

Coaches Info

COACHES MUST BE REGISTERED MEMBERS OF USA-GYMNASTICS, SAFETY CERTIFIED AND A CRIMINAL BACKGROUND CHECK TO BE ON THE COMPETITION FLOOR.

Entry Forms

- Make checks payable to: "USAGPA"
- Entry Deadline: ***March 8, 2010***
- Register online! It's easy:
 1. Download the online MS excel form from the website
 2. Use your computer to fill in the form
 3. At the bottom, just enter your number of gymnasts & teams. The form adds them for you.
 4. Save it and e-mail it back to usagpa@aol.com
 5. Send copy of form & payment to: USAGPA
3204 Willow Lane
Harrisburg, Pa 17110
- If you cannot register online, print the online form and hand write your entry. Skip to #5 above.

State Meeting:

There will be a Coaches Meeting/Social at the host hotel (**Penn Stater**) in the ***Orchid Room*** Saturday evening at 6:00. Dinner will be provided! Shuttle service from the Nittany Lion Inn provided, if needed.

Senior Athletes:

Coaches please be aware of the Senior Athlete award forms found on the State Web Site. Seniors will NOT be recognized without proper and timely notification to the State Office.

Coaches Attire:

Coaches on the competition floor must follow USAG R&P (Section V Article IV-L) for dress code. Anyone in violation will be asked to leave the floor.

Gymnasts Attire:

Gymnasts must be in proper gymnastics attire to receive awards. No gymnast may receive awards in street cloths. (Section V Article IV-K) **Shirts tucked in and Jackets zippered!**

Regional Entry Forms:

The State will prepare all Region VII entry forms. You will be responsible for reviewing these forms at the end of the weekend. Payment for all Regional Qualifiers will be due on-site at the conclusion of the last session. ONE check please, payable to "USAGPA"!

Tee Shirts:

T-shirts are included with your entry fee. To ensure that your team members receive the appropriate sizes, please return your entry form before the deadline. Any late entries will not be guaranteed a size.

Awards:

All awards will meet or exceed USAG R&P

Team scores will be determined by the top three event scores regardless of age. Team awards will be awarded to all levels.

The **Overall Team Award** to be given to the team with the highest combined team total of 6 event scores using highest from 5 different levels. To be entered you must have at least one competitor from 5 of the 7 competing levels.

Athlete Petitions:

Any petitions to Region VII Championships must be submitted during or at the conclusion of State Championships. If an athlete is injured during the State Championships it will be necessary to start the petition process immediately. NO EXEPTIONS! Please refer to USAG R&P for proper petitioning procedures.

Note: Coaches be prepared. Have [with you] copies of meet results from the year.
You never know when an athlete will get hurt.