

L6-8 Regional Coaches Meeting – Please read ahead of time, to help ensure a smooth and timely competition.

- Parking is \$5 under the convention center. Turn right across the train line when you pass the center.
- Come up in the elevator, walk to the far side and down the escalator to the gym. You will pass the Visit Mobile booth with lots of tourist information, and directions to our beautiful white sandy beaches on the Gulf Coast.
- Bring your USAG card. Sign in sheets will be separated by states. You should be able to just initial. Some of your gyms have 2 different team names, so look out for that. Pick up a Regional wristband that you must wear all weekend, and your package. Check your roster. See top desk if any changes or late entries are not on it. Your food vouchers for all your coaches, all weekend are in that package. We will have coach and gymnast sign in open Thursday 4-8pm if you want to avoid the morning rush. Gymnasts can sign in anytime in advance.
- Per Region 8 Rules and Regulations, only coaches working back to back sessions have vouchers. See the top desk if you think there has been a mistake. Return any vouchers that are extra. We have a green room set up in the gym for coaches to sit and eat. There will be drinks and snacks for everyone there.
- 4 gyms will be running in the same hall. Gym A will be first after admissions, and gym B at the far end. Make sure you know which flight gym is A and B. There will be one full floor to share and tumble run per gym.
- Note that start time is 9am on Friday and Saturday, and 8am on Sunday. Sessions may start up to 30 mins. early per schedule.
- March in will be from the tunnels on either side of the top desk, first tunnel for gym A and the far one for gym B. The last time we hosted in Mobile, the coaches lined up at the tunnel to welcome in the state teams, and it set a great atmosphere for the meet. Let's do that again.
- Floor warm up will be jump in, with tumble run open. After the first 5 gymnasts have warmed up and competition starts, our timer will tell you who is next to jump in. Each gymnast should have 5 turns available to her. Beam warm up will be called out in 30sec turns, with 3 turns for L6/7 and 4 turns for L8, unless you want to block or take your own time. Make sure the first gymnast competing has the option to warm up first
- Event rotations will be announced, so do not rotate until then. Exception, if you are in the first 5 gymnasts on floor, go ahead and rotate so you can start bumping in.
- Make sure your music is well organized and clean if using CD. Bring back up. Take it to the music player during open stretch, unless it is on your phone, in which case, let the player know you will bring it later.
- Please notify us of any scratches in advance of future sessions. If you will not be attending, have another coach tell us, or email us.
- Alabama Orthopaedic Trainers will be available, but please bring your own tape if you want wrapping.
- We are posting wishagrams for \$5 and photograms for \$25 on the big screen. If you wish to order a photogram, send a simple jpeg attachment to PlanetGymnasticsAL@comcast.net, with your session, level and message. You can pay at admissions.
- We have separate award rooms for gym A and B, with State team awards on the gym floor. Each session is divided into 3 age groups, with 50% awards for events and AA. The top 4 scores on each event count in the State team event. Team trophies will be given to athletes before the state team sessions start, without the position plate, so they can take team photos. Plates will be presented to the top 3 teams only.
- Results will be posted at <http://meetintegrity.com/meets/2016-2017/R8-678Regionals/>
- See Joanne at the top desk if you think you are due a refund. I have a list. I will mail any left.
- Make sure you filled out a form for any high school seniors as they will be presented with flowers at awards
- Inquires, accident report, meet evaluations and training camp forms can all be picked up at the top table.
- Make sure your club address is updated online at www.Region8gymnastics.org, as the new regional address book is about to be made. Region 8 Congress will be held in Atlanta, GA on June 23-25, 2017.
- Please thank your State Administrative Chairperson for your gymnasts' state team apparel
- This year's charity is ST Jude's. Donations will be taken at admissions and at the top table.
- Each Chief Judges table is marked with an USA Gymnastics banners.
- If a coach or gymnast has left something, please leave your name, address and phone number and we will try to return it to you.

- Finally, a big thanks to Deb Kornegay/Region 8 and the Mobile Sports Authority for organizing this wonderful experience, and the Planet Gymnastics Parent Association for volunteering. Please try to work together, help out should any human errors occur, and set an example of teamsmanship and kindness to our students. Have a great weekend, and let us know if there is anything we can do for you. Thanks.