

Weekend Overview

IF YOU MISSED MY DAILY EMAILS HERE IS THE FULL VERSION!

TRAINING:

Open training for level 8 and above will be Friday morning from 8:00 am - Noon. Your team will not be given a specific time you are free to come at any time during the open training time. Hope that helps with your planning.

COMP CARDS

Competition Cards will be required for levels 8 - Sr. Elites at the 2019 Region 3 Championships. They will be available onsite but if you prefer to prepare them before your arrival, the links are provided below, if you choose to bring them with you please make sure you print on the appropriate color paper. You will be responsible for filing your team's cards at the competition office.

DEADLINE: Cards must be filed in the competition office no later than 11:30 am, Friday, May 3, 2019

We appreciate your cooperation.

Utilize the fillable PDF documents below.

TRAMPOLINE - **LIGHT BLUE PAPER**

https://usagym.org/PDFs/Forms/T&T/comp_card_trampoline.pdf

TUMBLING - **LIGHT PINK PAPER**

https://usagym.org/PDFs/Forms/T&T/comp_card_tumbling.pdf

DOUBLE MINI - **LIGHT GREEN PAPER**

https://usagym.org/PDFs/Forms/T&T/comp_card_dm.pdf

SYNCHRO - **LIGHT YELLOW PAPER**

https://usagym.org/PDFs/Forms/T&T/comp_card_synchro.pdf

Difficulty Value Sheets are attached

AWARDS

Flight Awards:

Immediately following each flights competition, judges will award athletes their flight awards on the competition floor. Parents and coaches please refrain from using flash photography from the stands as other athletes may still be competing.

Overall Awards Sessions:

The top 10 athletes in each gender/level and age group will receive an overall award, at an overall awards ceremony at the end of each session.

Parents, please check the results posted in the lobby. Once all flights have competed in your child's age and ability the full results will be posted. The flight summary show total number of flights will be available in the program that may be purchased on site at registration. The block schedule is attached to this email.

TOP 10 OVERALL AWARDS

The top 10 athletes will be highlighted on the overall score sheets, these athletes will need to get a wristband indicating they are a medal winner, from the wristband table. This helps our staging staff to easily recognize them and facilitate a seamless line up process. They will then need to report to staging when we call for all overall winners so that they may be staged for the awards ceremony

Wristband colors

Blue indicates Trampoline medal winner

Red indicates Tumbling medal winner

Green indicates Double Mini medal winner

Athletes will be **REQUIRED** to be in competition attire for the awards ceremony. **NO** street clothes, shoes or warm up allowed on the awards stand.

All 6 & under age groups, will go directly from their flight to the awards stand to receive their overall award. The staging process can be a bit overwhelming for these kids, so we will save them the stress. We will allow their parents on the floor at this time to get that special photo.

Overall Awards Ceremonies:

Friday, May 3, 2019

Session One: 6:45 pm

Saturday, May 4, 2019

Session Two: 12:20 pm

Session Three: 8:45 pm

Sunday, May 5, 2019

Session Four: 11:20 am

Session Five: 4:00 pm

PLEASE BE IN THE VENUE ONE HOUR BEFORE THE SCHEDULED TIME AS WE MAY RUN EARLY AND AWARDS SESSIONS WILL BEGIN IMMEDIATELY FOLLOWING THE SESSION.

ATTIRE: Overall awards ceremonies

Athletes will only be allowed on the awards stand in their competition attire. Bare feet or trampoline shoes or socks.

NO one will be allowed on the awards stand in their street clothes, warm up suits or street shoes.

What if an athlete misses an awards ceremonies?

Coaches or athletes may pick up missed awards after the awards ceremony is complete. We keep track of everyone who misses their awards, but you will need to come with names, levels etc so that we can look them up quickly.

NO awards will be handed out during a ceremony. This disrupts the flow of the awards ceremony and we do not want to inconvenience anyone because of those that were unable to attend.

