



REGION 5
Level 9
National Qualifier
GUIDE TO NATIONALS PARENT/ATHLETE
HANDBOOK

Website: Region5.com

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

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Welcome

Congratulations on qualifying to the 2019 Level 9 Eastern 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 Level 9 Dream Team. This is an honor earned. You now have the opportunity to represent Region 5 in Kissimmee, FL at the 2019 Level 9 Eastern Championships.

The athletes are divided into the following age divisions: Junior or Senior 1/2/3/4/5/6/7/8.

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 Regional Level 9 apparel free. All Region 5 athletes **COMPETING** or 1st Alternate attending JO for Region 5 (or another Region) will receive apparel approx. \$125.00 in apparel free today. 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 \$100 for one athlete or \$200 for two or more athletes. The total for one athlete is \$235. The cost for two or more athletes is \$200 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. All Level 9 athletes will receive (as long as they qualify/ requirements previously stated above) a tank leotard /jacket/ and pants from GK for competition day. The Tattoo, hair ribbon, hair bow and blinking glasses are from Region 5 for competition day. Tank top/shorts/ tank leo from are from Region 5 for Practice Day!

Level 9 Athlete Eligibility Rules for Free Region 5 Apparel

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

1. The athlete has qualified to JO Nationals **OR**

The athlete is a **1st Alternate** who have committed to attending **Training Day and Competition Day** during Nationals. There is a form at the end of this 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 a particular 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 to receive the apparel.

2nd Alternates

The 2nd alternates are invited and encouraged to attend JO Nationals. 2nd alternates, who meet the eligibility requirements, will receive 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. Region 5 apparel is NOT GUARANTEED for 2nd alternates, although we will do our best in this situation.

Complimentary Region 5 Registration fee

In order to have your registration fee for Nationals paid for by Region 5 the athlete herself must have attended a 2018 training camp. The accepted camps are super camp, hot shot camp, forward progress camp, high performance camp, or high tech camp.

Coaches

Coaches who participated in **coaching** a camp (**must have worked the entire weekend**) will receive their Region 5 apparel for free. You can pay with cash/check or credit card. All coaches will receive training day shirt, day 1 shirt, day 2 shirt, day 3 shirt, and jacket.

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

Thursday (Training Day)

- White Shirt
- Region 5 Dream Team Jacket with Red/White/Blue Embroidery

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

Sunday Sr. 5,6,7,8

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

Parents

Region 5 will not be bringing anything to Nationals for you to purchase, so you must shop now.

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, Shannon Hunt needs to be contacted by text asap.

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

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.

Welcome Party: 6:30 pm – 9:30 pm (Location TBD)

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

Accommodations/Responsibilities:

Flight:

You and/or your Club should arrange your flight. You must be in Kissimmee, Florida by Thursday, May 9th, 2019. Practice begins at 1:00 pm. (if you are not attending practice you and your coach's choice)

Hotel:

Our host hotel this year 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

Venue

The meet 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!**

Prices TBD

PARENT/ATHLETE
CHECK LIST

BEFORE LEAVING REGIONALS

- Shop – Region 5 store
- Media – Jason McDonald- 1 Group picture
- Apparel Sizing – Kiki -GK and Ozone
- Registration for National Meet – Dave Stiles

DAY AFTER

- Book travel arrangements
 - Flight
 - Car
 - Hotel
- Like Region 5/2019 National Information Facebook page
- Do Athlete Bio Form. Read through meet website to see if any additional paperwork/photography releases etc., need to be completed.

AFTER MAY 1ST

- Pack
- Make sure your weekend is locked down with your coach regarding travel plans and parent responsibilities.
- Check with your coaches 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. Over the next few weeks, remember to train hard, remain focused on the task before you and GO REGION 5!