

# 2021 Region 8 – Level 9 & 10 Championships

Bradenton Area Convention Center - Palmetto, Florida

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## **This will serve as each session's Coaches Meeting**

Welcome to the 2021 - Level 9 & 10 Regional Meet! Our main goal is to make the meet as rewarding for the athletes, coaches and parents as possible, while still practicing the recommended protocols for health and safety. To do that, we are going to need your help.

Brad Harris and a representative from Meet Authority Productions will be your meet directors. If you need anything don't hesitate to ask. This document has some very important information on it, so read it completely!

- Please make sure you sign in. The sign in sheet is at the end of the scorer's table. You will receive a red bracelet that must be worn throughout the weekend.
- For day of meet scratches, there will be a current rotation sheet taped down on the head table. Please highlight your team name at the top of the sheet and mark thru the scratched athlete's name leaving the number.
- Gym A is the equipment closest to the entrance marked in RED and the B Gym is closest to the head table marked in BLUE. Each gym has an independent FX mat.

FORMAT:

1. Each session will begin with a 20 minute general stretch.
  2. As the 20 minutes get close to conclusion, we will ask that the Flight "A" athletes proceed to their first event to prepare for warm-up's as the Flight "B" athletes line up at their first event for a presentation of participating teams.
  3. When the 20 minute stretch has concluded, we will begin the first timed warm-up for the Flight "A" athletes. Towards the end of Flight "A's" warmup, we will do the announcements. Only the flight "B" athletes will be formally lined up but we will announce the teams in flight "A" and "B".
  4. Following flight "A"'s first warm-up we will have everyone stand for the playing of the National Anthem.
  5. When the anthem concludes, the flight "A" athletes will begin competition and the flight "B" gymnasts will begin their first warm-up.
  6. **ALL ROTATIONS will be signaled. We will not use "continuous rotation".**
- Please make sure to wear your face covering at all times while inside the BACC.
  - Coaches beverages and snacks will be to the right of the scorer's table. Breakfast, lunch and dinner will be on your own.
  - There is 1 – 8" mat and 1 – 4" mat and 1 "Sting" at each event (+ Vault) ....DON'T MOVE THE MATS...
  - \*NO CHALK ON RUNWAYS\*
  - There will be a music rep available.....
  - There will be a Trainer available to left of the head table. There will be Ice there as well. ....
  - Band-Aids and simple first aid will be available in the gray box on the head table.