

Please Read

Last Minute Information Before State Meets

I hope not to make this long. I'm just emphasizing the important stuff to remember.

For coaches with gymnasts who qualify to Regionals:

- It's best to fill out entry form sheet with all gymnasts in your club and cross off those that don't make the score or cut. This can be done before you come to the meet. I'll attach the form, but am asking Jack to post on the website.
- Make your team entry fee check out to NC-USAG. **This is a change.** The state account will make the payment to each Regional meet director. You actually could just bring one check for Level 7/8's and 9/10 since it goes to the one account NC-USAG. Only team checks will be accepted. Please no parental checks.
- GymKin will be used as the Regional gymnast apparel again. It'd be nice if your gymnasts had a good idea of what size they wear in GymKin before they go into the room.
- Only female coaches are invited into the apparel room to help with sizing. No parents, please.

- 34 Level 8's and 31 Level 7's will represent NC, themselves, and their clubs. Top 8 will be team w/ 1 alternate receiving team apparel.
- The top 8 gymnasts in each of the Prep Optional divisions will represent NC as a team w/ 1 alternate receiving team apparel. All other gymnasts who competed in States are eligible to enter the Prep Regionals hosted by Southeastern Gymnastics in Charlotte. Prep team members entry fees are to go to NC-USAG as other levels, but all other entries are to be submitted to meetmaker.com.
- Level 9's and 10's may advance to Regionals by attaining a score of 34.00AA or higher.
- Coaches are encouraged to check their membership dates to make sure that all are current (safety, background check, and membership) If not current on your card, bring paper proof from USA Gymnastics website.
- Top 8 Alternates for all levels need to sign form stating a willingness to compete if needed.
- This is the state meet and the coach apparel restrictions will be in place. Please check R & P to be sure, but rule of thumb is that one may not wear hats, jeans, shorts too short or tops too revealing. Here's your chance to put your gym's brand out in front of the gymnastics community with pride. Athletic foot apparel is recommended.

- As State Judging Director, Mary Hoagland has written a reminder to judges about contact and exchanges between coaches and judges during the meet. I've attached this also. Knowing that NC has a laid back environment, and knowing that relations between coaches and judges have traditionally been comfortable, this is the one meet that we need to remember to follow protocol when posing questions about gymnasts' performances. Please read her note.
- Thanks to all and hope that your gymnasts have a safe, healthy, and satisfactory competition.

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