

2019 USA GYMNASTICS GEORGIA XCEL STATE CHAMPIONSHIPS

- Hello. My name is David Pomerantz and I am honored to be the Meet Director for the 2019 USA Gymnastics GA Xcel State Championships. There are over 1,350 athletes that are competing in this championship competition. Congratulations to all of these athletes.
- Please watch this entire video as it will serve as our coaches meeting for the weekend. Make sure all coaches who will be attending the competition also view the video. There will be a brief roll call of clubs at the beginning of each session at the head table to ensure everyone is in attendance and if there are any last-minute scratches.
- The competition will begin Friday afternoon, April 12 at 3:15pm and run through Sunday evening, April 14 at the **FIELD HOUSE** at **RIVERSIDE MILITARY ACADEMY** in Gainesville, GA.
- The competition address and campus map along with the competition schedule, club rosters, and age group breakdowns can all be found on the Gymnastix Training Center website www.gymnastix.net and MeetMaker.com. This information has also been emailed to all clubs.
- The Equipment Guy is providing two capital cup sets of equipment that will be used for the competition. Gym A will be nearest the entrance and will be for the Bronze and Silver competition. The Gold, Platinum and Diamond competitions will take place in Gym B. Both of these gyms are located in the field house.
- When you arrive at the field house, please make sure to check in at the coach's check-in entrance. Coaches that were pre-registered have already been verified and will receive their credentials in a quick manner. If any coach arrives who was not pre-registered, there will be additional time required to verify the membership. Once you check in the first time, you do not need to check in again the remainder of the weekend though you do need your credentials.
- As a reminder, all USAG memberships must be ACTIVE and not Pending for a coach to be allowed on the competition floor. As per GA Rules & Policies you MUST present your active USAG Professional Membership card AND a photo ID (digital images are acceptable) to receive your credentials. An adult volunteer will be proctoring the coach's check-in. Please make this volunteer's job easy and be prepared to present these two items. Please contact USA Gymnastics at 1-800-345-4719 or online at www.usagym.org if you need any membership assistance.
- Please review the USAG Professional Memberships and Responsibilities section on pages 19-22 of the Women's Rules & Policies and please be aware that the Junior Olympic Dress Code is in effect for all State competitions. The dress code can be found on page 21 and states that coaches must wear appropriate

pants or shorts and shirts along with athletic shoes with rubberized soles. Jeans, short shorts, spaghetti strap or low-cut tops, midriff-revealing tops, and hats or visors are NOT PERMITTED.

- Only athletes and coaches with credentials that are competing in a specific session are allowed on the gym floor during that respective session. Athletes not competing in a session are NOT permitted to be on the floor during other sessions. We also request that coaches without athletes in a session do not "hang out" in the competition area so we can reduce congestion in the competition arena.
- Personal children of coaches are not allowed on the competition floor unless they are competing/judging in that session.
- Riverside Military Academy is a TOBACCO-FREE campus, and smoking and tobacco use of any kind is strictly prohibited. This includes vaping. The campus is also a PET-FREE campus. If anyone requires a service animal, they must contact Riverside Military Academy directly for permission.
- Riverside Military Academy is holding their annual Open House on Saturday morning and no one will be allowed on campus prior to 9:45am that morning. There will be a parking attendant the entire weekend and he/she is under strict orders to not permit anyone on campus on Saturday morning until 9:45am. Please make sure that you let any parent in this first session Saturday morning know so they do not arrive too early and are forced to wait in their car off-campus and get frustrated. The Bronze session that morning starts at 10:00am so it will be a little squirrely getting those 76 athletes and all of the coaches into the building, but we will have extra staff on hand to ensure a speedy process. Please let the parents know that spectators will not be admitted into the field house Saturday morning until all the athletes and coaches for that 10:00am Session have checked in first.
- Please note that except for the first session of each day, we will start each session 15 minutes early if we are running ahead of schedule. Please make sure your athletes arrive in a timely manner, but not too timely (especially Saturday morning). All sessions will be Modified Capitol Cup format except for the Diamond session that will be Modified Traditional format.
- Club rosters were sent and posted weeks ago and are now FINAL. No changes will be made to any athletes at this time unless there is a last-minute scratch.
- Awards will be distributed at the conclusion of each session in a separate building called Curtis Hall, that is adjacent to the competition venue. Awards will be given to 50% of the athletes in each age division. The top 3 scores will count towards the team score for clubs that entered the team competition. Team results

will be awarded after the final session of each respective level. The top 10 teams will be awarded at all levels except for Diamond that will be the top 3.

- There will be coaches monitors for each gym (Gym A and Gym B) that will be displaying results throughout the competition. Results will also be posted on meetscoresonline.com and the My USA Gym app.
- Coaches Hospitality will be provided the entire weekend and specific meal times and menus will be emailed to all participating clubs. Please note that there are over 250 coaches registered for this competition and we are proud to provide you wonderful hospitality as a courtesy. This hospitality is not required but the volunteers that will be there all weekend for your benefit do deserve your thanks. So please mention it to them when you see them.
- Please make sure to distribute the Spectator Information Sheet that was emailed and is also posted on both websites to all of your families. This has the basic information regarding the competition specifically for the parents and families. Remind parents that admissions is CASH ONLY and there will be a concession stand throughout the weekend. Vendors will be available in the awards venue.
- If there is anything me or my team can do to make this competition better for you and your athletes, please let us know. Best of luck to your athletes this weekend. I am looking forward to a wonderful competition.