USA GYMNASTICS

REGION 3 CHAMPIONSHIPS 2020

Flippin Out in Region 3

Dear Parents,
We are excited to host the 19th annual Region 3 Championships. hope that this will truly be one of the most memorable experiences of your child's tumbling and trampoline career. Here are a few suggestions that may help you have a positive experience as well.

Venue;
Fort Worth
Convention Center
1201 Houston Street
Fort Worth, TX 76102

Schedule of Events: May 2-5, 2020

April 30th - Level 8 - Elite: Training * Possible depending on number of entries
May 1st- Level 8 - Elite: Competition
May 2nd - Level 1-10: Competition
May 3rd - Level 1-7: Competition
Depending on number of entries on Thursday evening, April 30, 2020 we may provide level 8-Elite training. I will do everything in my power to keep from it, but keep that in mind when making travel arrangements . The block schedule will be used for all events and will indicate exactly what block of time your athletes will compete. A detailed block schedule or team sheets will be posted for all participating gyms no later than April 1, 2020. Level 8 - Elite, competition will begin on Friday. Competition for levels 1-10 will be on Saturday. Levels 1-7 will continue on Sunday.

ENTRY FEE: Flat Fee for 1 - 4 events all levels = $125.00 Check with your coach for your entry deadline.

Host Hotel - Block closes 4.1.20

Hilton Fort Worth:

***USA Gymnastics Region 3 Block**

815 Main Street
Fort Worth, TX 76102
800. HILTONS
Rate: $169 Double/Double or King
Complimentary WiFi
Complimentary Full Service Business Center
Fitness center 24/7
Full service Starbucks with breakfast and lunch
Parking: $26 (discounted $5 per day)

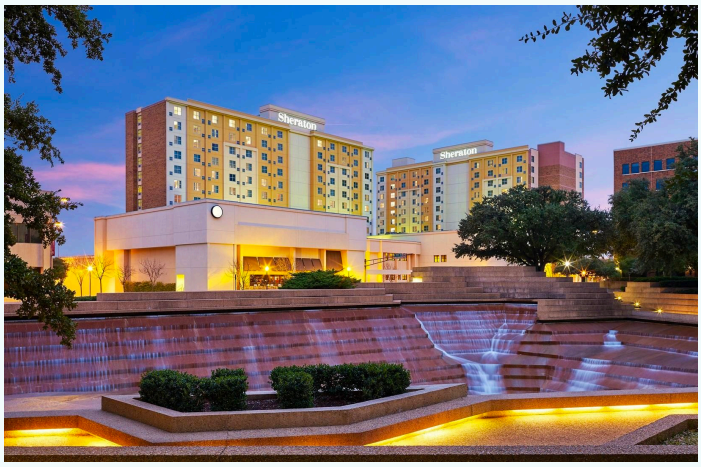
Book within the official Region 3 room block and receive one wristband that will get you into the competition all weekend for FREE.

Copy & Paste Reservation Link Below:

https://www.hilton.com/en/hi/groups/personalized/F/FTWFWHF-GYM20-20200430/index.jhtml?WT.mc_id=POG

Host Hotel - Block closes 4.1.20

Sheraton



***Region 3 Trampoline & Tumbling Block**

1701 Commerce St.
Fort Worth, TX 76192
888.627-8556
817-335-7000
Rate: $160 Double/Double or King
Complimentary wireless Basic Internet
Parking: $20 per day
24/7 Fitness Center

Book within the official Region 3 room block and receive one wristband that will get you into the competition all weekend for FREE.

Copy & Paste Reservation Link Below:

https://www.marriott.com/event-reservations/reservation-link.mi?id=1575471988456&key=GRP&app=resvlink

Host Hotel - Block Closes 4.1.20

HOLIDAY INN *USA GYMNASTICS REGION 3 BLOCK

1111 WEST LANCASTER AVENUE

Fort Worth, Tx 76102

866-551-9747

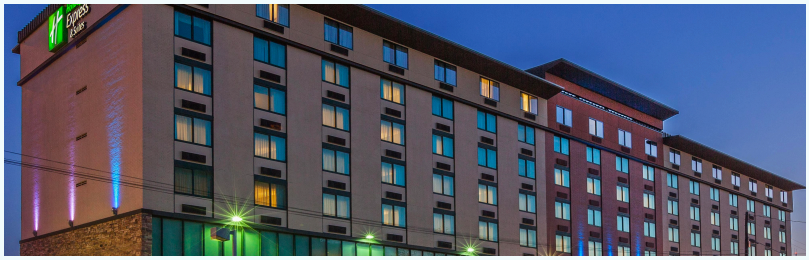
Rate: $132 Double/Double or King

Complimentary High Speed internet

Complimentary Breakfast Buffet

Complimentary Downtown shuttle within 3 miles of hotel

Parking: self parking $10 per day



Book within the official Region 3 room block and receive one wristband that will get you into the competition all weekend for FREE.

If you encounter problems making reservations at any of the official hotels **prior** to cut off date or if they tell you the USA Gymnastics block is full prior to the deadline, please e-mail me and I will contact the hotel to make sure that the block is indeed full.

