

# 2009 Acrobatic Gymnastics Junior Olympic National Championships Technical Packet



## I. J.O. National Championships Staff

Tom Housley - Acro Program Director  
Jeff Smith - Event Director  
Jeff Oberst - Competition Director  
Elizabeth Millard – Acro Program Assistant  
Bob Meier – Staging Manager  
Technical Director – Kari Duncan  
Kathy Lee - Volunteer Coordinator

## II. Registration

- a. The accreditation office is at Crowne Plaza Hotel. Participants can enter the accreditation area from the main lobby of the hotel. Look for signs upon entry. Registration times are listed on the event schedule.
- b. All coaches, athletes, and judges are to report to the accreditation office prior to their first scheduled training, meeting or work time to receive credentials. Goodie bags, technical materials, updated event and rotation schedules and team welcome packets will also be distributed at registration. Parent liaisons or coaches may pick up their team's welcome packet, t-shirts and closing party tickets. Head coaches and/or parent liaison must sign for these materials before leaving the registration area.
- c. Volunteer check-in and credentials are issued at the Roy Wilkins Auditorium. Volunteers must check-in with Kathy Lee upon arrival.
- d. **No one is allowed in the competition or warm-up area without the proper credentials. These restrictions will begin Tuesday, July 6.**
- e. **There is no athlete seating for athletes on the field of play. Only athletes competing in the current competition session are allowed in the competition area. Make sure your athletes and parents are aware of this before they arrive.**
- f. Credentialed participants have access to the spectator seating area using their credential. J.O. National credentials have admittance into each Freedom Cup competition session. Credentials must be shown to gain admittance.
- g. The cost is \$10 to replace a lost credential.

## III. Training Format

- a. See the event schedule for training times. Every attempt was made to accommodate requested time slots for training and to fit around meeting schedules. Priorities were given based on the order in which your Nationals entry fees were postmarked.
- b. Coaches are to prepare the athletes in advance and organize routine line-ups among your team and other teams in your training session.
- c. Clubs scheduled to train on the Competition Floor may start warm-ups on the Warm-up floor 30 minutes before running routines on the Competition Floor. This is to help ensure that each pair/group is able to run at 1 full routine at a minimum. Be organized and ready with a routine order to help expedite this process.
- d. Open training times are on the schedule and listed per level. All opening training sessions are on the training floors. The training sessions are available only for the competitors listed on the schedule.
- e. Athletes may only train on the designated floor at the designated time.
- f. Personal coaches must attend all training sessions with their athletes. Athletes will not be allowed to train without a coach present.

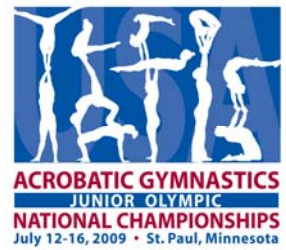
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g.

<b>J.O. Nationals Schedule</b>		
<b>Training Schedule</b>		
<b>Start Time</b>	<b>End Time</b>	<b>Training Groups</b>
<b>Friday, July 10</b>		
8:00 a.m.	9:30 a.m.	CATT, WCTC
9:30 a.m.	11:00 a.m.	ATA, SRVDA
11:00 a.m.	12:30 p.m.	XTR
12:00 p.m.	2:00 p.m.	EAGC, SKY
12:30 p.m.	2:00 p.m.	FLIP, MAATT
2:00 p.m.	4:00 p.m.	RSAC, TAAG, TOPS
<b>Saturday, July 11</b>		
8:00 a.m.	9:30 a.m.	AE, BGC, TAAG, KAF
8:00 a.m.	10:00 a.m.	MAATT, ODC, WCTC, XTR
9:30 a.m.	11:00 a.m.	1CLASS, EMPIRE, GYMC
10:00 a.m.	12:00 p.m.	ATA, BROWNS, CSA, ITA, SKY, SRVDA
11:00 a.m.	12:30 p.m.	CCG, MCSA, NWG, USAAA
12:00 p.m.	2:00 p.m.	CCOAST, EAGC, FLIP, GYMBEAT, WOGA, AAG
12:30 p.m.	2:00 p.m.	RSAC, TOPS
2:00 p.m.	4:00 p.m.	AA, CATT, PCE, SSYMCA, CHEER
<b>Sunday, July 12</b>		
8:00 a.m.	9:30 a.m.	ASG, ODC, PCE, SSYMCA
8:00 a.m.	10:00 a.m.	1CLASS, MAATT, NWG, XTR
9:30 a.m.	11:00 a.m.	BROWNS, CSA, SKY, WOGA, AAG, LB
10:00 a.m.	12:00 p.m.	ATA, BGC, EMPIRE, FLIP, SRVDA, WCTC
11:00 a.m.	12:30 p.m.	EAGC, GYMBEAT, ITA, CHEER
12:00 p.m.	2:00 p.m.	AE, CCG, RSAC, USAAA
12:30 p.m.	2:00 p.m.	AA, CCOAST, MAAGC, PARKER, PG
2:00 p.m.	4:00 p.m.	CATT, MCSA, TAAG, TOPS, GYMC, KAF

