



Dear Coaches and Parents:

On behalf of USA Gymnastics, thank you for agreeing to have your athlete serve as a demonstrator for Region 1 Congress. The following guidelines will help you and the gymnast prepare for this event.

Attire:

We ask all gymnasts arrive in a workout leotard and trunks for girls and tanks and shorts for boys. Please wear a warm-up over your workout clothes. Girls must have hair tied back neatly. No jewelry of any kind may be worn and no chewing gum is allowed.

What to Bring:

A gym bag packed with grips, along with anything the gymnast may use during workout and a bottle of water. (Please bring snacks if staying for several hours).

Safety Guidelines:

Demonstrators need to remember to be respectful to the clinicians and coaches during all sessions. **No one is allowed on any equipment without direct instruction and supervision of the clinicians.**

What to Expect in the “Hands-on Spotting” Lectures:

The lead clinicians will divide the coaches into spotting groups according to experience level. The lead clinician will team spot with the novice coach to train correct spotting technique. The gymnast will be asked to repeat skills numerous times. All gymnasts will only be asked to perform skills they have already mastered. If the gymnast is asked to perform a skill they are not comfortable doing, ask them to notify the clinicians and do not participate in demonstrating that skill.

Arrival:

Please arrive at the **Town and Country Resort** at least **thirty minutes** prior to your assigned time. You will check in with the **demonstrator coordinator Donagene Jones at the registration booth**. Here you will receive your exhibit hall pass/ credential. The demonstrator coordinator will take all gymnasts to a designated area for warm-up.

Location: Town and Country Resort, 500 Hotel Circle North, San Diego, CA 92108

Dismissal:

Approximately fifteen minutes after the session time ends the demonstrator coordinator will gather all gymnasts and return to the lobby to check out all gymnasts to their parents or coaches.

Parent/Guardian

Parents/Guardian are welcome to attend the lecture that their child is demonstrating. Please provide us a number of parents that will be attending and passes will be provided.

Emergency contact number while onsite: 317-538-1409

Thank you again and we look forward to working with you!