

Maryland State Boys Handbook



USA Gymnastics

Men's Program Directory

USA Gymnastics

1099 N. Meridian St., Suite 800

Indianapolis, IN 46204

Phone: 317-237-5050; Fax: 317-237-5069; Member Services: 1-800-345-4719

www.usa-gymnastics.org/

Vice President of Men's Program..... Jason Woodnick
Development Program AssistantRaj Bhavsar
High Performance Director Coordinator.....Brett McClure
Men's Program ManagerLisa Mendel

Regional Board

Region VII Director Vacant

Website: www.region7mensgymnastics.com/

Maryland State Director Robert Lundy

206 Commodore Way

Odenton, MD 21113

E-mail: chairman@mdmensgymnastics.org

(410) 279-2489 [C]

(410) 674-2151 [home fax]

New Jersey State Director Matt Stevenson

E-Mail: mattsteve@verizon.net

New York State Director Dan Molnar

E-Mail: flip3twst@msn.com

Pennsylvania State Director Jeff Zac

E-mail: pamensgymnasticschairman@gmail.com

Virginia State Director Brett Lydon

E-mail: blydon90@gmail.com

West Virginia State Director..... Lilly Schelling

E-mail: schellinglily@gmail.com

METRO Judges Association Director Joe Rank

E-Mail: joseph.rank@gmail.com

USAG Maryland Club Directory

All-Pro Gymnastics & Cheer Academy

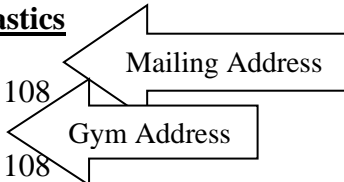
6685 Santa Barbara Ct.,STE D
Elkridge, MD 21075
(410) 379-5439
Email:.....
Website:www.allprogymnasticsandcheer.com/
Coach(es):...

Columbia Gymnastics

9200 Rumsey Rd. Suite 2
Columbia, MD 21045
(410) 964-2053 [gym] 410-964-2054 [fax]
Coach(s):.....Adam Smith, Dave Curry
Website:.....www.columbiagymnastics.com
Directions:Take Rte. 29 to Rte. 108 East. Left onto Red Branch Rd. Go ½ mile, turn left onto Rumsey Rd. ¼ mile, turn right into 4th driveway on the right - #9200.

Docksiders Gymnastics

P.O. Box 814
Millersville, MD 21108
216 Najoles Rd.
Millersville, MD 21108
(410) 987-8780 [gym] (410) 729-0813 [fax]
E-mail:



Coach(es):...Charlie Kowalski, Nick Feraci
Directions: ..From Baltimore: Take 97 South to exit 10B (Benfield Blvd) Follow through blinking light to the Stop sign. Turn Right onto Najoles Rd. Go .1 mile the gym is on the Left.
From South: Take 3/301 North to 97 North to Exit 10 Turn Left at light at the end of the ramp (Veterans Hwy). Turn left at light (Benfield Rd.) Follow through blinking light and continue as above.

Fairland Gymnastics

13950 Old Gunpowder Rd
Laurel, MD 20707
(301) 953-0030 [gym] (301) 953-1851 [fax]
E-mail:

Website<http://www.fairlandboysgymnastics.org>
Coach(es):...Ernesto Moreno, Adrian Gibbs
Directions: .. From North: Take 95 South from Baltimore. Exit 22B Rt.198 West towards Burtonsville. Turn left at Second light (Old Gunpowder Rd.) Go 1.5 miles. Gym in on the right.

Paragon Gymnastics NTC

7190 Oakland Mills Rd Bay #4

Columbia, MD 21046

(443) 545-6226

E-mail: kevin@gymparagon.com

Coach(es): ...Kevin Preston, Joe Gruber, Hillary Kunda

Website:.....<http://gymparagon.com/>

Directions:....

