



REGION 5
DREAM TEAM
GUIDE TO NATIONALS HANDBOOK

Website: Region5.com

Facebook: 2016 Region 5 National Information,

Region 5 Gymnastics Insider

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Welcome

Congratulations on being a Region 5 National Qualifier!

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 Fort Worth, Texas at the 2016 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 their National Competition entry fee and all apparel free. All Region 5 athletes **COMPETING** or 1st Alternate attending JO for Region 5 (or another Region) will receive apparel and competition entry free. Clubs that did not participate in a camp must pay today for the National Competition entry, which is \$125 per athlete, and Apparel fee of \$300 for one athlete or \$600 for two or more athletes. The total for one athlete is \$425. The cost for two or more athletes is \$600 plus \$125 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 Texas 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.

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.

Coaches

Coaches who participated in **coaching** a camp (**must have worked the entire weekend**) will receive their “on the floor” apparel for free. “On the floor” apparel is a shirt that you get for everyday that you have a qualifier that is competing. Luggage will be given to the club, if they have not received luggage in the past. All other apparel can be purchased at the Region 5 store. You can pay with cash/check or credit card. We encourage the additional purchase of at least the travel shirt.

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

Thursday (Travel Day)

- Travel Day T-shirt
- Region 5 Dream Team Jacket with Red/White/Blue Embroidery

Friday (Training Day)

- Region 5 Logo Training Day T-shirt (on the floor shirt)
- Black pants or shorts
- Official Region 5 Royal Blue Coach’s Jacket

Saturday A/B/C

- Blue Polo (on the floor shirt)
- Black pants or shorts
- Official Region 5 Royal Blue Coach’s jacket

Sunday D/E/F

- White Polo (on the floor shirt)
- Black pants or shorts
- Official Region 5 Royal Blue Coach’s jacket

Parents

Attached is a list of apparel that you can purchase. Region 5 will not be bringing anything to Nationals for you to purchase, so you must order 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.

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)

REMEMBER YOU ARE IN THE CENTRAL TIME ZONE.

Lights out does not mean walking in hotel. Plan accordingly.

Tentative Schedule

Thursday, May 5, 2016

Processing 2:00-6:00 PM

Welcome Meeting 6:30 PM

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

Friday, May 6, 2016

Meet in lobby fed and ready to go at 7:00 AM sharp (We will walk to the venue and Region 5 pictures.)

Practice 8:00 – 10:30 AM (Qualifiers 1-7 only) Alternates may attend, but not workout.

Tentatively 11:30 – 1:30 alternates MAY work out at Texas Dreams – 117 Wangler Dr., Ste. 175, Coppell, TX 75019.

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

Coaches/Parents are responsible for lunch/dinner etc. Remember athlete rules when planning Banquet - TBD

Curfew for A/B lights out 9:30 PM, C lights out 10:00 PM

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

Saturday, May 7, 2016

Junior A and Senior A meet in Athlete Prep room @ 5:45 AM

Competition time 7:45 AM

Junior B and Senior B meet in Athlete Prep room @ 9:45 AM

Competition time 11:45 AM

Junior C and Senior C meet in the Athlete Prep room @ 2:45 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 8, 2016

Junior D and Senior D meet in Athlete Prep room @ 5:45 AM, (all stuff must be out of the room and they should be fed)

Competition time 7:45 AM

Junior E and Senior E meet in the Athlete Prep room @ 9:45 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 @ 2:45 PM (all stuff must be out of the room)

Competition time 4:45 PM

All athletes must be out of rooms by Sunday, May 8, 2016 at 12:00pm

Accommodations/Responsibilities:

Flight:

You and/or your Club should arrange your flight. You must be in Ft. Worth, Texas by Thursday, May 5, 2016 between 2:00-6:00 pm. You may leave after your competition, but you must attend awards in their entirety. You may not leave awards early to catch a flight. If your athlete is departing before Sunday, May 8, 2016 @ 11:00 AM, please send an email to shannonhunt1012@gmail.com prior to Nationals in order to plan room assignments appropriately.

Hotel:

Our host hotel this year is The Worthington Renaissance Fort Worth Hotel. The address is 200 Main Street, Fort Worth, TX 76102

Overflow: Embassy Suites by Hilton, 600 Commerce Street, Fort Worth TX 76102

Shannon Hunt will be your liaison; so do not contact the hotel directly. The hotel will not deal with parents/coaches until after she has dispersed confirmation numbers to you.

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

**Questions: Shannon Hunt (or Kim Denewith) office 586-954-3300,
Shannon's cell 586-933-3553 (text only)
shunt@huntsgymnasticsacademy.com; kdenewith@huntsgymnasticsacademy.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 Athlete National Hotel Room form (on orange paper) must be turned in today with a cash/check payment of \$165. Checks should be made out to **Region 5**.

Athletes can/will stay in these rooms from Thursday, May 5, 2016 until Sunday, May 8, 2016 at 12:00pm. If you are departing early, Shannon Hunt must be informed.

*There are no roommate requests

Coaches must fill out a room request form (on blue paper). We encourage sharing rooms due to the number of rooms available.

Parents must fill out, in its entirety, a Parent National Hotel Room Credit Card Authorization Form (on lime paper). We have a limited number of rooms, so please understand we will do our best to get you into our hotel or our overflow hotel (The Embassy), 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 20, 2016. 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 **Caroline Koch (817)882-1606**. 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 \$18 + tax weekdays and \$16 + tax on the weekends. 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.

Parking:

Valet overnight is \$27.06.

Valet daily is \$23.81.

Self-Parking overnight is \$20.57.

Self-parking daily is \$17.32.

Molly the Trolley – Free

Hours – Monday thru Sunday 10:00 AM – 10:00 PM, they run every 15 minutes

Website – www.mollythetrolley.com

This line operates in a circular route every 15 minutes, stopping at hotels and popular landmarks.

Venue

The meet is being held at the Fort Worth Convention Center. The address is 1201 Houston Street, Fort Worth, Texas 76102. The venue is .4 miles or 8 blocks from the host hotel.

Tickets

All gymnasts and coaches who qualified for the 2016 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 4 and under	Free	Free
Seniors 65 and older	\$5	\$10

CHECK LIST

BEFORE LEAVING REGIONALS

- Athlete Room Form – turn in to Shannon/Kim
- Parent Room Form – turn in to Shannon/Kim
- Coach Room Form – turn in to Shannon/Kim
- Coaches sign up for help availability – Hotel table
- Coaches/Parent donation sheet
- Shop – Region 5 store
- Media – Jason McDonald
- Apparel Sizing - Stephanie
- Registration for National Meet – Dave Stiles

DAY AFTER

- Book travel arrangements
 - Flight
 - Car
- Register online @ Region5.com under Dream Team (athlete/coach/parent)
- Like Region 5/2016 National Information Facebook page
- Do Athlete Bio Form (www.jonationals/info/)
- Purchase Banquet Tickets (www.jonationals/info/) You may mail/email the order form on page 10 of this packet.

AFTER APRIL 20TH (OR WHEN YOU HAVE RECEIVED YOUR CONFIRMATION EMAIL)

- Check room dates
- Make any adjustments necessary with Caroline 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 2016 Level 10 JO Nationals in Fort Worth, Texas. Over the next few weeks, remember to train hard, remain focused on the task before you and GO REGION 5!