



REGION 5

Level 10

GUIDE TO NATIONALS 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 JO National Championships!

National Qualifiers are the top 7 All-Arounders in each age group and number 8 is the First Alternate. In Region 5 this achievement means more than just qualifying to Nationals, it means you are now part of the Region 5 Dream Team. This is an honor earned. You will now have the opportunity to represent Region 5 in Indianapolis, Indiana at the 2019 Level 10 JO Nationals.

The athletes are divided into the following age divisions: Junior or Senior A/B/C/D/E/F.

I, Shannon Hunt, will be acting as the Region 5 coordinator. My contact information is shannonhunt1012@gmail.com and 586-933-3553. (Please only use my cell number at Nationals only).

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) qualify their athletes to receive all apparel free. If your athlete has attended a camp personally, Region 5 will pay her National Registration fee. All Region 5 athletes **COMPETING** or 1st Alternate **attending** JO for Region 5 (or another Region) will receive apparel and competition entry free (if criteria has been met). 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 \$300 for one athlete or \$600 for two or more athletes. The total for one athlete is \$435. The cost for two or more athletes is \$600 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. They must bring all apparel to Indiana in the luggage they received and follow all of the directions.

Level 10 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 has committed to attending Nationals and **has paid** for her Athlete Hotel Room during the 9/10 Regional Meet. 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 qualified 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 in order to receive 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. **Only the apparel available will be given. NO NEW APPAREL WILL BE ORDERED! These athletes DO NOT stay in athlete rooms!**

Coaches

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

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

Thursday (Travel Day)

- White Shirt

Friday (Training Day)

- Black Shirt
- Black pants or shorts
- Official Region 5 Black Coach's Jacket

Saturday A/B/C

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

Sunday D/E/F

- 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.

Absolutely no male/female coaches or parents are allowed in the athletes' rooms. If a child is sick, Shannon Hunt needs to be contacted by text (586-933-3553)

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 16, 2019

Processing 4:00-6:00 PM

Welcome Meeting 6:30 PM

Curfew is 10:30 PM in room, lights out by 11:00 PM

Friday, May 17, 2019

Meet in lobby fed and ready to go at 7 am sharp (We will walk to the venue and take Region 5 pictures).

Practice 8-10:30 am (Qualifiers 1-7 only) Alternates may attend, but not workout. All athletes that compete for another Region will train with that Region during their practice time.

12-2:30 pm alternates MAY work out at DeVeau's or JPAC. (Enclosed is a waiver that must be filled out in order to practice there).

(All athletes will receive their number to be pinned on their back with year of graduation sticker. It is your responsibility to have this number at practice and at the meet).

*Any athlete competing for another region must practice with that Region.

- Regions 4/5 8:00 – 10:30 am
- Regions 3/6 10:30 – 1:00 pm
- Regions 2/7 1:00 – 3:30 pm
- Regions 1/8 3:30 – 6:00 pm

Coaches/Parents are responsible for lunch/dinner etc.

Welcome Party: 6:30 pm – 9:30 pm. Join us at the Indianapolis Zoo for an evening of fun that includes music, food, beverages and animal encounters with a parrot, turtle, lizard and snake! \$80

Parents are responsible for getting your athlete to and from the Zoo!

Junior and Senior A must leave the Welcome Party by 8:30 pm!

Curfew for Junior and Senior A lights out 9:30 PM, Junior and Senior B, C lights out 10:00 PM

Curfew for D/E/F, lights out at 11:00 PM

Saturday, May 18, 2019

Junior A and Senior A meet in Athlete Prep room @ 6:30 AM

Competition time 7:45 AM (\$5 per athlete breakfast fee)

Junior B and Senior B meet in Athlete Prep room @ 10:00 AM

Competition time 11:45 AM

Junior C and Senior C meet in the Athlete Prep room @ 3:00 PM

Competition time 4:45 PM

Curfew A/B/C 12:00 AM

Curfew D/E/F lights out at 10:00 PM

Sunday, May 19, 2019

Junior D and Senior D meet in Athlete Prep room @ 6:30 AM, (all stuff must be out of the room and they should be fed) (\$5 per athlete breakfast fee)

Competition time 7:45 AM

Junior E and Senior E meet in the Athlete Prep room @ 10:00 AM (all stuff must be out of the room)

Competition time 11:45 AM

Junior F and Senior F meet in the Athlete Prep room @ 3:00 PM (all stuff must be out of the room)

Competition time 4:45 PM

All athletes must be out of rooms by Sunday, May 19, 2019 at 12:00pm

Accommodations/Responsibilities:

Flight:

You and/or your Club should arrange your flight. You must be in Indianapolis, Indiana by Thursday, May 16, 2019 between 4:00-6:00 pm. Your athlete cannot depart before Sunday, May 19, 2019 @ 8:00 AM.

