



Welcome! USA Competitions is proud to host the 2009 Fright Invite. Please review the following items enclosed in this packet:

1. **General event information**
2. **Competition Schedule**
3. **Event Venue and Map**

Team Rosters will be password protected and emailed to each club, as well as posted online. The password will be given to the club coach to distribute at their discretion. All password inquires will be referred back to their club for clearance. Coaches, please double check your team rosters for the correct spelling of your athlete's names, correct date of birth & missing USAG numbers.

Athlete & Coach Registration – All athletes will check in at the registration desk in the entry hall, prior to entering the competition arena. Coaches will sign in and receive their packets inside the competition arena, at the main computer table located on the north (left) side of the arena. It is advisable that gymnasts (and coaches) arrive 15 minutes prior to scheduled general stretch time.

Coaches, be sure to bring your USAG card, as all information from it will be required on the USAG Coaches Sign In Sheet. All expiration dates are now required to be recorded on the sign in sheet (expiration dates for membership, safety and background check).

Coaches meeting — Floor manager Gary Anderson will host a brief coaches' meeting 5 minutes after the start of stretch before each session.

Coaches Costume Contest—**The winner or winning group of the contest will receive \$500 cash!** To be eligible, coaches must be dressed in full costume for each march in ceremony that they have competing athletes participating in. For safety reasons, costumes are not required to be worn during the actual competition. The costume judging will be done by the NAWGJ Event Officials and USA Competitions staff.

Cash Prizes for 1st-3rd place USAG team every session— 1st Place \$100 / 2nd Place \$80 / 3rd Place \$50
Cash prizes will be awarded 50% to coaches from the winning teams at the meet & 50% to gym or booster club via check. Coaches will claim winnings by signing the award ledger at the main computer scoring table.

Awards Ceremonies—Will take place within 5 minutes following the end of each session. Individual, all around (100%) and team will be awarded each and every session.

Hospitality—Meals will be provided to the coaches in the hospitality room during applicable times throughout the event. Meal times will be posted.

If there is anything that we can do to assist you, please do not hesitate to contact us. We wish you a frightfully good time and the very best of luck this season!

Sincerely,

Randy Sikora
Meet Director
800-841-4977
Captwst@aol.com

Sharyn Strickland
Event Coordinator
800-841-4977
Strickgym@comcast.net

Gary Anderson
Event Floor Manager
800-841-4977
MrMVT@aol.com

For event info and results, visit us on the web
www.USACompetitions.com

Fright Invite Competition Schedule

Saturday, October 24

Session I	Level 2/3 USAG <i>Mod. Capitol Cup</i>	8:00am 8:30am	General stretch and warm up Competition begins. Awards to follow
Session II	Level 4 USAG <i>Mod. Capitol Cup</i>	10:15am 11:00am	General stretch and warm up Competition begins. Awards to follow
Session III	Level 4 USAG <i>Mod. Capitol Cup</i>	12:45pm 1:30pm	General stretch and warm up Competition begins. Awards to follow
Session IV	Level 5 USAG <i>Mod. Capitol Cup</i>	3:00pm 3:45pm	General stretch and warm up Competition begins. Awards to follow
Session V	Level 5/6 USAG <i>Mod. Capitol Cup</i>	5:15pm 6:00pm	General stretch and warm up Competition begins. Awards to follow

Sunday, October 25

Session VI	Level 4/5/6 AAU <i>Traditional format</i>	8:00am 8:55am	General stretch and warm up Competition begins. Awards to follow
Session VII	Level 2/3 AAU <i>Mod. Capitol Cup</i>	10:15am 11:00am	General stretch and warm up Competition begins. Awards to follow

Awards are given for both individual and team placement at the conclusion of each session.

There is no athlete designation for team (top three scores count).

Athletes are divided by birth date into small award groups. 100% All Around is awarded. Everyone is a Champion!

We look forward to enjoying a spooktacular competition experience with you. Best of luck to all!

Happy Halloween!



For event results, please visit us on the web at
www.USACompetitions.com



2009 FRIGHT INVITE

Meet Site: Coral Springs Gymnasium
2501 Coral Springs Drive
Coral Springs, FL 33065 954.345.2201 or 954.345.2107

Directions from I-95:

Take I-95 to Copans Road. Exit west on Copans (*which becomes Royal Palm Blvd in Coral Springs*) and continue to Coral Springs Drive. Turn right (head north) on Coral Springs Drive. The Coral Springs Gymnasium is on the right (east) side of the road.

Directions from Florida Turnpike:

Take the Turnpike to Sample Road. Exit west on Sample Road and continue to Coral Springs Drive. Turn left at Coral Springs Drive (head south) and travel approximately 1/2 mile. The Coral Springs Gymnasium is on the left (east) side of the road.

Directions from Sawgrass Expressway:

Take the Sawgrass Expressway to Sample Road. Exit east on Sample Road and continue to Coral Springs Drive. Turn right at Coral Springs Drive (head south) and travel approximately 1/2 mile. The Coral Springs Gymnasium is on the left (east) side of the road.

<p style="text-align: center;"><u>Host Hotel</u></p> <p style="text-align: center;">Marriott Coral Springs Golf and Convention Center 11775 Heron Bay Blvd. Coral Springs, FL 33076</p> <p style="text-align: center;">954-753-5598 (<i>direct to hotel</i>) 1-800-311-8018 (<i>reservations</i>)</p> <p style="text-align: center;">\$89 per night Group "USA Competitions Fright Invite" (<i>cut off date Sept. 23rd.</i>)</p>
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<p style="text-align: center;"><u>Spectator Admissions</u></p> <p style="text-align: center;">\$15 / Adult (12 + up) \$10 / Child/Seniors (<i>under 4yrs. free</i>)</p> <p style="text-align: center;"><u>Length of event passes</u> \$25 / Adult \$15 / Child/Seniors</p>
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