



USA GYMNASTICS®



Region 4 Championships

Trampoline & Tumbling

May 5-7, 2017

Old National Event Plaza

Evansville, IN

PURPOSE:

The Sr. Elite and Jr. Elite competitions will name Regional Champions in all disciplines. This competition will prepare our athletes for competition at national and international events. The Jr. Olympic Regional Championships (Levels 1-10) will name Regional Champions in age groups for all disciplines (synchronized trampoline, Levels 9 & 10). This will also serve as the second and final opportunity to qualify for the Stars & Stripes Championships and USA Gymnastics Championships held in the summer of 2017.

**ELIGIBLE
ATHLETES'**

All athletes registered with USA Gymnastics as an athlete member are eligible to compete at the Regional Championships Levels 1-Elite. Please note that all non-U.S. citizens must declare their citizenship prior to competition.

USA Gymnastics Trampoline & Tumbling Region 4

WWW.USAGTTRregioniv.com

- DATE:** May 5-7
- VENUE:** Old National Events Plaza
715 Locust Street
Evansville, IN 47708
Parking is free
- HOST:** USA Gymnastics Region Trampoline & Tumbling 4 Chair
- ENTRY INFO:** Levels 1-Sr. Elite (per competitor) \$125.00
All entries must be done on the USA Gymnastics Entry System.
Once registered, please print a copy, [ADD the t-shirt sizes](#), and mail with your payment.
- ENTRY DEADLINE:** Completed online then postmarked or in the regional office by **March 18, 2017**
- FUNDS:** Entry fees must be in the form of a *Club business check*.
MUST BE POSTMARKED BY THE DEADLINE
NO PERSONAL CHECKS or CREDIT CARDS WILL BE ACCEPTED
- PAYABLE TO:** USA Gymnastics T&T Region 4
- MAIL TO:** USA Gymnastics Trampoline & Tumbling Region 4
C/O of Crissy LaFollette
2024 S 75 E
Washington, IN 47501
Questions email: tumblingexpress@hotmail.com (Clubs ONLY, no parents)
Please send a money order or a certified check for all fees.
- LATE ENTRIES:** Acceptances of late entries are subject to approval by the Meet Director. Please submit all requests to Crissy LaFollette, tumblingexpress@hotmail.com.
Entries received after the deadline will be doubled. NO Exceptions.
ABSOLUTELY NO entries less than two weeks prior to the competition.
- CHANGES:** After **March 18, 2017** information may be changed or corrected for a charge of \$25 per correction. If an age or gender is listed incorrectly there will be \$25 per event charge.
- HOTEL INFO:** **Book within our block early to assure you and your team have a room!**
Region 4 has blocked rooms at three local hotels. All the hotels listed below are giving a special rate for USA Gymnastics participants and families. These hotels have also committed to donate per room night to the Region 4 Championships Venue Rental. **Please tell all hotels you are with Region 4 Championships.**

All rooms may be reserved through Evansville Convention & Visitors Bureau.
<https://mmxreservations.com/fer/#/evansvillecvb?pageCode=USAgymnastics>

COACHES: Only coaches who have, U100, T210 and current USA Gymnastics Pro or Jr. Pro membership will be issued credentials. Only 2 coaches per team will be issued credentials. Requests for additional coaches' credentials must be approved by the Meet Director. Teams with less than ten athletes need not apply.

SCHEDULE: Level 8-Elite Training May 5th
6:00 – 7:00 PM Level 10 – Elite Training Only
7:00 – 8:00 PM Level 8 – Elite Training
Levels 1 – SR Competition May 6th
Levels 1 – 10 Competition (we will do our best to finish by 6) May 7th

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 and team sheets will be posted for all participating gyms no later than April 22, 2017.

RULES: USA Gymnastics Trampoline and Tumbling rules from the current 2017 Code of Points along with all errata pages (posted on USAGYM.org) will be used. Please note that there will be no finals. **All age groups are based on the age of the competitor on December 31, 2017.**

COMPETITION EQUIPMENT: 4 – 4 X 4 Eurotramp trampolines with Eurotramp beds and springs
2 – 6 mm Eurotramp Double-mini trampolines
2 – Ross Athletics Rod Tumbling floors (New floors)
Equipment managed and supplied by Ross Athletics.

VOLUNTEERS: We need your help with volunteers for this competition. We greatly appreciate all your help. This meet would not be possible without the help of volunteers. Thank you in advance for your assistance. All volunteers will be given a wristband that will allow them access into the competition for that day.
Only professional members are allowed to spot.
Coaches you must be prepared to help with this task.
If you would like to bring additional coaches in order to help with this let me know.

JUDGES: Only judges who have taken the 2017 T210, and have a current USA Gymnastics Pro or Jr. Pro membership, will be considered for assignments. Ratings and availability will determine contracts for the Region 4 Championships. Judges must have previously judged at a minimum of 3 sanctioned competitions prior to Regional Championships.
Judging request must be submitted online to Nicole Rothle no later than March 18, 2017. A link to the judges request for assignment form will be sent to each judge who is currently registered within each state and to all teams.

Special Program Pages:

TEAM PHOTOS: Please email a team photo to: tumblingexpress@hotmail.com to be included in the program. Please also include a list of the athlete's names shown in the photo.

TEAM LOGO: If the Region 4 office does not have your club logo from last year, please email a copy to: tumblingexpress@hotmail.com. We will be using these once again in our meet decorations.

ATHLETE BIOS: Each team who has Youth, Jr. Elite, Open or Sr. Elite competitors will need to fill out the athlete bio form on the region 4 website and attach a current head shot photograph. We will include all elite athletes in our program and will also have packets available for any press that might need information.

PROGRAM ADS: Program ads will be on sale again this year. A separate form is included for Ads. Please encourage your parents to place an ad.

Coaches Check List

NOW:

_____ Please read all information carefully.

FEBRUARY:

- _____ Contact Evansville CVB for hotels accommodations.
- _____ Fill in your gym entry deadline date on **Parent information letter** prior to copying.
- _____ Handout Parent information letter to all athletes Level 1 - Sr. Elite.
- _____ Handout regional program ad information to all parents.
- _____ Handout T&T Angle paper to all parents.

MARCH:

- _____ Online entry deadline and hard copy postmarked no later than **March 18, 2017**. **[All late entries will be doubled]** ADD T-Shirt sizes to your entry form.
- _____ **Each team must include a copy of your USAG Team membership roster from the USAG website to confirm membership for both athletes and coaches.**
- _____ Email club logo and team picture to: tumblingexpress@hotmail.com
- _____ Go to Region 4 website and fill out Athlete Bio forms for all Elite competitors.
- _____ Ad information for programs along with certified check or money order, must be postmarked no later than **March 18, 2017** Send to:
Region 4 T&T, Crissy LaFollette
2024 S 75 E
Washington, IN 47501

General Questions? Contact your State Chair

Illinois	Mary Findley
Indiana	Crissy LaFollette
Iowa	John Kauffman
Kentucky	Valerie Runtenelli
Michigan	Heather
Minnesota	Karen Osborn
Missouri	Paul Swafford
Nebraska	Rob Godfrey
Ohio	Amber Van Natta
North & South Dakota	Crissy LaFollette
Wisconsin	Stephanie Orkowski