Hotel:

Our host hotel this year is The JW Marriott 10 South West St., Indianapolis, IN 46204. The cost of the hotel is \$205 plus 17% tax per night. Total per night \$239.85

We fill rooms in the following order: athletes, coaches and then parents

**Questions: Shannon Hunt office 586-954-3300,
Shannon's cell 586-933-3553 (text only)
shannonhunt1012@gmail.com**

***If your athlete scratches the competition, they are removed from the team room and placed in an extra athlete room as long as there is space. If there is no space, the athlete will then room with the parents and be refunded their charge.**

***If you are cancelling your entire reservation, please contact Shannon Hunt before the hotel. If you are only making changes to your reservation, then you would only need to contact the hotel.**

***ALL CREDIT CARD INFORMATION WILL BE SHREDDED IMMEDIATELY AFTER CONFIRMATION NUMBERS ARE DISPERSED TO YOU.**

Athletes

All athletes will room together, and there are 4 athletes per room. All room assignments will be given out at processing.

The National Hotel Room form must be turned in today with a cash/check payment of \$179.89. Checks should be made out to **Region 5**.

Athletes can/will stay in these rooms from Thursday, May 16, 2019 until Sunday, May 19, 2019 at 12:00pm.

***There are no roommate requests**

Coaches must fill out a National Hotel Room Form. We encourage sharing rooms due to the number of rooms available.

Parents must fill out, in its entirety, a National Hotel Room Credit Card Authorization Form. We have a limited number of rooms, so please understand we will do our best to get you into our hotel, but we cannot guarantee it. Please make sure your writing is legible, if we cannot read your email, we cannot communicate with you.

Coaches and parents, you will be given an email with a confirmation number by April 22, 2019. Please do not call the hotel before you receive an email confirmation. If you want to add any nights, you may try after this date. (It is better to book more nights now and then cancel than to try to add nights later.) When you contact the hotel, you can ask for **Maggie (Group Sales)**. If you would like to cancel a reservation completely, please call/email Shannon Hunt **NOT THE HOTEL**.

Food:

Each athlete is responsible for her own food. Breakfast buffet is between \$15 - \$20. Make sure your athlete has enough money for 3 meals a day. Snacks, food and drink choices should be the athlete responsibility. Please make sure your rooms are following standard Successful Athlete Nutritional Guidelines.

Venue

The meet is being held at the Indiana Convention Center. The address is 100 South Capitol Ave., Indianapolis, IN 46225. The venue is linked to the hotel by a covered walk.

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!**

	Training Day	Day Passes
Adults	\$10	\$25
Children 5-12	\$5	\$12
Children 2 and under	Free	Free
Seniors 65 and older	\$5	\$10

CHECK LIST

BEFORE LEAVING REGIONALS

- National Hotel Room Form – turn in to Shannon
- Parent Volunteer if available
- Shop – Region 5 store
- Media – Jason McDonald
- Apparel Sizing – Kiki
- Registration for National Meet – Dave Stiles
- Turn in Parent acknowledgment waiver

DAY AFTER

- Book travel arrangements
 - Flight
 - Car
- Register online @ Region5.com under Dream Team (athlete/coach/parent)
- Like Region 5/2019 National Information Facebook page
- Do Athlete Bio Form (www.jonationals/info/)

AFTER APRIL 22nd (OR WHEN YOU HAVE RECEIVED YOUR CONFIRMATION EMAIL)

- Check room dates
- Make any adjustments necessary with Maggie or Shannon

AFTER MAY 1ST

- Pack according to list
- Make food money plan for athlete
- 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 10 JO Nationals in Indianapolis, Indiana. Over the next few weeks, remember to train hard, remain focused on the task before you and GO REGION 5!