

REGION 5

LEVEL 10 JO NATIONAL ITINERARY

- * PUT NAMES IN/ON ALL CLOTHING/ITEMS
 - * WATER AND HEALTHY SNACKS ARE ALLOWED IN ROOMS (NOT MESSY)
 - * ON OWN TIME MEANS – WITH COACHES/PARENTS IF LEAVING HOTEL
- NIGHTLY FLOOR MOM-
THURSDAY-JOAN GANIM
FRIDAY –
SATURDAY – G.SWARTZENTRUBER

*** WE HAVE FOUR ATHLETES THAT NEED BANQUET TICKETS IF ANY ADULT WANTS TO
SELL THEIRS PLEASE CONTACT ME VIA EMAIL!**

WE WILL HAVE ONE TEAM MEMBER FROM EACH GROUP THAT WILL BE RESPONSIBLE
FOR HELPING WITH GROUP COMMUNICATION WITH SHANNON HUNT TO ENSURE THE
UTMOST SAFETY. SHANNON WILL ASSIGN AT PROCESSING

COACHES PLEASE RESPOND TO THIS EMAIL WITH WHERE YOU CAN HELP
HAIR /MAKEUP/TATTOOS

THURSDAY MAY 4TH

ATHLETE/COACH PROCESSING BETWEEN 4PM-6PM IN THE REGION 5 PREP ROOM SEE
FRONT DESK AT THE JW MARRIOTT FOR ROOM NUMBER!

REGION 5 WELCOME MEETING IN THE 6:30PM-7:30PM

ANY ATHLETE THAT GOT MOVED UP TO A COMPETITION SPOT OR ALT SPOT AFTER
REGIONALS NEEDS TO STAY BRIFLY AFTER MEETING FOR THE MEDIA INTERVIEW WITH
R5 INSIDER

CURFEW TIMES FOR ALL 10:30PM IN ROOM /LIGHTS OUT 11:00PM

FRIDAY MAY 5TH COACHES (FEARLESS T-SHIRT)

BREAKFAST ON OWN

ALTERNATES A PRACTICE IS OFFERED AT DEVEAUS OR JPAC 10AM-1PM WAIVERS WERE HANDED OUT AT NATIONALS PARENTS SHOULD ALREADY HAVE FILLED THEM OUT.

ATHLETES COMPETITNG FOR OTHER REGIONS WILL HAVE TO PRACTICE WITH THAT REGIONS PRACTICE TIME!

REGION 7/8 - 8:00 AM TO 10:30AM

REGION 3/4 - 10:30AM TO 1PM

REGION 1/2 - 1PM TO 3:30PM

REGION 5/6 - 3:30PM TO 6:00 PM

MEDIA TIMES-MEET W/SHANNON/KIM/KIKI/JASON IN R5 PREP ROOM

10:00 AM - JUNIOR F IN FEARLESS T-SHIRT

10:35 -COMPETITION LEO -

A.KASISKA/S.GALLET/C.GAGLIARDI/M.LORD/K.RIVERS/C.MILLER/N.DENNIS

11:00 AM - A. AL-ASHARI

11:20 AM - J. SWARTZENTRUBER

11:40 AM- A. WEBB

LUNCH ON OWN

MEET FOR PRACTICE & PICTURES 2:15PM IN THE LOBBY (FED AND READY TO GO)

PRACTICE 3:30PM-6PM

SHOWER AND CHANGE QUICK FOR BANQUET

MEET IN LOBBY FOR BANQUET AT 6:50PM

CURFEW FOR SAT COMPETITORS -A/B (9:30PM) C (10:00PM)

CURFEW FOR SUNDAY COMPETITORS - D/E/F (11:00PM)

SATURDAY MAY 6TH Coaches Black shirt full zip jacket if needed

JUNIOR/ SENIOR A

MEET IN REGION 5 PREP ROOM 6:30AM

*MUST HAVE EVERYTHING FOR COMPETITION WITH YOU

* BRING \$8 FOR BREAKFAST (WE WILL SUPPLY LIGHT BREAKFAST IN ROOM)

WE WILL BE LEAVING HOTEL PROMPTLY AT 7:30AM

- Pictures in lobby before we leave

JUNIOR / SENIOR B

MEET IN REGION 5 PREP ROOM @ 11:00AM FED OR LUNCH WITH YOU DEPENDS ON YOUR PREFERENCE

*MUST HAVE EVERYTHING FOR COMPETITION WITH YOU

LEAVE HOTEL PROMPTLY AT 12:00PM FOR MEET

JUNIOR / SENIOR C

MEET IN REGION 5 PREP ROOM @ 3:45PM FED OR BRING DINNER WITH YOU DEPENDS ON YOUR PREFERENCES

*MUST HAVE EVERYTHING FOR COMPETITION WITH YOU

LEAVE HOTEL PROMPTLY AT 4:55PM

CURFEW TIMES:

A/B/C MIDNIGHT

D/E (9:30PM)

F (10:00PM)

SUNDAY MAY 7TH Coaches GREY shirt full zip jacket if needed

JUNIOR / SENIOR D

GIVE PARENTS / COACHES LUGGAGE FIRST. ALL ATHLETES MUST BE COMPLETELY OUT OF ROOM BEFORE PREP TIME. (IF NEEDED BRING LUGGAGE TO PREP ROOM)

MEET IN REGION 5 PREP ROOM 6:30AM

*MUST HAVE EVERYTHING FOR COMPETITION WITH YOU

* BRING \$8 FOR BREAKFAST (WE WILL SUPPLY LIGHT BREAKFAST IN ROOM)

WE WILL BE LEAVING HOTEL PROMPTLY AT 7:30AM

- Pictures in lobby before we leave

JUNIOR / SENIOR E

GIVE PARENTS / COACHES LUGGAGE FIRST. ALL ATHLETES MUST BE COMPLETELY OUT OF ROOM BEFORE PREP TIME. (IF NEEDED BRING LUGGAGE TO PREP ROOM)

MEET IN REGION 5 PREP ROOM @ 11:00AM FED OR LUNCH WITH YOU DEPENDS ON YOUR PREFERENCE

*MUST HAVE EVERYTHING FOR COMPETITION WITH YOU

LEAVE HOTEL PROMPTLY AT 12:00PM FOR MEET

JUNIOR / SENIOR F

GIVE PARENTS / COACHES LUGGAGE FIRST. ALL ATHLETES MUST BE COMPLETELY OUT OF ROOM BEFORE 1:00PM. THESE ROOMS HAVE LATE CHECK OUT. (IF NEEDED BRING LUGGAGE TO PREP ROOM)

MEET IN REGION 5 PREP ROOM @ 3:45PM FED OR BRING DINNER WITH YOU DEPENDS ON YOUR PREFERENCES

*MUST HAVE EVERYTHING FOR COMPETITION WITH YOU

LEAVE HOTEL PROMPTLY AT 4:55PM