Preston Gymnastics Academy

16780 Oakmont Ave Suite B,

Gaithersburg, MD 20877

(301) 948-0827

E-mail: info@prestongymnastics.com

Coach(es):...Tim Preston

Directions: .. Merge onto I-95 S towards Washington. Merge onto Capital Beltway/I-495 W via exit 27 towards Silver Spring. Take 355N to Shady Grove Road. Turn Left on Oakmont Ave. Turn Left at the Preston Gymnastics Sign (You will also see Fearless All-Stars, Fastnel)

Prince Georges Sports & Learning Complex (Sportsplex)

8001 Sheriff Rd.

Landover, MD 20785

(301) 583-2580

E-mail:lundy_b@yahoo.com

Coach(es):...Kevin Ford, Jordan Hensel, Robert Lundy

Directions: Take Exit 17B Landover Rd towards Bladensburg, At 1st traffic light make left on Brightseat Road. Bare right at light onto Sheriff Road. Next light make left onto Harvey Drive. Proceed uphill to Complex. Competition parking will be at Fed Ex Stadium. **NOTE:** Follow directions above but on Brightseat Road proceed through 1st light and turn right into first parking Lot D.

Rebounders Gymnastics Training Center

7A West Aylesbury Rd

Timonium, MD 21093

(410) 252-3376 ext *816 [gym], (410) 252-6735 [fax]

E-mail:Coachabdul@hotmail.com

website: www.rebounders.com

Coach(es):...Jamal Rice

Directions: .. Take 695 to 83 North toward PA Exit 16A Timonium Rd At 2nd light turn right (Chi-Chi's on right). Go .4 mile on Aylesbury Rd. to Business Park Dr. Gym is on the corner of Aylesbury & Business Park Dr.

Twisters Inc.

9026 Worcester Hwy

Berlin, MD 21811

(410) 208-1851

E-mail:amestrez@berlinactivitiesdepot.com

Coaches:Cameron Leonard

Directions: Take Rt. 50 East towards Ocean City to Rt. 113 South. Gym is on the left.

United Gymnastix

12300 Owings Mill Blvd

Reisterstown, MD 21136

(410) 526-3527 [gym], (410) 526-3529 [fax]

E-mail:unitedgym.net

Website: www.unitedgym.net

Coach(es):...Oleg Bezrodny, Dmitry Gavriilyuk

Directions: ..Take 695 to 795 (northwest Expressway). Take Exit 4 (Owings Mill Blvd) toward Reisterstown Rd
Continue on Owings Mill Blvd for about 3 ½ miles. After the intersection of Timber Grove Rd & Owings Mill
Blvd. Turn left .3 mile into industrial park. Gym will be first door on the left.

General Information

Athlete Registration:

- All competing gymnast must have a valid USA Gymnastics number in order to participate in any sanctioned event.

Team Tax Fee:

- All competing gymnastics club must submit a team roster of all competing gymnast to the State Director along with a **\$150.00** team tax fee. The Team tax fee is used to help defer costs for the state office, clinics, competitions, awards, state meet & education. A late fee of \$50.00 will charged if the team tax is not paid at the annual state meeting in the fall (\$175.00). Payable to **USA Gymnastics Maryland**

Request for Judges:

- Please visit <http://www.metrogymnasticsjudges.org/need-judges.html> with requests for judges. Judges are few and are in high demand register early!

Head Tax Fee:

- There is a \$2.00 per gymnast head tax for all Maryland invitational competitions. Please remit all head tax fees to the State Director. Payable to **USA Gymnastics - Maryland**

Sanctions:

- All meets must have a USA Gymnastics sanction. Applications should be turned it to the National Office with the appropriate fee (see Rules and Polices). Sanctions must be posted in the facility during the competition and signed by all judges at the end of the competition. Sanction Reports must be returned to the National Office with copies to the State Director & Regional Director within 24 hours after the competition along with the Head Tax fee.
- Please remember to submit your Scholarship fund fee (\$3.00 per gymnast) to the National Office (National Gymnastics Scholarship Fund) with your Sanction report.

Financial Report Form:

- A Financial Report form is due within one week following all DQ's and the State Championships.

