



## USA Gymnastics Trampoline & Tumbling 2010 Region V Championships

Date: May 21- 22, 2010

Venue: **Von Braun Center**  
**700 Monroe Street**  
**Huntsville, AL 35801**

Host: The State of Alabama & Region V

Hotel Info: **Holiday Inn Downtown**  
401 Williams Ave.  
Huntsville, AL 35801  
256-533-1400 (if you call the group name is US Gymnastics Southern Regional)  
[www.holidayinn.com/huntsvilleal](http://www.holidayinn.com/huntsvilleal) (if you register online the code is PUG)  
Rate: \$89.00  
This rate is available through April 21<sup>st</sup>.

### Tentative Schedule:

Friday, May 21, 2010  
4:30 – 5:30 Training for Session 1  
5:30 – 10:00 Session 1

Saturday, May 22, 2010  
8:30 – 9:30 Training Session 2  
9:30 – 1:30 Session 2  
1:30 – 2:00 Lunch  
2:00 – 3:00 Training Session 3  
3:00 – 7:00 Session 3  
7:00 Tear Down

Payable to: Make checks payable to – USA Gymnastics Trampoline and Tumbling Region V  
C/O of Eric Thomas  
1884 Elmhurst Way  
Knoxville, TN 37923

**PURPOSE:** The regional 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 that will be held in Virginia Beach, VA in June. We will also name the level 10 Regional All Star Team that will represent our region at the regional face off at the national championships in June.

**ENTRY FEES:** Levels 1-Sr. Elite (per competitor)

First Event	\$100.00
Each additional event	\$10.00

**ENTRY DEADLINE:** Postmarked or in the regional office by **April 19, 2010**. This will ensure your team is included in the program. **Entries received after the deadline will be doubled. NO Exceptions.** No entries the day of the meet. There will be no entries after April 19, 2010.

**ENTRIES:** You will register online at [www.cyberscores.net](http://www.cyberscores.net)

**INCOMPLETE OR INCORRECT ENTRIES:** **After April 19th, information may be corrected for a charge of \$10 per correction.**

**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 2010 Code of Points will be used. Please note that there will be no finals for levels 1 – 10. **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 Jr. Pro membership will be issued credentials. **Note: Please read the dress code in the 2010 Code of Points. This dress code will be strictly enforced.** Teams will be allowed a maximum of three coaches.

**COMPETITION EQUIPMENT:** 2 - Eurotramp Trampoline with Eurotramp beds and springs  
1 - Eurotramp Double-mini Trampoline  
1 – Ross Athletic Supply Rod Tumbling Tracks  
Most equipment managed and additional equipment supplied by Ross Athletic Supply.

**VOLUNTEERS:** We need your help with volunteers for this competition. 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. Each state will be responsible for a certain assignment throughout the weekend; that information will be out to you soon.

**ATHLETE BIOS:** Each team who has level 10, Jr. or Sr. Elite competitors will need to return an Athlete bio form and a head shot photograph for each athlete. We are working on getting some much-needed press for our sport and this event.

**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 5 Championships. Judging questionnaires must be mailed to Wendy Whaley by April 19, 2010.

# Coaches Check Off List



- \_\_\_\_\_ Read all information carefully
- \_\_\_\_\_ Fill in gym entry deadline date on Parent information letter
- \_\_\_\_\_ Copy Parent information letter for each athlete Level 1 to Sr. Elite
- \_\_\_\_\_ Copy regional program ad information for each athlete
- \_\_\_\_\_ Entry Deadline: Postmarked no later than April 19, 2010  
(All late entries will be doubled)
- \_\_\_\_\_ Sign up your team parents and coaches for volunteer duty
- \_\_\_\_\_ Copy and hand out Athlete Bio forms to Level 10, Jr., Sr. Competitors
- \_\_\_\_\_ Copy and hand out judges questionnaire to all certified judges. Deadline for judge's questionnaire will be April 19, **2010**
- \_\_\_\_\_ Identify all non US citizens on the entry form.  
Send Athlete Bios to:  
Missy Belcher  
[tumble.coach@yahoo.com](mailto:tumble.coach@yahoo.com)
- \_\_\_\_\_ Send judge's questionnaires, April 19, 2010 to:  
USA Gymnastics Trampoline & Tumbling Region V  
C/O Wendy Whaley  
[wwhaley@bgctnv.org](mailto:wwhaley@bgctnv.org)  
Phone: 865-805-1923  
Fax: 865-588-0861
- \_\_\_\_\_ Send Ad information and checks for programs postmarked no later than April 10th.  
**We would like for each team attending the 2010 Regional's to purchase a good-luck team picture ad in the Region 5 Program. We would like any team of 30 or more to purchase a full-page ad (this is only \$100.00, divided by 30 is only \$3.33 each or you can find a sponsor). For teams of 29 or less we request that you purchase half-page ad. In order to encourage Region 5 athletes to continue in the sport of Trampoline and Tumbling, we thought that a small monetary stipend in addition to the certificate each Regional team member will receive at Regional's would encourage those athletes to continue in our sport. This stipend will not exceed \$100 for each athlete named to the Regional Team; the remainder of the money raised will go into a fund to assist any Level 10, Jr. or Sr. Elite member selected for World Championships or the World-Age Group Games.**  
Your assistance is critical to the success of this endeavor, please encourage everyone to participate.
- \_\_\_\_\_ Contact the local hotel for accommodations; see the attached information for contact numbers and locations.

