

YMCA Nationals Updates/Details/Changes
June 4th, 2010
For Coaches, Parents/Spectators

Bus Transportation to Sea World-

- Deadline to purchase Bus transportation tickets has passed and are NO LONGER available
- Where to pick up your bus wrist band)- from coach at registration (**must have wrist band for full round trip**)
- Where to pick up bus at Town and country Hotel – Outside Atlas Ballroom/foyer at Fashion Valley Road side of building
- **Departure Times from T&C** – Busses Begin loading at 12:30 pm and will continue to transport to Sea World up to 1:45 p.m. or until everyone is there-1st come 1st served
- **Return Times leaving Sea World** Busses will return guests beginning at 7:00pm with 30 minute intervals until 10:00pm (after fire works display)-1st come 1st served

Music –

- We will provide CD and I-pod capability only. **No cassette players will be available.** We will have old and new music available for compulsories.

Sea World/Opening Ceremonies

Must have;

- Sea world ticket (picked up at Coaches Registration)
- Opening Ceremonies wrist band to enter Shamu Stadium for Ceremony – These were pre-sale only. Deadline passed and tickets are no longer available (picked up at Coaches Registration)
- Meal voucher – included with All Access pass and for all paid gymnasts and coaches only
- Meal Voucher **must** be used day of Open Ceremonies event in Sea World restaurant only

Line Up/Staging for March in:

- Begins Promptly at 2:10 p.m. at the disabled parking area outside park gates entrance
- Those who are already in park must exit and go to designated line up area-**Please be sure to get your hand stamped when you exit in order to re-enter Sea World**

Opening Details

- If you are **dropping off** anyone in a vehicle for March in – enter at the Sea World Camp drop off area to avoid paying for parking and then walk to disabled parking/staging area

- March-In to Shamu Stadium begins at **3:10** for gymnasts, coaches and approved chaperones (ALL must have Opening Ceremonies wristband)
- Teams march in alphabetically by state name
- Teams should have banner with team name Only on it (no large costumes or props may enter into Shamu Stadium)
- Gymnasts and coaches will be assigned seating
- All Spectators, family and guests will be seated in assigned area of Stadium beginning at app. **2:45pm**
- Spectators, family and guests must be seated prior to gymnasts entering stadium
- Parents/spectators will not be able to view march-in from outside Shamu Stadium
- **Late seating will not be permitted**
- Opening Ceremony begins at 3:30 and ends at 4:20. Shamu “Believe” show begins at 4:30. This will be a private showing – not open to public.
- After keynote speaker prior to “Believe” show – gymnasts and coaches may move seats (although should remain in Stadium)
- After “Believe” all YMCA Opening Ceremony attendees are free to visit park and should exit Shamu Stadium

Daily Ticket/Program Sales

- Daily tickets will be available for \$12.00 for adults/ Kids \$8.00 ages walking to 11 – passes are good for the entire day - all meets
- Programs on sale for \$15 each (each team will receive one free program in their registration packet)
- Programs contain names of all gymnasts, team photos, senior shout-outs, past history of Championships, schedule of events, rotations schedule, site map, autograph page as well as good luck ads and score sheets

IMPORTANT COACHES INFORMATION

Prep-Optional Info

- Region 5 Rules will be followed
- Bronze and silver levels only will be judged
- Bronze level will be awarded based on one age group
- Silver level gymnasts will be awarded based on two age groups (groups split 50/50 of total)

Prep-Optional gymnasts will have open workout on Tuesday (one hour total per gymnast) – consult schedule for exact times and gym location. Warm up may not be in same gym as competition gym.

- Competition timed warm-ups will be 90 seconds per gymnast per event

Level 2-3 Info:

- Level 2's will be awarded separate from level 3's
 - Level 2's are in one age group - 1st & 2nd place only due to low numbers

- Level 3's will be split in two age groups 50/50 of total group
- Timed warm-ups will be one minute per gymnast per event

Boys Info:

- Boys level 4 & 5 split in two age groups – 1st-3rd places awarded
 - Boys level 6 in one age group – 1st-3rd places awarded
 - Level 4-6 Timed warm-ups will be 90 seconds per gymnast per event
 - Championship (level 8-10) boys age groups and awards – no changes.
 - Awards will be given out immediately following boys session
 - No team awards will be given due to small numbers
 - Top three All Around boys will be awarded All American jackets and be recognized at Championship Finals Friday, June 25th
 - Places are top three per event/top three All Around
 - Top two boys per event will be performing routines (events to be determined) during finals on Friday for exhibition only – no awards
- Open workout will be held for Championship Boys Tuesday, June 22nd on vault, floor, parallel bars and pommel horse only in Pacific gym – consult schedule for times

Open Workout – Tuesday, June 22nd

- Timed Open workout will begin at 7:30 am
 - Only Prep-optional, boys level 8-10 (modified events), level 7-10 girls will have open workout
 - Gymnast scheduled for the 7:30 am warm-up time should arrive at 7:00 am to stretch in assigned gyms. The later sessions will begin stretch in Atlas-California gym half hour before your scheduled work-out
- Each team will have 15 minutes per event – teams may be split to allow for equal amount of time
- Teams (squads) can spend the 15 minutes any way they wish, but if sharing with another team, please be sure everyone gets equal time

Coaches Meeting Tuesday, June 22nd 12:00 -12:45pm:

- One representative required from each competing YMCA
 - Roll will be taken
 - Information regarding next year's event will be available at the meeting

Coaches Training

There will be a Coaches training immediately following the coaches meeting for those coaches unfamiliar with modified capitol cup/bump system. Meet floor managers and meet referees will conduct this training. We strongly encourage coaches to attend to help the meet run efficiently and on time.

Topics To be covered:

- All coaches will be issued cards for each gymnast per session
 - All scratched athletes must be turned into head table (remember if a gymnast scratches an individual event to be sure they “touch” the equipment and salute in order to be eligible for awards on other events).
- Coaches will organize gymnasts competitive order per event (may change order at each event)
- As they arrive at an event Coaches hand judges cards in competitive order
 - Coaches are responsible for retrieving cards prior to rotating
 - All equipment except floor will be identified “A” or “B”
- Teams will be assigned “A” or “B” for entire session
 - “B” team will begin timed warm up after “A” begins competition on events
 - Teams must rotate immediately following competition on each event (larger teams will be required to move portion of group to next event)
- Floor competitors will warm-up, in order, in between preceding groups’ routines (gymnast finishes next group warms up for app. 20 seconds and repeats until 6-7 warm-ups)
- Level 7-8 will receive 90 seconds warm up per event (except floor – see above)
 - Championship level will receive 2 minutes warm-up per event (except floor – see above)

Daily Open Stretch During Competition

- **First session daily stretch** and boys session will take place in competitive gym (Grand Ballroom)
- All other Open stretch will take place in Atlas Ballroom – California room – 20 minutes in duration per session. Stretch only-no tumbling

Finals – Closing Ceremonies – Friday, June 25th

- Level 8 finals stretch at 8:00am in Coronado gym
 - Championship finalists stretch in Atlas-California room at 11:30 am
 - Open warm-up on respective events begins at completion of level 8 finals (app. 12:00pm) in Coronado gym
- Warm-up is open-unscheduled but events will be timed one minute per gymnast (does not include bar set)
- March in of Finalists will begin at 1:10
 - Competition begins at 1:30
- Touch warm-ups will be 30 seconds per gymnast (1/2 of group per event)
 - Competition ends app. 3:30pm
 - Closing video at 3:45
 - Awards begin at 4:00-level 8, then Championship
 - Meet concludes app. 5:00pm