After Competition:

- Results of the competition should be available to the coaches at the conclusion of the meet within 24 hrs (online)
- Have a copy of meet evaluation for coaches & parents (see back of book)

Coaches:

- All coaches are required to be registered through the USA Gymnastics Meet reservation system with a professional membership to be on the competitive floor during a USA Gymnastics Sanctioned event. Coaches must initial the sanction to verify their information.
- During State sponsored events only coaches listed on the Meet reservation system will be permitted on the competition floor
- Proper coaching attire required for all Maryland competitions – (per USAG Rules & Policies)
 - Collared Shirt (No T-Shirts)
 - Closed toes shoes (no sandals & flip flops)
 - Long pants or hemmed shorts (No cut offs or Jeans)
 - No Hats
 - No Backpack worn while coaching/spotting

Spectator Fees:

- Admission to an event will not exceed **\$12.00** for Adults **\$10.00** for Children 6-13 and 5 years and Free for children under 5 years old.

Age Group Determination:

- Will be based on the gymnast's age on December 31st of that seasons state championship

Requirements for Designated Qualifier and State Championships

- All Maryland compulsory gymnasts **must** compete in 2 DQ's on 6 events and 1 Maryland Invitational to qualify to the State Championships. Along with competing in two DQ's, all division 1 gymnasts must attain the qualifying score: (see table below)
- All Maryland optional gymnasts need only provide scores from **one** of the following Maryland Invitational's
 - Washington Dc Challenge – Sportsplex (*December*)
 - Navy Challenge – US Naval Academy (*January*)
 - Sportsplex Team Classic - Sportsplex (*February*)
 - United Challenge – United Gymnastix (*February*)
 - Mid Atlantic Invitational – Preston Gymnastics (*February*)
- **To qualify for State Championships Compulsory Gymnasts must obtain the score:**
 - **Level 3 Division 1 - 45.00**
 - **Level 4 Division 1 - 45.00**
 - **Level 5 Division 1 - 49.00**
 - **Level 6 Division 1 - 49.00**
 - **Division 2 athletes do not have a qualifying score**

Awards for DQ will be kept by the State Director and distributed to the host club prior to the competition.

- The State Director will sanction the DQ & State Championship competitions
- A USA Gymnastics – Maryland Financial report form is due within one week of the DQ's and State Championship competition to the State.
- A financial Report must to be submitted to State Chairman before any monies will be paid to the host club.

Registration for a Designated Qualifier (DQ) & State Championships:

- All entries & fees for a “DQ” & States are to be done online with the USA Gymnastics Meet Reservation system, at least three weeks prior to the competition date. Entries submitted late are at the discretion of the State chairman for acceptance into the competition with appropriate late fees.
- All entries are to be submitted through the USA Gymnastics Meet Reservation System. Entries are not complete until the State Chairman has all fees paid in full. Payments will not be taken on day of competition (Gymnasts will not be permitted to compete until all fees are paid).
- The entry fee for a DQ is \$75.00 per gymnast payable to **USA Gymnastics - Maryland**. A late fee of \$20.00 per gymnast will be charged to the participating club with entries submitted less than 2 weeks before the competition (\$95.00 per gymnast).
- **No entries will be accepted the week of the competition.**

Registration for a State Championship:

- The USA Gymnastics Meet Reservation System must be used to enter gymnasts.
- The State Chairman must have all entries at least **3 weeks** before the competition.
- The entry fee for State Championships is \$110.00 per gymnast payable to:

USA Gymnastics - MD
206 Commodore Way
Odenton, MD 21113

(late fee \$25.00 per gymnast if registration is submitted less than 2 weeks before the competition)

Meet Etiquette

Gymnast Attire at Meets

- Gymnast must be in appropriate competition attire during the entire Meet
- Gymnasts must be dressed presentable for awards (competition ready or fully zipped Warm-ups (*Gymnasts will not receive their awards unless properly attired*).
- Gymnast are not allowed in the competitive area without a shirt or jersey covering their upper body
- No jewelry or hats are allowed on gymnast during the entire meet
- Only athletes for that session will be permitted in the competition area

Professional Member Behavior Policy (page 16 of R&P)

- At all USA Gymnastics Sanctioned Events, inappropriate coach behavior is defined as:
 - Inappropriate remarks or comments, harassment, and/or gestures directed toward any official or meet personnel during the competition. No coach has the right to demand a last-minute change in the course of the meet or to jeopardize the athlete/competition in any way, unless there has been a violation of the Rules and Policies.
 - Contact with other persons outside of the competitive floor area during the actual warm-up and course of competition. (Exceptions: USA Gymnastics or club doctor, trainer, other credentialed personnel)
 - Derogatory remarks to the press in regard to USA Gymnastics, its designated representatives, meet officials or personnel.
 - Violating any of the coaches' or judges' specific responsibilities as listed later in this chapter.

