	\$50.00
Each additional event	\$15.00

Entry Fee includes a Region IV T-shirt for each competitor. Make Sure to fill in the T-shirt size on the entry form for each competitor.

ENTRY DEADLINE: Postmarked or in the regional office by April 1, 2010.
This will insure your team is included in the program
Entries will not be processed without payment, therefore, phone and fax entries will not be accepted.
ABSOLUTELY NO LATE ENTRIES WILL BE ACCEPTED!

ENTRIES: Only entries submitted on the official entry form will be accepted, however this form may be copied as needed. Be sure to complete club and coach information before making copies.

INCOMPLETE OR INCORRECT ENTRIES: After, April 1, 2010 information may be corrected for a charge of \$10 per correction. No refunds will be given for scratches.

REFUNDS No refunds will be given for scratches unless it is due to a medical Injury and the proper doctor's verification is presented. A \$20 fee will be subtracted from the entry fee to cover meet expenses.

**ELIGIBLE
ATHLETES'**

All athletes registered with USA Gymnastics as an athlete member are eligible to compete at the Regional Championships. Please note that all non-U.S. citizens must declare their citizenship prior to competition.

RULES:

USAG Trampoline and Tumbling rules from the current code of points will be used. Please note that there will be no finals. **All age groups are based on the age of the competitor on December 31, 2010.**

COACHES:

Only coaches who have a minimum of a level one coaching certification and current USAG Pro or Associate membership will be issued credentials. Note: Please read the dress code in the code of points. This dress code will be strictly enforced. Teams will be allowed two coaches for each 10 athletes with a maximum of 3. Teams with 10 or less competitors who wish to have an additional coach may pay \$25 for an additional credential. This will help with the cost of hospitality.

**COMPETITION
EQUIPMENT:**

4 - Eurotramp Trampoline with Eurotramp beds and springs
2 - Eurotramp Double-mini Trampoline
2 - Ross Athletic Supply Rod Tumbling Tracks
Equipment managed and additional equipment supplied by Ross Athletic Supply.

VOLUNTEERS:

We need your help with volunteers for this competition. **This year, each team entering five athletes or more must supply at least one volunteer.** We would greatly appreciate all your help. This meet would not be possible without the help of volunteers. Thank you in advance for your assistance. All volunteers will be given a T-shirt.

JUDGES:

Only judges who have met yearly certification requirements and have a current USAG Pro or Associate memberships, and are currently registered with the USAG Trampoline and Tumbling Judges organization will be used to seat panels. Ratings and availability will determine contracts for the Region IV championships. Judging questionnaires must be mailed to Betsy Dammeier by April 1, 2010.

AWARDS:

All athletes will receive flight awards directly following their flight competition. Awards for the top 6 places will be given during the awards ceremony. The awards ceremony will take place directly after the competitors' complete flight is finished. As soon as the athlete finishes their competition they should report to the awards area for their awards. **Please inform all of your athletes that they must wear their competition attire or team warm-up to receive their award.**

Coaches Check Off List

- _____ Read all information carefully
- _____ Copy Parent information letter for each athlete Level 1 to Sr. Elite
- _____ Entry Deadline: Postmarked no later than April 1, 2010
- _____ Sign up your team parents and coaches for volunteer duty
- _____ Copy and hand out judges questionnaire to all certified judges. Deadline for judge's questionnaire will be April 1, 2010.
- _____ Identify all non US citizens on the appropriate form.
- _____ Send entries, coach's credentials request, and volunteer information by April 1, 2010 to:
USA Gymnastics Trampoline & Tumbling Region IV
C/O Mary Lynn Pottorff
334 Gwens Cove Ct.
Lowell, IN 46356
- _____ Contact the hotels for hotel arrangements

Questions?
Illinois
Indiana
Iowa
Kentucky
Michigan
Minnesota
Missouri
Nebraska
Ohio
Wisconsin

Contact your State Chairman
Linda Laaker flip4gold@grics.com
Chrissy Lafollette tumblingexpress@hotmail.com
John Harris Jandl1299@msn.com
Val Runtenelli mjmtnt@gmail.com
Dr. George Drew GDrew17@verizon.net
Tomas Settell admin@beethedifference.com
Barbara Johnson Flipshop@att.net
Jim Bertz jimbertz@premier-gymnastics.com
Melissa Butler mab3539@aol.com
George Greinger nshoregym@sbcglobal.net

Region IV Championships 2010

Coaches Request form

Mail this form with your entries

Postmarked no later than April 1, 2010

Team Name _____

Head Coach _____

Assistant Coach _____

Additional Coach _____

Number of athletes entered in Championships _____

If you would like for us to email a list of the flights with each competitors name please include an email address.

E-mail Address _____

Make sure you include your volunteer form with your meet registration!

Coaches you are allowed two coaches for each 10 athletes if you have 10 or less athletes you may purchase an additional credential for \$25. The maximum number of coaches allowed will be three per team. This is to eliminate floor congestion so that spectators can pick out their star on the floor. Thank you in advance for your cooperation in this matter. Credential can be picked up at the registration desk at the venue.