My e-mail address is pdconner2@gmail.com

OFFICIAL APPAREL: Official apparel will be available for sale at the venue during all competition hours.

SCORING: Total score will be on site for all scoring. The score for each competitor will be flashed on a screen at each equipment station. USA Gymnastics has a new scoring procedure this year in regards to additional deductions. This will appear as a neutral deduction and will be taken from the total score. There will also be final score sheets posted in the lobby of the venue. Be sure to pick up an event specific color-coded wristband if your child finishes in the top ten. This will ensure that we recognized your child as an award winner when staging for awards.

PROGRAM: We will have an official program on sale at the gate entrance. If you would like to purchase a Good Luck ad for your child or team, please see your head coach today. All teams and athletes entered by the deadline will be listed in the program.

GATE FEES: There will be a gate fee of $10 for Adults and $5.00 for children 5-17, Children 4 and under are free. Athletes in competitive attire will be admitted for FREE. More details to follow.

VOLUNTEERS: In order to help make this a quality competition it will take all of us working together. If you would like to volunteer for a single session or all day we would love to have you. Check with your coach and sign up on our volunteer registration form. All volunteers who serve for one full session will receive a hand-stamp for their admission the day you volunteer and a free T-shirt, if you pre-register as a volunteer. You will also be registered in a drawing for a FREE entry fee to either the 2020 USA Gymnastics Championships or the 2020 Stars and Stripes Championships. We will draw for five door prizes at the Sunday awards ceremony. Please copy and paste the link provided below to register as a volunteer:

REMINDER: ALL ATHLETES THAT COULD POSSIBLY BE ELIGIBLE FOR FUNDING IN 2020-2021 SEASON ARE REQUIRED TO VOLUNTEER A SATURDAY PM OR SUNDAY SESSION (ONE FULL SESSION) TO BE ELIGIBLE FOR FUNDING.

Volunteer Registration Form: Copy and Paste the link below

https://docs.google.com/forms/d/e/1FAIpQLSe9fS8nxYPuK9rFjOwPyV7Uy2D35AMqSdh79Dh18csBvgPvkw/viewform

AWARDS: Each child will receive a flight award immediately following their flight competition. This award will be given at the judges table. The top ten in each age group and ability will receive a special award at the end of each session of competition at a special overall awards ceremony. Check the final results posted at the venue. If your child is in the top ten and their name is highlighted, you will need to see the volunteer near the results area, for an event color coded wristband. This will indicate to the staging staff that they are a top ten award winner. This will help with the staging process for awards and help it run more efficiently.

A specific schedule with each awards ceremony time will be sent out to your head coach in advance of Region 3 Championships. Parents will be allowed on the floor only in designated areas to take pictures at the overall awards ceremonies at the end of each session. The overall awards for the 6 and Under age group will be held immediately after their flights competition.**SAFETY:** For the safety of your child and others participating athletes in the Region 3 Championships, we ask the following: Please do not use flash photography of any kind. Brights lights on video cameras are also prohibited. Parents please do not allow your children to play unattended in the outer concourse, for their safety we ask that you know where they are at all times.

STAGING: The staging area is used to line up flights for competition and pre competition stretching. This year athletes may access the staging area only at the south end of the arena floor. In order to make this process run smoothly for the staff we ask that athletes do not report to these rooms until their flight times have been called over the PA system or no more than 20 minutes prior to their scheduled time for competition. Door guards will allow only those athletes who are competing in the next flight to enter the staging area. We appreciate your cooperation in this matter. If an athlete is missing from a flight, we will call their name before the flight is taken to the competition floor.

NO FOOD OR DRINKS WILL BE ALLOWED IN THE STAGING AREA

OFF LIMITS: Due to the strict safety standards of USA Gymnastics only those who have volunteered to help will be allowed on the competition floor. All others admitted to the competition floor must be safety certified with USA Gymnastics and must also wear the official Region 3 Championships credential provided at check-in.

PLEASE BE ADVISED: that no parents will be allowed in the staging area. Each team may designate one USA Gymnastics professional member or an athlete member to be in the staging area to assist with their team. We ask for your cooperation in this matter. Once your child has reached the regional level they should know what to expect in the staging area and be able to participate in the process without your help. We hope your Regional championships experience is a great one. If you have any questions that are not addressed in this packet. Please check with your child's coach prior to the competition so there are no surprises. Come and enjoy the fun of watching your child learn and grow from the competition experience.

WEBSITE: Check the official Region 3 website often for updates. Team sheets and the detailed schedule will be sent to your coach. All last minute information will be posted on the website as well as our Facebook page to help make your experience more enjoyable. These two sites are your link to the most up to date information.

www.usag-region3.org

FaceBook: USAG Region 3 Trampoline and Tumbling

THINGS TO DO IN FORT WORTH

FORT WORTH ZOO

DOWNTOWN - SUNDANCE QURE

STOCKYARDS NATIONAL HISTROIC DISTRIC

TEXAS COWBOY HALL OF FAM

BILLY BOB'S TEXAS

SIX FLAGS OVER TEXAS