Sunday if you are planning to leave before the awards ceremony, you may pick up your award at the competition office until 3:00 pm. After this time you will be required to pick up those awards at the conclusion of the final awards ceremony.

Missing awards will NOT be mailed.

MISS MY FLIGHT FLIGHT

Again this year we will offer the I missed my flight flight on Friday, May 3, 2019 6:45 pm and Sunday May 5, 2019 2:30 pm. Please be at the venue one hour early in case we are running ahead of schedule.

Reasons you will be allowed to participate in the "I missed my flight flight"

- 1) Finals or state mandated testing
- 2) Immediate family wedding
- 3) Funeral
- 4) A school Regional, or State sporting event such as track, diving or baseball or UIL event.
- 5) First Communion
- 6) Graduation

The following are just a few that would not constitute a spot in the "I missed my flight flight"

- 1) Birthday party
- 2) Sunday/Saturday or Friday is more convenient for you and your family
- 3) Competing all in one day, keeps me from having to get a hotel room
- 4) My child can't miss anymore school

Rules of the Game

- 1) Athletes will only get their flight warm up even if they are level 8 and above
- 2) NO awards will be given and scores will be added to the results after the competition is over.
- 3) You must provide documentation regarding your situation, for example; a note from your school, wedding announcement, graduation announcement etc.
- 4) You will only be allowed to compete in the events in which you would have missed due to the event mentioned above. For example if you have first communion on Sunday and you have events on Friday or Saturday, you would only be allowed to compete the one that is scheduled for Sunday.

Thank you for not abusing the privilege of utilizing the avenue to ensure your athlete will be able to attend nationals.

STAGING

Below is the information regarding staging for your athletes at the Region 3 Championships for both competition and awards.

Staging is located at the South end of the outer concourse in Room 107 and is only for athletes. There will be **NO PARENTS ALLOWED IN STAGING**. Teams may designate one pro or athlete member that may be in staging with their athletes.

Only athletes that are in the next flight will be allowed in the staging area. This is not a place for your athletes to just hang out. Please help us with the task of keeping this area clear! More people in this area than necessary can make staging very difficult. We appreciate your help in controlling this with your athletes.

There will be NO food or open containers allowed in staging. Only water bottles/bottled water.

We appreciate you not sending anything to staging with your child other than what they will need on the competition floor, such as tramp shoes, warm up etc. Please DO NOT send your child to staging until their flight times have been called over the PA system.

We will have a large marker board located at the entrance of staging and we will note what flight time should be in staging at that time.

USA Gymnastics will not be responsible for lost or stolen items.

FLIGHT WARM UP

Individual Trampoline

Level 1 - 10 - Two Touches

YE - SR - Two Touches

Synchronized Trampoline

Levels 9 -10 - One Touch

YE - SR - Two touches

Double Mini

Level 1- 7 - Two Touches
Level 8-9 - Three Touches
Level 10 - Three Touches
YE - SR - Three Touches

Tumbling

Level 1-7 - Two Touches
Levels 8-9 - Three Touches
Level 10 - Three Touches
YE - SR - Three Touches

GATE FEES AND DOORS OPEN TIMES

Gate Fees for the 2019 Region 3 Championships are as follows:

Adult single day hand stamp \$10.00
Adult weekend wristband \$20.00

Children ages 6 - 17-day handstamp \$5.00
Children ages 6 - 17-weekend wristband \$10.00

Children 5 and Under FREE

CASH ONLY

There is an ATM located in the lobby of the Civic Center.

Friday, May 3, 2019 Doors open 7:30 am
Saturday, May 4, 2019 Doors open 7:00 am
Sunday, May 5, 2019 Doors open 7:00 am

OFFICIAL PHOTOGRAPHER

Unfortunately, because of a couple of situations, Champion Images will not be joining us in Lubbock for Regionals this year. As a avid photographer I know how important capturing life in pictures is! While we will not be able to capture all of the competition this year, we will be taking pictures throughout the weekend and will capture all of the award ceremonies. I will be posting all of these pictures on our facebook page. You can grab the ones that are of interest to you for FREE!