Coach's dress code will be strictly enforced.

USA GYMNASTICS COMPETITION ENTRY FORM

NAME OF MEET: _____ DATE: _____

TEAM NAME: _____ PHONE: _____

TEAM ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

FAX #: _____ CLUB #: _____

COACH(S) NAME: _____

E-MAIL ADDRESS: _____

COACH USAG#: _____ SAFETY CERT. EXPIRATION DATE: _____

NOTE: Remember you must supply at least one volunteer if you have five or more athletes entered.



COMPETITOR NAME	SEX	USAG #	Birth Year	Age grp.	TU Level	TR Level	DM Level	Synchro Partner	ENTRY FEE	T-Shirt Size (CS,CM,CL,AS,AM,AL)
1										
2										
3										
4										
5										
6										
7										
8										
9										
10										
11										
12										
13										
14										
15										

NOTE: REMEMBER TO INCLUDE YOUR VOLUNTEER LIST WITH THIS ENTRY FORM!

Memo to All Teams

RE: T & T “Angels”

The 2010 Region IV Championships in Normal, IL is just a short time away. Your Trampoline and Tumbling Regional Volunteers are busy planning this great event, and we need your help! To help us make this the best Regional Championship ever, we'll need those T & T “Angels” (aka volunteers) helping in many areas.

This year all teams entering five athletes or more are required to supply at least one volunteer! Thank you for your cooperation with this.

Please go over the following page with your team parents and fill in the appropriate blanks with names and addresses so the volunteers can be contacted directly. Volunteers must be at least 16 years of age. We need you to return your list prior to your entries; they must be postmarked by

You are our only link to the volunteers! We hope you will encourage your team to be a special part of the Regional experience by volunteering at least one day. Positions will be filled on a first-come, first-serve basis, so get your list to the T & T Regional office ASAP. Volunteers who sign up for an entire session will receive a free T-shirt.

Thank you for your help in making Regionals 2010 a never-to-be-forgotten experience for our athletes!

Sincerely

Mary Lynn Pottorff

USA Gymnastics Trampoline & Tumbling 2010 Region IV Championships Volunteers

Volunteers are needed in the following areas (please indicate 1st and 2nd choices from this list):
Computer Data Entry, Spotters, Admissions, Awards

<u>Date</u>	<u>Event</u>	<u>Times (approximate)</u>
Friday, May 21	Synchro, Level 10, Level 9	5:00 p.m. – 9:00 p.m.
Saturday, May 22	Level 1 – 9	8:30 a.m. - 1:00 p.m.
Saturday, May 22	Level 1 – SR.	1:00 p.m. – 6:00 p.m.

Team Name: _____

Remember, all volunteers must be at least 16 years of age.

Name: _____ Circle Days Available: May 21 22am 22pm

Address, City, State, Zip: _____

Phone: _____ Job Choice: 1st _____

Circle Adult T-Shirt Size: S M L XL XXL 2nd _____

Name: _____ Circle Days Available May 21 22am 22pm

Address, City, State, Zip: _____

Phone: _____ Job Choice: 1st _____

Circle Adult T-Shirt Size: S M L XL XXL 2nd _____

Name: _____ Circle Days Available: May 21 22am 22pm

Address, City, State, Zip: _____

Phone: _____ Job Choice: 1st _____

Circle Adult T-Shirt Size: S M L XL XXL 2nd _____

Name: _____ Circle Days Available: May 21 22am 22pm

Address, City, State, Zip: _____

Phone: _____ Job Choice: 1st _____

Circle Adult T-Shirt Size: S M L XL XXL 2nd _____

Name: _____ Circle Days Available: May 21 22am 22pm

Address, City, State, Zip: _____

Phone: _____ Job Choice: 1st _____

Circle Adult T-Shirt Size: S M L XL XXL 2nd _____

Name: _____ Circle Days Available May 21 22am 22pm

Address, City, State, Zip: _____

Phone: _____ Job Choice: 1st _____

Circle Adult T-Shirt Size: S M L XL XXL 2nd _____

Name: _____ Circle Days Available: May 21 22am 22pm

Address, City, State, Zip: _____

Phone: _____ Job Choice: 1st _____

Circle Adult T-Shirt Size: S M L XL XXL 2nd _____

Name: _____ Circle Days Available: May 21 22am 22pm

Address, City, State, Zip: _____

Phone: _____ Job Choice: 1st _____

Circle Adult T-Shirt Size: S M L XL XXL 2nd _____

Name: _____ Circle Days Available May 21 22am 22pm

Address, City, State, Zip: _____

Phone: _____ Job Choice: 1st _____

Circle Adult T-Shirt Size: S M L XL XXL 2nd _____

Parent Information

Dear Parents,

We are so excited about the 2010 Regional Championships. We hope that this will truly be one of the most exciting experiences of your child's tumbling and trampoline career. Here are a few suggestions that may help you have a positive experience also.

