



REGION 5
Level 9/10
GUIDE TO NATIONALS COACHES
HANDBOOK

Website: Region5.com

Facebook: 2019 Region 5 National Information,
Region 5 Gymnastics Insider

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Welcome

Congratulations on qualifying one or more athletes to Region 5 National Championships!

National Qualifiers are the top 7 All-Around gymnasts in each age group and number 8 is the 1st Alternate. In Region 5 this achievement means more than just qualifying to Nationals, it means you are now part of the Region 5 Dream Team. This is an honor earned. You now have the opportunity to represent Region 5 in Indianapolis, Indiana at the 2019 Level 10 JO Nationals and/or Kissimmee, Florida for Level 9 Eastern Championships.

The athletes are divided into the following age divisions: Junior or Senior A/B/C/D/E/F for Level 10 and Junior and Senior 1/2/3/4/5/6/7/8 for Level 9.

I, Shannon Hunt, will be acting as the Region 5 coordinator for Level 10, but if you have questions regarding Level 9 I may be able to help. My contact information is shannonhunt1012@gmail.com and 586-933-3553. (Please only use my cell number at Nationals only).

Apparel

Athletes

All National Qualifiers will be sized for apparel today. All clubs that participated in a camp (Hot Shot, Super, Hi-Tech, Forward Progress, High Performance) qualify their athletes to receive their banquet ticket/and all apparel free for Level 10. For Level 9 we have allotted \$125.00 in apparel free. All Region 5 athletes **COMPETING** or 1st Alternate attending JO for Region 5 (or another Region) will receive apparel and competition entry free. Clubs that did not participate in a camp must pay today for the National Competition entry, which is \$135 per athlete, and Apparel fee of \$300(L10)/\$100 (L9) for one athlete or \$600 (L10)/\$200 (L9) for two or more athletes. The total for one athlete is \$435. The cost for two or more athletes is \$600 plus \$135 for each athlete registration fee. You must pay by check payable to Region 5 or by credit card.

All athletes will receive an apparel itinerary. They must bring all apparel to Indiana or Florida.

Level 10 Athlete Eligibility Rules for Free Region 5 Apparel and Registration Fee

Athletes who meet the following two criteria will receive FREE Region 5 Apparel:

1. The athlete has qualified to JO Nationals/Eastern Nationals and has committed to attending **ALL DAYS AND ACTIVITIES OR**

The athlete is a **1st Alternate** and has have committed to attending **ALL DAYS AND ACTIVITIES** during Nationals. There is a form committing to all days and activities at the end of this handbook, that parents will need to fill out and turn in for athletes to receive apparel. This includes Region 5 Athletes who qualify to compete for another Region. (A Region 5 athlete may compete for another Region if that Region does not have enough athletes competing in your age group to fill the allotted spots. USA Gymnastics will then pull alternates from other Regions to fill those spots).

2. The athlete's gym has participated in the Region 5 Training Camps for the current competitive season by registering and sending athletes to train at one or more camps. The **specific athlete** who qualifies to JO Nationals does **NOT** need to have attended a camp personally.

2nd Alternates

The 2nd alternates are invited and encouraged to attend JO Nationals. 2nd alternates, who meet the eligibility requirements, will size for all apparel that remains available when and if they are called to compete, or are moved into the 1st alternate position. The athlete must attend JO Nationals to receive Regional 5 Apparel. If your athlete gets called up there is no guarantee all apparel or specific sizes will be available. **NO NEW ORDER WILL BE PLACED.**

Complimentary Registration fee criteria

The individual athlete must have attended a training camp in 2018 (hot shot/ super camp/forward progress/high performance/ Hi-tech)

Coaches

Coaches who participated in **coaching** a camp (**must have worked the entire weekend**) will receive their Region 5 apparel for free. "On the floor" apparel is the Travel Day/ Training day shirt/ Saturday Ogio Shirt/Sunday Ogio shirt/and Full Zip Black jacket. Any other apparel can be purchased at the Region 5 store. You can pay with cash/check or credit card. You will also be receiving a general Thank You gift for all of your coaching support this year. (phone charger and travel mug)

Coaches: What to Wear, When to Wear It, at Nationals

LEVEL 9 EASTERN NATIONALS

Thursday (Practice Day)

- White Shirt
- Region 5 Dream Team Jacket with Red/White/Blue Embroidery (purchase if you choose)

Friday Jr. 1,2,3,4,5,6

- Black Shirt
- Black pants or shorts
- Official Region 5 Black Coach's Jacket

Saturday Jr. 7,8, Sr. 1,2,3,4

- Black Ogio T-shirt
- Black pants or shorts
- Official Region 5 Black Coach's jacket

Sunday Sr. 5,6,7,8

- Grey Ogio T-shirt
- Black pants or shorts
- Official Region 5 Black Coach's jacket

Level 10 JO NATIONALS:

Thursday (Travel Day)

- White Shirt
- Region 5 Dream Team Jacket with Red/White/Blue Embroidery (purchase if you choose)

Friday (Training Day)

- Black Shirt
- Black pants or shorts
- Official Region 5 Black Coach's Jacket

Saturday A/B/C

- Black Ojio T-shirt
- Black pants or shorts
- Official Region 5 Black Coach's jacket

Sunday D/E/F

- Grey Ojio T-shirt
- Black pants or shorts
- Official Region 5 Black Coach's jacket

THE ONLY WAY TO GUARANTEE REGION 5 MERCHANDISE WILL GET TO YOU BEFORE NATIONALS IS TO ORDER AND PAY TODAY AT THE REGION 5 STORE.