COACH AND ATHLETE DRESS CODE:

Just a reminder regarding the USA Gymnastics Dress Code for both coaches and athletes.

Athletes must follow this policy for all training sessions, competition and awards ceremonies.

Athletes: The dress code must be followed during all training, warm-up and competition times.

Male Competitors

*Step in or compression shirt, with or without sleeves, t-shirts are not acceptable.

*Compression shirts must be skin tight and made of lycra or spandex.

*Competition pants in a single color or competition shorts, with no longer than a 5" inseam.

*Trampoline shoes/and or foot covering in the same color as the competition pants or white. If shorts are worn, the foot covering must be white and may not be more than ankle length.

Female Competitors

*Leotard with or without sleeves may be worn (must be skin tight)

*Any length skin tight leg covering in the same color as the leotard or skin color may be worn

*A full-length one-piece leotard (unitard) may be worn. (must be skin tight).

*White Trampoline shoes/foot covering, if a unitard or long tights are worn shoes/foot covering may be in the same color as the unitard/long tights. Footwear may not be more than ankle length

*For safety reasons, covering the face or head is **NOT** allowed.

*The wearing of jewelry or watches is not permitted. Earrings must be removed and may NOT be taped.

*Rings without gemstones are permitted **only if they are taped.**

*Only rubber bands, ribbons, flat metal clips or soft hair decorations are allowed.

*Long hair for both male and female competitors must be secured close to the head. If the hair touches the bed, pads or spring covers, the **routine will be interrupted.** (See Guide to Judging Rule 1.20)

*Bandages or support pieces must be white, tan or black.

*Undergarments of any type must not be visible.

Any violation of this rule may result in a penalty of 0.2 penalty, Major violations may result in disqualification in the respective round of competition. The Chair of the Judges' Panel makes this decision.

Coaches: Coaches are required to dress in attire reflecting the best image of gymnastics.

* Collared shirts, business casual shirts or V-neck t-shirt with team logo

*Tracksuit, or "docker-style" pants

*Athletic shoes with rubberized soles

* Warm up Jackets are optional

*The following is **NOT** allowed on the competition floors

*No denim

*No caps or hats

*No tank tops

*No sleeveless shirts

*Violators will be asked to leave the floor

COACHES AND JUDGES REGISTRATION

This year you will be required to show a copy of your USA Gymnastics Pro Membership when you check in Registration. You may show a hard copy or an electronic copy.

HOSPITALITY

Southern Hospitality is BAAAAACCKKK!!

This year we will host our meals on site at the Lubbock Civic Center in our hospitality suite.

Meals will be provided for coaches who have athletes in sessions, judges who are currently judging on panels and volunteers who are currently volunteering. Please feel free to visit the hospitality room at any time during the day for snacks and drinks throughout the day.

FRIDAY, MAY 3, 2019

1:30 am - 3:00 pm

SATURDAY, MAY 4, 2019

12:00 pm - 2:00 pm,
6:00 pm - 8:00 pm

SUNDAY, MAY 5, 2019

11:00 am - 1:00 pm

Each morning we will provide coffee and light breakfast items.

THINGS TO DO IN LUBBOCK

While Lubbock is not the Metroplex, there are plenty of things to do and see while you are here!

Below is a list of things to do here in Lubbock when you have some downtime in between your athletes competition times.

BRAND NEW!!

Adventure Park

<https://adventureparkfun.com/>

Joyland Amusement Park

<http://www.joylandpark.com/>

Buddy Holly Center

<https://ci.lubbock.tx.us/departments/buddy-holly-center>

Main Event

<https://www.mainevent.com/location/texas/lubbock/79407>

Science Spectrum

<https://www.sciencespectrum.org/>

National Ranching Heritage Center

<http://www.depts.ttu.edu/nrhc/>

Bayer Museum of Agriculture

<https://agriculturehistory.org/>

Four Golf

<http://www.4oregolf.com/>

QUALIFYING SCORES

ATTACHED