ENTRY DEADLINE: Your entry must be to your coach no later than:

ENTRY FEE: There will be no charge for Sr. Elite athletes. Competition at Region IV Championships is MANDATORY to be eligible for Region IV athlete funding.

LEVELS 5 – Jr. Elite

First event \$80.00

Each additional event \$15.00

LEVELS 1 – 4

First event \$50.00

Each additional event \$15.00

These fees are considerably more than what you are accustomed to in your area. Please remember that this is a huge event, it will be very similar to a national championships and it takes the bulk of this entry fee to host a competition of this magnitude. An overage will be used to benefit the athletes of Region IV in clinics, regional events, scholarships and International travel etc. This fee also includes a T-shirt for each competitor to have and be able to wear to the Regional All-Star competition at Nationals.

VENUE: Redbird Arena
Illinois State University
Normal, IL 61790

SCHEDULE: A schedule cannot be done until all entries are in and entered into the computer. A detailed schedule will be posted on the Region 4 website no later than April 21, 2010. The schedule will probably be very similar to last year. Open work-out, Synchro, and Levels 9 and 10 competition on Friday, and all Levels 1 – 8 and Jr. and Sr. competition Saturday. There may be some Level 9 competition on Saturday depending on the schedule.

- HOTEL:** Best Western University Inn: Cost \$70 plus tax. They have an indoor pool, free parking, and free continental breakfast. Phone:309-454-4070
- Holiday Inn Express: Cost \$89 plus tax. They have an indoor pool, free parking, and free continental breakfast Phone: 309-862-1600.
- Country Inn and Suites: \$99 plus tax. They have an indoor pool, free parking, and free continental breakfast. Phone: 309-662-3100
- Hampton Inn and Suites: \$99 plus tax. They have an indoor poll, free parking, and free continental breakfast. Phone: 309-452-8900
- When calling for reservations please ask for the block of rooms under USA Gymnastics Region 4 Championships. **All rooms not reserved by April 20, 2010 will be released.**
- OFFICAL T-SHIRT:** There will be an official T-shirt along with many other items on sale at the venue during the competition.
- SCORING:** There will be final score sheets posted in the lobby at the front of the venue. The scores will also be posted on the Region IV website following the competition. www.usagttregioniv.com.
- PROGRAM:** There will be a program available. All teams and athletes will be listed in the program.
- ADMISSION:** There will be a gate fee of \$5.00 for adults and \$2.00 for children, 6 & under are free. Athletes will be admitted for FREE if they present their athlete pass. This may be obtained from their team coach.
- VOLUNTEERS:** **In order to help make this a quality competition it will take all of us working together. If you would like to volunteer for part or all of a day we would love to have you. Check with your coach and sign up on the volunteer form. All volunteers will receive a free T-Shirt.**
- AWARDS:** Each child will receive a flight award immediately following their flight competition. The top six in each age group and ability will be awarded as soon as the entire competition group is finished. As soon as the group is finished please report to the awards area. **Athletes must be in competition attire or team warm-up to receive an award.**
- SAFETY:** For the safety of your child and others participating in the Region IV Championships, we ask the following: Please do not use flash photography of any kind. Bright lights on video camera are also prohibited.

OFF LIMITS:

Due to safety and the strict rules of USAG only those parents who have volunteered to help will be allowed on the competition floor. All others admitted to the competition floor, must be safety certified with USA Gymnastics, and must also wear the official Region IV Championships credentials. **THERE WILL BE NO PARENTS ALLOWED IN THE LINE UP AREA.** Only athletes that have been called to the line-up area will be admitted. It is not an area for the athletes to gather to wait and play games. Please keep them in the stands with you until they are called to report. We ask for your cooperation in this matter. Once your child has reached the regional level they should know what to expect in the line up area and be able to participate in the process without your help.

We hope your regional Championships experience is a great one. If you have any questions that are not addressed in this mailing please check with your coach prior to the competition so that there are no surprises. Come and enjoy the fun of watching your child learn and grow from the competition experience.

Judges Questionnaire

Region IV Championships

May 21-22, 2010

Level 1 to Sr. Elite

Judging panels for the 2010 Region IV Championships in Normal, Illinois will be selected from those judges who complete and return this form. If you wish to be considered for a panel, return to Betsy Dammeier on or before April 1, 2010. **You will not be asked to judge unless you return this form.** A regional technical representative will extend invitations to judges approximately one month prior to the meet.

Name _____ USAG # _____

Address _____

City, State, Zip _____

Phone _____ Fax _____ Email _____

Team Affiliation _____

Current Category TU _____ TR _____ DM _____

Please check beside the dates you will be available to judge:

Friday, May 21 Synchro, Lev 10, Lev 9 _____

Saturday, May 22 Level 1 –SR. _____

If you return this form and later find out you cannot fulfill your responsibility, please notify Betsy immediately at betsy.dammeier@gmail.com so plans can be made to replace you.

All Questionnaires must be postmarked by April 1, 2010.

Mail to: **Betsy Dammeier**
11348 Aleene Way, Fishers, IN 46038

E-Mail: betsy.dammeier@gmail.com