# Memo to All Teams

RE: Region V Helping Hands

The 2010 Region V Championships in Huntsville, AL 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 Region V Helping Hands (aka volunteers) helping in many areas.

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. (Please encourage Dads to volunteer, we always need spotters!) We need you to return your list prior to your entries; they must be postmarked by April 19, 2010.

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.

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

Sincerely

Eric Thomas

# Parent Information

Dear Parents,

We are so excited about all of you attending Regional's this year. We hope that this will truly be one of the most memorable 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:** LEVELS 1 – Sr. Elite  
First event \$100.00  
Each additional event \$10.00

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 the national championships. It takes the bulk of this entry fee to host a competition of this magnitude. Any overage will be used to benefit the athletes of Region V in clinics, regional events, scholarships and International travel, etc.

**VENUE:** **Von Braun Center**  
**700 Monroe Street**  
**Huntsville, AL 35801**

## **SCHEDULE:**

Friday, May 21, 2010

4:30 – 5:30 Training for Session 1  
5:30 – 10:00 Session 1

Saturday, May 22, 2010

8:30 – 9:30 Training Session 2  
9:30 – 1:30 Session 2  
1:30 – 2:00 Lunch  
2:00 – 3:00 Training Session 3  
3:00 – 7:00 Session 3  
7:00 Tear Down

**To insure that the meet is fit into the time allotted the schedule is subject to change!**

**HOST HOTEL:** **Holiday Inn Downtown**  
401 Williams Ave.  
Huntsville, AL 35801  
256-533-1400 (if you call the group name is US Gymnastics Southern Regional)  
[www.holidayinn.com/huntsvilleal](http://www.holidayinn.com/huntsvilleal) (if you register online the code is PUG)  
Rate: \$89.00

**PROGRAM:** There will be a program available. If you would like to purchase a Good Luck ad for your child or team, see your head coach today. All teams and athletes will be listed in the program. **ALL PROGRAM ADS MUST BE EMAILED TO MISSY. UPON RECEIVING OF AD INFORMATION SHE WILL SEND A CONFIRMATION EMAIL. IF YOU DO NOT RECEIVE A CONFIRMATION YOU CAN CONTACT MISSY AT 228-596-5077**

**ADMISSION:** TBA

**AWARDS:** The top ten in each age group and ability will be awarded at the end of each session of competition in a special awards ceremony. The Level 10 Regional All Star Team will be announced during March- In Saturday morning. Parents will be allowed on the floor only in designated areas to take pictures at the overall awards ceremonies at the end of each session.

**SAFETY:** For the safety of your child and others participating in the Region V 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 V Championships credentials. **THERE WILL BE NO PARENTS ALLOWED IN THE LINE UP AREA.** Each team should have a representative in the line up area to help with their team. 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 Championship 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.

# Athlete Biography

Please include a photograph (a head shot is preferable) if you would like you can email a photograph to [tumble.coach@yahoo.com](mailto:tumble.coach@yahoo.com)

Name \_\_\_\_\_

Hometown \_\_\_\_\_

Current Residence \_\_\_\_\_

Club \_\_\_\_\_

Coach \_\_\_\_\_

School \_\_\_\_\_

Year in School \_\_\_\_\_

Began in Gymnastics \_\_\_\_\_

Years on National Team \_\_\_\_\_

Favorite Events \_\_\_\_\_

## Personal information

Parent's names \_\_\_\_\_

How many brothers and sisters and their names \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Hobbies \_\_\_\_\_

