



Parent Information

Region 4 Championships 2019

May 10-12 2019



Dear Parents,

We are excited about the upcoming Region 4 Championships. We 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.

ENTRY DEADLINE: Your entry must be returned to your coach no later than: _____

ENTRY FEE: LEVELS 1 – Sr. Elite \$125.00
HUGS Athletes \$50.00

VENUE: Duke Energy Center
525 Elm Street
Cincinnati, OH 45202

HOST: USA Gymnastics Region 4 Trampoline & Tumbling Board

SCHEDULE: 2019 Region 4 Championships Very Tentative Schedule

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| | Set-up: | Thursday, May 9 – 4:00 – 9:00 PM |
| Friday | 9:00 am | Event Staff finish any set-up needed |
| | 10:00 am | Check-in open |
| | 11:00 am | Training, Elites Only |
| | 12:00 pm | Training, Levels 8-10 |
| | 2:00 pm | Competition Session 1 – Levels 8-9 |
| | 6:30 pm | General warm-up for Synchronized Trampoline |
| | 7:00 pm | Competition Session 2 – Synchronized Trampoline |
| Saturday | 8:00 am | Event Staff in building |
| | 8:30 am | Doors open for open stretch |
| | 9:00 am | General Warm-up for Session 3 & 4 |
| | 10:00 am | Session 3 & 4 – Levels 8 – Elite |
| | 2:00 pm | Grand March |
| | 2:20 pm | HUGS Competition |
| | 3:00 pm | General Warm-up for Session 4 & 5 |
| | 4:00 pm | Session 4 & 5 – Levels 8 – Elite |
| | 9:00 pm | Coaches and Judges Meet & Greet |
| Sunday | 8:00 am | Event Staff in building |
| | 8:30 am | Doors open for open stretch |
| | 9:00 am | General Warm-up for Session 6 – Level 8 only |
| | 9:30 am | Session 6 – Levels 1-8 |
| | 12:00 pm | Session 7 – Levels 1-7 |
| | 3:00 pm | Session 8 – Levels 1-7 |
| | | Awards will be on going for Session 8 |

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 23.

HOTEL INFO: There are hotel blocks at two locations for this event. The Millennium Hotel is attached and the Hilton property is a short walk to the venue. BOTH location will be making a PER NIGHT donation back to our REGION 4 Scholarship program so we strongly encourage all

participants to book within our block of hotels. PLEASE MENTION THAT YOU ARE ATTENDING THE USAG REGION 4 CHAMPIONSHIPS

Hilton Cincinnati Netherlands Plaza
35 West Fifth Street
513-421-9100

Millennium Hotel
150 W 5th Street
1-800-876-2100

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

SCORING: Gary Pottorff will do all scoring. There will also be final score sheets posted in the lobby at the entrance of the venue. If your child is in the top 10 overall, please bring them to awards staging at the end of the session. This will ensure that we recognize your child as an award winner when staging for awards.

PROGRAM: There will be a program available. If you would like to purchase a Good Luck ad for your child or team, please see your head coach today or go to the Region 4 website www.usagttregioniv.com. All teams and athletes entered by the deadline will be listed in the program. We will also have team pictures, Elite Athlete bios, puzzles, and other personalized information in the program.

ADMISSION: There will be a gate fee of \$15.00 per day, 2 Day Pass \$25.00, 3 Day Pass \$35.00 Children 6 & under are free. Athletes with credentials will be admitted for FREE

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 the volunteer form. All volunteers who serve for one full session will receive a wristband for their admission the day they 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 Stars & Stripes or USA Gymnastics Championships. We will draw for five door prizes.

Please Note: ATHLETES AND COACHES that will be applying for funding must volunteer at least one session.

STAGING: The staging area is used to line up flights for competition and pre-competition stretching. In order to make this process run smoothly for the staff we ask that athletes not report to this area 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 in the flights that have been called to enter the staging area. Athletes who are in this area too early will be asked to leave. 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.

AWARDS: Each child will receive a flight award immediately following their flight competition. 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 awards ceremony. Check the final results posted in the lobby of the venue. If your child is in the top ten, you will need to bring them to the awards staging area at the end of the session.

HUGS Athletes will receive their awards on the competition floor immediately after their event.

SAFETY: For the safety of your child and others participating in the Region 4 Championships, we ask the following: Please do not use flash photography of any kind. Bright lights on video cameras are also prohibited. No one is allowed to play on the stairs/escalators in the lobby. Please make sure your children are aware of this.

OFF LIMITS: Due to the strict safety standards of USA Gymnastics only those parents 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 4 Championship credentials. **THERE WILL BE NO PARENTS ALLOWED IN THE STAGING AREA.** 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 Championship experience is a great one. If you have any questions that are not addressed, please check with your coach prior to the competition so that there are no surprises. Come and enjoy the fun of watching your child learn and grow from their competition experience.

WEB SITE INFO: Our Region 4 website is getting an update and will be going live very soon! Check the official Region 4 web site often for updates beginning March 15. Until then please check the FaceBook Page.

The detailed schedule will be posted as soon as they are available. All last minute information will be posted on this website to help make your experience more pleasant. The web site is your link to the most up to date information. www.usagttregioniv.com **Again this year we will also be posting last minute information to our FaceBook page.**
FaceBook.com/USAGTTRegioniv

PROGRAM ADS: Want to wish your athlete Good Luck? Program ads will be on sale again this year. Please see the attached program Ad form.