Etiquette/Curfew:

Etiquette

(You are Region 5)

No cursing

Team first attitude

Parents are fans; not coaches.

If a child is sick/injured and another athlete needs to be pulled up, Kittia Carpenter and Shannon Hunt needs to be contacted by text/email asap. Both emails are located at the beginning of this literature.

Level 10 Hotel Arrangements

Our host hotel this year is The JW Marriott 10 South West St., Indianapolis, IN 46204. The cost of the hotel is \$205 plus 17% tax per night. Total per night \$239.85

We fill rooms in the following order: athletes, coaches and then parents

**Questions: Shannon Hunt office 586-954-3300,
Shannon's cell 586-933-3553 (text only)
shannonhunt1012@gmail.com**

***If your athlete scratches the competition, they are removed from the team room and placed in an extra athlete room as long as there is space. If there is no space, the athlete will then room with the parents and be refunded their charge.**

***If you are cancelling your entire reservation, please contact Shannon Hunt before the hotel. If you are only making changes to your reservation, then you would only need to contact the hotel.**

***ALL CREDIT CARD INFORMATION WILL BE SHREDDED IMMEDIATELY AFTER CONFIRMATION NUMBERS ARE DISPERSED TO YOU.**

Athletes

All athletes will room together, and there are 4 athletes per room. All room assignments will be given out at processing.

The National Hotel Room form must be turned in today with a cash/check payment of \$179.89. Checks should be made out to **Region 5**.

Athletes can/will stay in these rooms from Thursday, May 16, 2019 until Sunday, May 19, 2019 at 12:00pm.

***There are no roommate requests**

Coaches must fill out a National Hotel Room Form. We encourage sharing rooms due to the number of rooms available.

Parents must fill out, in its entirety, a National Hotel Room Credit Card Authorization Form. We have a limited number of rooms, so please understand we will do our best to get you into our hotel, but we cannot guarantee it. Please make sure your writing is legible, if we cannot read your email, we cannot communicate with you.

Coaches and parents, you will be given an email with a confirmation number by April 22, 2019. Please do not call the hotel before you receive an email confirmation. If you want to add any nights, you may try after this date. (It is better to book more nights now and then cancel than to try to add nights later.) When you contact the hotel, you can ask for **Maggie (Group Sales)**. If you would like to cancel a reservation completely, please call/email Shannon Hunt **NOT THE HOTEL**.

Curfew

These times must be followed or your athlete will lose their apparel and risk their spot for competition.

There are no exceptions.

Non-Competition night before you compete – 11:00pm (lights out)

Night before competition – 10:00pm (lights out)

Night after the competition 12:00am (midnight) (lights out)

Lights out does not mean walking in hotel. Plan accordingly.

Tentative Schedule

Level 9 Eastern Nationals

Thursday, May 9th, 2019

You may pick up your GK apparel at GK Booth before or after practice. Alternates do not!

Practice for Region 5 – 1:00 pm – 3:30 pm

You must RSVP today and turn in at Registration table

Banquet Details on meet website. Parents and coaches are responsible for purchase and travel arrangements for the banquet. PURCHASE TICKETS ASAP IF YOU ARE GOING THEY SELL OUT FAST.

Friday, May 10th, 2019

Junior 1 & 2 8:30am

Junior 3 & 4 12:30pm

Junior 5 & 6 4:30 pm

Saturday, May 11th, 2019

Junior 7 & 8 8:30am

Senior 1 & 2 12:30pm

Senior 3 & 4 4:30 pm

Sunday, May 12th, 2019

Senior 5 & 6 8:00 am

Senior 7 & 8 12:00 pm

Level 10 JO Nationals

Thursday, May 16th, 2019

Processing 4:00-6:00 PM

Welcome Meeting 6:30 PM

Curfew is 10:30 PM in room, lights out by 11:00 PM

Friday, May 17th, 2019

Meet in lobby fed and ready to go at 7 am sharp (We will walk to the venue and take Region 5 pictures.)

Practice 8:00 am-10:30am (Qualifiers 1-7 only) Alternates may attend, but not workout. All athletes that compete for another Region will train with that Region at their time.

12:00-2:30 pm alternates MAY work out at DeVeau's or JPAC. (Enclosed are waivers that must be filled out to practice there.)

(All athletes will receive their number to be pinned on their back with year of graduation sticker. It is your responsibility to have this number at practice and at the meet.)