Why I started participating in gymnastics \_\_\_\_\_

\_\_\_\_\_

What is my favorite skill to perform \_\_\_\_\_

Favorite Movie \_\_\_\_\_

**Favorite Musical Group** \_\_\_\_\_

**Who is your role model** \_\_\_\_\_

**Favorite subject in school** \_\_\_\_\_

**What career would you like to pursue** \_\_\_\_\_

**What is your best advice for young athlete's** \_\_\_\_\_

\_\_\_\_\_

**International Competitions and results** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**National Competitions and results** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# Judges Questionnaire

## Region V Championships

### May 21 & 22, 2010

### Level 1 to Sr. Elite

Judging panels for the 2010 Region V Championships in Huntsville, AL will be selected from those judges who complete and return this form. If you wish to be considered for a panel, return to Wendy Whaley on or before **April 19, 2010**. **You will not be asked to judge unless you return this form.** We will extend invitations to judge 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:**

**Saturday, May 21st**      Ages 6 & under, 7 & 8, 9 & 10; All Ages / Level 8, 9, 10, Jr., Sr. \_\_\_\_\_

**Sunday, May 22nd**      Ages 13 & 14, 11 & 12, 15 & over / Level 1 – 7 \_\_\_\_\_

If you return this form and later find out you cannot fulfill your responsibility, please notify Wendy immediately at (865) 805-1923 or [wwhaley@bgctnv.org](mailto:wwhaley@bgctnv.org) so plans can be made to replace you. Please leave a message if no answer.

**All Questionnaires must be postmarked by April 19, 2010**

**Mail to**                      Wendy Whaley  
1309 Grenoble Way  
Knoxville, TN 37909

**Email**                      [wwhaley@bgctnv.org](mailto:wwhaley@bgctnv.org) or [region5tt@yahoo.com](mailto:region5tt@yahoo.com)

# Region V

## Championships 2010

### Coaches Request form

**Mail this form along with entries**  
**Postmarked no later than April 19, 2010**

Team Name \_\_\_\_\_

Head Coach \_\_\_\_\_ USAG # \_\_\_\_\_

Assistant Coach \_\_\_\_\_ USAG # \_\_\_\_\_

Additional Coach \_\_\_\_\_ USAG # \_\_\_\_\_

Number of athletes entered in Championships \_\_\_\_\_

T-Shirt Sizes:

Child Small \_\_\_\_\_

Adult Small \_\_\_\_\_

Child Medium \_\_\_\_\_

Adult Medium \_\_\_\_\_

Child Large \_\_\_\_\_

Adult Large \_\_\_\_\_

**Total # of Shirts** \_\_\_\_\_

Adult X Large \_\_\_\_\_

Adult XX Large \_\_\_\_\_

Adult XXX Large \_\_\_\_\_

**These t-shirt sizes are just for me to give Northwest Designs an idea of how many of each size we need!!!**

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

E-mail Address \_\_\_\_\_

If you would like for me to send this information to a Parent Booster representative, please include email address.

E-Mail Address \_\_\_\_\_

**Coaches: you are allowed a maximum of three coaches on the floor. Thank you in advance for your cooperation in this matter.**

**Credentials can be picked up at the registration desk at the venue.**

**Coach dress code will be strictly enforced.**

**Region 5 Regional Championships Program  
Program Ad Form**

	Cost:	Enclosed
<b>Full Page</b>	<b>\$130.00</b>	
<b>Half Page</b>	<b>\$70.00</b>	
<b>One-Eighth Page</b> (Individual Good Luck Ad)	<b>\$25.00</b>	
Each Club gets a full page for \$100		
Also all images must be digital and 300 dpi...		

Please type message

Message:

Team Name/Athlete's

Parents:

Contact Name:

Address:

Phone/Email:

**Ads are due by April 19, 2010**

Enclose a Wallet Size Photo if You Would Like to Include a Picture in the Ad.

Make Checks Payable To: USAG Region 5

Mail To: Eric Thomas

1884 Elmhurst Way, Knoxville, TN 37923

**E-mail Ads To: Missy Belcher ALL ADS SHOULD BE EMAILED NOT MAILED TO AVIOD THE WHOLE "I MAILED IT, BUT IT'S NOT IN THE BOOK..." FOR EVERY AD EMAILED THEY WILL RECEIVE A CONFIRMATION EMAIL...**

[tumble.coach@yahoo.com](mailto:tumble.coach@yahoo.com)