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**IV. Competition Format**

- a. Warm-up for competition will open one-hour prior to the start of the competition session.
- b. Junior and Senior Elite competitors will compete three exercises – 1 Balance 1 Dynamic and 1 Combined. All-around is the sum of Balance, Dynamic and Combined scores. All-around awards will be given based on all three exercises.
- c. Level 10 competitors compete three exercises – 1 Balance, 1 Dynamic, and 1 Combined.
- d. Level 8 – 9 competitors compete two exercises – 1 Balance and 1 Dynamic.
- e. Level 8-I athletes will compete three routines – 1 Balance, 1 Dynamic and choice of Balance or Dynamic for finals. Final competition starts from zero.
- f. Level 5-7 competitors compete one combined exercise. If the number of entries requires, preliminary and finals competitions will be held. In finals, competitors will compete their Combined exercise. Finals competition starts from zero.
- g. All exercises are judged using the USA Gymnastics rules contained in the *2009-2012 Specifications*, including all supplements, errata, and clarifications published this season.
- h. For any scratches, contact Elizabeth Millard immediately.

**V. Team & Pair/Group Pictures**

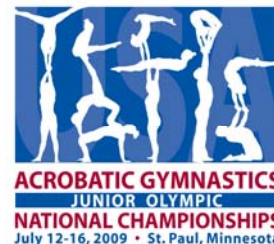
See Team Picture Schedule. Athletes are to wear club tracksuit. Times are mandatory. Pictures are used throughout the week as part of video presentations.

Coach Picture - There will be a picture taken of all credentialed coaches. The picture will be taken immediately after the JO Coaches Meeting on Sunday, July 13. Club warm-ups are mandatory.

**VI. Size Measurements**

- a. See schedule for size measurements.
- b. Size measurements takes place at the Roy Wilkins Auditorium starting on Friday. All athletes and coaches are required to attend per the schedule. If you have questions, see Margaret da Silva or Karen Duncan.
- c. If necessary, request for re-measurement must be made to the Technical Director. The request must be made before the start of competition. Coaches are to be present with athletes during measurements and know at that time if a size penalty is being assessed. Once the jury rules on a measurement request/appeal, it cannot be appealed again.

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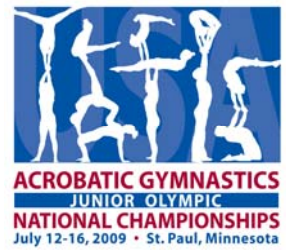


<b>Team Picture and Athlete Measurement Schedule</b>		
Take place at the Awards Podium in Roy Wilkins Auditorium		
<b>Team Pic</b>	<b>Sizing</b>	<b>Clubs</b>
<b>Friday, July 10</b>		
7:30 a.m.	9:30 a.m.	CATT, WCTC
9:00 a.m.	11:00 a.m.	ATA, SRVDA
10:30 a.m.	12:30 p.m.	XTR, REALIS
12:00 p.m.	3:00 p.m.	FLIP, MAATT
1:30 p.m.	4:00 p.m.	RSAC, TAAG, TOPS
<b>Saturday, July 11</b>		
7:30 a.m.	9:30 a.m.	AE, BGC, KAF
9:00 a.m.	11:00 a.m.	1CLASS, EMPIRE, GYMC
9:30 a.m.	12:00 p.m.	BROWNS, CSA, ITA, SKY
10:30 a.m.	12:30 p.m.	CCG, MCSA, NWG, USAAA
11:30 a.m.	2:00 p.m.	CCOAST, EAGC, GYMBEAT, AAG
1:30 p.m.	4:00 p.m.	AA, PCE, SSYMCA, CHEER
<b>Sunday, July 12</b>		
7:30 a.m.	9:30 a.m.	ASG, LEAPS, ODC
12:00 p.m.	2:00 p.m.	MAAGC, PARKER, PG, WOGA

**VII. Tariff Sheets**

- a. New tariff sheet may be submitted to the Meet Referees no later than Friday, July 10 at 4:00pm. After that time, only minor changes can be made to tariff sheets. Minor changes must be submitted on a *Change of Element Form*. Include the pair/group's entry number on all forms.
- b. Clubs with late tariff sheets: Be aware athletes are not be permitted to start competition until late tariff sheet fees are paid to the Technical Director. All late tariff sheets must be submitted by Saturday, July 11 at 4:00pm otherwise penalties will apply per the *Specifications*.
- c. Coaches of level 6-8 pair/groups qualifying to finals must submit a final tariff sheet to the Technical Director (to be handed in at the appeals desk) within one hour following the final qualifying session for the level, event and age group. Late tariff sheets will be penalized with a -.03 deduction. Indicate on the final tariff sheets if any change from preliminary tariff sheets.
- d. Coaches of elite competitors should have already submitted tariff sheets for competition.

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**VIII. Opening Ceremonies**

- a. Opening Ceremony is Sunday, July 13 at 6:30pm.
- b. All teams and athletes (including athletes with non-competing athlete credentials) will march out at the beginning of the ceremony. All athletes must wear their club warm-up. All athletes and coaches arrive no later than 5:45pm. **Athletes are to report to the training floor area.**
- c. Again this year, an athlete choir will sing the National Anthem during the Opening Ceremony. All interested athletes are welcome to participate and asked to attend all practice sessions (see schedule).