*Any athlete competing for another region must practice with that Region.

- Regions 4/5 8:00am-10:30am
- Regions 3/6 10:30am-1:00pm
- Regions 2/7 1:00 – 3:30 pm
- Regions 1/8 3:30pm-6:00 pm

Coaches/Parents are responsible for lunch/dinner etc. Remember athlete rules when planning

Welcome Party: 6:30 pm – 9:30 pm. Join us at the Indianapolis Zoo for an evening of fun that includes music, food, beverages and animal encounters with a parrot, turtle, lizard and snake! **\$80**

Parents are responsible for getting your athlete to and from the Zoo!

Junior and Senior A must leave the Welcome Party by 8:30 pm!

Curfew for Junior and Senior A lights out 9:30 PM, Junior and Senior B, C lights out 10:00 PM

Curfew for D/E/F, lights out at 11:00 PM

Saturday, May 12, 2018

Junior A and Senior A meet in Athlete Prep room @ 6:30 AM

Competition time 7:45 AM (\$5 per athlete breakfast fee)

Junior B and Senior B meet in Athlete Prep room @ 10:00 AM

Competition time 11:45 AM

Junior C and Senior C meet in the Athlete Prep room @ 3:00 PM

Competition time 4:45 PM

Curfew A/B/C 12:00 AM

Curfew D/E/F lights out at 10:00 PM

Sunday, May 13, 2018

Junior D and Senior D meet in Athlete Prep room @ 6:30 AM (\$5 per athlete breakfast fee)

Competition time 7:45 AM

Junior E and Senior E meet in the Athlete Prep room @ 10:00 AM

Junior F and Senior F meet in the Athlete Prep room @ 3:00 PM

Accommodations/Responsibilities:

Flight:

You and/or your Club should arrange your flight. You must be in Indianapolis, IN by Thursday, May 16th, 2019 between 4:00-6:00 pm for Level 10 processing.

You and/or your Club should arrange your flight. You must be in Kissimmee, FL by Thursday May 9th, 2019 for practice if you choose for Level 9. Please RSVP if you are going.

Hotel:

Level 10

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Level 9

Our host hotel this year for Level 9 is the Grand Orlando Resort at Celebration. It is a courtesy block and is held until April 18th, 2019. The address is 2900 Parkway Boulevard, Kissimmee, Florida. 34747. The room rate is \$84 per night. There is a resort fee of \$10 per room, per night and a parking fee of \$13 per car, per night.

Group request code: 0519REGGYM

WE DO NOT DO YOUR RESERVATIONS FOR YOU!

Food:

Each athlete is responsible for her own food. Breakfast buffet is between \$15 - \$20. Make sure your athlete has enough money for 3 meals a day. Snacks, food and drink choices should be the athlete responsibility. Please make sure your rooms are following standard Successful Athlete Nutritional Guidelines.

Venue

The Level 10 JO Championships is being held at the Indiana Convention Center. The address is 100 South Capitol Ave., Indianapolis, IN 46225. The venue is linked to the hotel by a covered walk.

The Level 9 Eastern Championships is being held at the Silver Spurs Arena at Osceola Heritage Park. The address is 1875 Silver Spur Lane, Kissimmee, Florida. 34744.

Tickets

All gymnasts and coaches who qualified for the 2019 J.O. National Championships for Women will be provided credentials for the weekend upon check in at practice on Friday.

All other spectators, including USA Gymnastics professional members and gymnasts not qualified for the meet will be required to pay admission rates for this event. **CASH ONLY!**

	Training Day	Day Passes
Adults	\$10	\$25
Children 5-12	\$5	\$12
Children 2 and under	Free	Free
Seniors 65 and older	\$5	\$10

COACHES
CHECK LIST

BEFORE LEAVING REGIONALS

- National Hotel Room Form – turn in to Shannon Hunt
- Coaches/Parent donation sheet
- Shop – Region 5 store
- Apparel Sizing
- Registration for National Meet – Dave Stiles

DAY AFTER

- Book travel arrangements
 - Flight
 - Car
 - Hotel (Level 9 Only)
- Register online @ Region5.com under Dream Team (athlete/coach/parent)
- Like Region 5/2019 National Information Facebook page

AFTER APRIL 20TH (OR WHEN YOU HAVE RECEIVED YOUR CONFIRMATION EMAIL)

- Check room dates
- Make any adjustments necessary with Maggie or Shannon for Level 10

AFTER MAY 1ST

- Pack per list
- Make sure your weekend is locked down with your coach regarding travel plans and parent responsibilities.
- Check with your athletes regarding plan or questions
- 2 digital copies of your floor music (MP3 player, computer, tablet, smart phone, etc.) Nationals will NOT provide a compact disc player.

Once again, congratulations on qualifying it to 2019 Level 9 Eastern Championships in Kissimmee, Florida and Level 10 JO Nationals in Indianapolis, Indiana. Over the next few weeks, remember to train hard, remain focused on the task before you and GO REGION 5!