Coaches Attire:

- Must have closed toe shoes (no sandals or Flip Flops)
- Pants must be; Slacks, Warm-up bottoms or Hemmed Shorts (No denim or cut offs)
- Shirts must have collar (No T-shirts)
- No hats
- No backpacks worn during coaching /spotting

Violators may be asked to leave the competitive floor

Meet Operation:

For all State sponsored event the state Chairman has final discretion to the schedule and organization. Host clubs must maintain minimal traffic on the competitive area at all times, this includes runners, flashers, facilitators, and siblings.

Financial Report

Income:

Admission: \$ _____
Hosting Fees:\$ _____
Sponsor's Contribution: \$ _____
Concession/ Programs: \$ _____
Total Income:\$ _____



Expenses:

Facility Rental:\$ _____
Custodial Fees:\$ _____
Equipment Rental:\$ _____
Sanction Fee:\$ _____
Insurance:\$ _____
Judge Assigner's Fee:\$ _____
Judges Fees: (Fees, Transportation, Meals, Lodging)\$ _____
Awards:\$ _____
Copy fees:\$ _____
Postage:\$ _____
Phone:\$ _____
Concession & Program\$ _____
Other (Special)\$ _____
Total Expenses:\$ _____
Net Profit:\$ _____

Signature of Event Director _____
Address: _____

Phone _____

Return to Appropriate USA Gymnastics Maryland State Chairman

USA Gymnastics - Maryland
206 Commodore Way
Odenton, MD 21113

MEET EVALUATION FORM

Purpose: to provide positive and constructive feedback to host clubs to improve competition conditions.

Name of Meet _____ Date _____

Meet Site _____ Type/Class _____

Meet Director _____

Please rate each category 1-5 (1= below average, 5= excellent)

CATEGORY RATING COMENTS

Pre-meet information	1	2	3	4	5
Equipment	1	2	3	4	5
Matting	1	2	3	4	5
Competition format	1	2	3	4	5
Sound equipment	1	2	3	4	5
Support staff	1	2	3	4	5
Competition area	1	2	3	4	5
Awards	1	2	3	4	5
Seating	1	2	3	4	5
Restroom Facilities	1	2	3	4	5
Concessions	1	2	3	4	5
Parking	1	2	3	4	5

Additional comments:

Signature (optional) _____ coach _____ judge _____

Club _____ Phone # _____

USA Gymnastics Men's Junior Olympic Program
State Championships/DQ Host Bid Form
General Information

The State Championships serve three purposes:

1. To designate state champions in the all-around and on the six events.
2. To serve as a qualification for advancement to the Regional Championships.
3. To stimulate growth and development of men's gymnastics within the State.

The competition may be conducted in one day.

The competition must be held in the age divisions as outlined in the Rules and Policies.

The dates to the competition must correspond to the published event schedule.

The Meet Director is Responsible for:

1. Securing awards (with the aid of the State Chairman)
2. Securing adequate judging (with the aid of the State Chairman)
3. Providing adequate promotion, publicity, and announcement of the competition to the prospective participants and to the general public.
4. Provide adequate (USAG and FIG specification) equipment and facility for the competition
5. **Provide adequate facility for the State Coaches' Meeting (held Saturday evening States ONLY).**

Please complete the following:

Date of Meet: _____

Meet Director's Name: _____

Club: _____ Position: _____

Host Club/Organization: _____

Facility Name: _____

Address: _____

Phone: _____ Fax: _____

E-mail: _____

Size of gym (floor dimensions) _____ Spectator Capacity _____

Type of equipment to be used: (Indicate brand and mode, please be specific)

Duplicate equipment: yes _____ no _____ Locker and Shower facilities: yes _____ no _____

Admission Fee Adults **\$12.00** Children **\$10.00** Note: Entry fee is set the by State Board.

How many volunteers will be assisting? _____

Results must be available at competition conclusion for all participating clubs and the State Chairman

Signature _____ **Date** _____