**IX. Awards**

- a. Awards will be given for first through sixth place during the times indicated on the schedule. Athletes are to report to the staging area 15 minutes prior to the scheduled award time.
- b. All athletes must be in their team warm-up to receive award.
- c. Participation ribbons for athletes not receiving awards will be put in the club's mailbox in the registration area.
- d. Annual Awards include Athlete of the Year, Sportsperson of the Year, Coach of the Year, J.O. Coach of the Year, Rookie Coach of the Year, Star Service Award, Outstanding Pair/Group Performance, Highest Flying Tumbler, Most Difficult Skill, Most Original Skill, Most Improved Team, best Choreography, best Door Decoration Award, High Score of the Meet (JO), Most Flexible Top, and Most Outstanding Base. Awards will be presented during competition.

**X. JO National Team**

- a. JO National Team selections will be made according to the selection procedures.
- b. All eligible pair/groups must have completed and turned in a signed copy of the selection procedures as well as proof of citizenship in order to be considered for the team.
- c. JO National Team selection will be published following Session J of competition. The list will be distributed in coaches' mailboxes.
- d. A mandatory meeting for all JO National Team members, coaches and parents is on Thursday, July 16 from 12:00 - 230pm. The meeting will include a presentation of team benefits, duties & responsibilities, warm-up sizing, and team picture (wear club warm-ups for picture).

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**XI. Equipment**

- a. All equipment is AAI or equivalent.

**XII. Music**

- a. **1 CD is submitted at accreditation.** The CD must be turned in at accreditation. The CD should have each routine for each pair/group competing at the JO National Championships. In addition to the CD, the coach should label in what order the routines are on the CD by each pair/group's ID number and routine (i.e. Level 10 WG #165 Balance). The order of routines will allow us to properly label each routine and quickly play the music when the athlete's take the competition floor. In doing so, the amount of time on the competition floor will be best utilized and every pair/group will be able to run at least 1 full routine. It may also eliminate CDs that may skip or not play in the middle of competition.
- b. Coaches have the option of selecting who will run what routine in which order, but the music will be pre-stored into a computer and therefore will eliminate wasting time shuffling through CDs. Again - this is to allow the athletes more time on the floor and hopefully best prepare each pair/group for a successful routine.
- c. Coaches need to bring a CD for the warm-up area and individual CDs for each pair/group as a backup.
- d. A MP3 CD is preferred. Music can be checked for speed and clarity during the scheduled training times.
- e. Coaches are responsible for bringing their athletes' back-up music to the designated music table at the beginning of their competitive session. All CDs must be properly cued and marked with the athletes' names, club, and exercise.

**XIII. Attire**

- a. All athletes and coaches are required to abide by the rules in the *Rules and Policies* regarding attire.
- b. All athletes must be in competitive-type attire during all training and warm-up sessions. Half shirts, sports bras, t-shirts, and tank tops are not appropriate for the women. Men must wear shirts at all times.
- c. Coaches please dress appropriately for a National Championships. Coaches should be wearing a team warm-up or team polo or t-shirt identifying you as a coach. You should have appropriate footwear for coaching.
- d. Judges who are also coaches may coach in judging attire. It is important we maintain a professional image for our events. Inappropriate attire includes: jeans, jean shorts, sandals, dresses, and skirts.
- e. Athletes and coaches attending this competition are representing club teams, and therefore must wear their club's warm-ups and other apparel. National Team or international competition apparel should not be worn.
- f. **Coaches and athletes not dressed appropriately will be removed from the floor.**

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**XIV. Meeting Schedule**

- a. COACHES – See schedule
- b. At least one representative per club should attend meeting. Coaches are responsible to know and understand the information communicated at the coaches meetings. Attendance is required.
- c. JUDGES – See schedule
- d. All judges are mandatory. All meetings are in the Roy Wilkins Auditorium.

**XV. Parties, Receptions & Banquets**

- a. COACHES RECEPTION - A reception for all credentialed coaches will be held Saturday, July 12 from 9:30-11:30pm in the Windows on the River at the Crowne Plaza hotel.
- b. CLOSING PARTY – The Closing Party will take place on Thursday, July 16 from 7:00-11:00pm at the Crowne Place – Great River Ballroom . There will be a short awards presentation, dinner and DJ. Dress is dressy casual to semi-formal. Closing Party tickets must be pre-ordered; there will be no tickets available at the door. Limited tickets are still available and must be purchased by Monday, July 13 by noon. Contact Elizabeth Millard. The Closing Party is general seating.

**XVI. USA Gymnastics Video Policy**

- a. In consideration of athlete and spectator safety, spectators are not permitted to use flashes or strobes of any kind during competition and training sessions. Video recording of this event will be permitted, however footage from the competition cannot be published or distributed in any way. All rights connected to the competition, athlete images, musical recordings and performances remain the sole possession of USA Gymnastics.
- b. Mr. Video will be selling complete videos of the competition. Visit their booth on the main concourse.
- c. Joe Champion is the official event photographer.