



LEVEL 4 STATE CHAMPIONSHIPS
December 5—6, 2009

Coral Springs Gymnasium, 2501 Coral Springs Drive, Coral Springs FL 33065 Event Day Phone: 954.345.2200

Twister Gymnastics and USA Competitions is proud to host this year's USAG Level 4 State Championships. Please review the following items enclosed in this packet:

1. **Coaches and General Information**
2. **Competition Schedule**
3. **Map to the Facility**

Gym Rosters will be password protected and emailed to each club, as well as posted online. The password will be given to club coaches to distribute at their discretion. All password inquiries will be referred back to their club for distribution.

Coaches, please double check your team rosters for the correct spelling of your athlete's names, date of birth & missing USAG numbers. Should a birth date discrepancy be noticed after awards have been printed, no changes will be made as they are then considered verified and official. Should an athlete compete in a session other than the one designated by her birthday, her awards will be duplicated based on her group. These placements will not be published or announced and the scores may not contribute to the team total.

Coaches, be sure to bring your USAG card, for verification of your USAG Professional Membership, Safety Certification and Background Clearance Status. All coaches will be required to initial the USAG Coaches Sign In sheet. Cleared coaches will be given a bracelet to wear throughout the event. No bracelet = no admittance on the competition floor.

Coaches Attire: At State Meets and above, the following dress code will be in place (*USAG dress code rules*).

Shoes—Closed toe athletic shoes.

Shorts—Athletic or tailored shorts with a 7" inseam.

Shirts—Collared or business casual with a gym logo. NO spaghetti straps, low cut tops or midriff revealing shirts.

Hats—No hats or visors are allowed to be worn.

Coaches who violate rules will be requested to leave the competition floor

Awards ceremonies: For Individual and All Around placement will take place within 5 minutes following the end of each session. Each session will present four award groups—50% + 1.

Level 4 Team awards: Take place following session 8 on Sunday. Teams will be separated into 3 divisions, which will be announced on November 24th, the day following the non-qualifying athlete drop deadline.

Coaches 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 and your families a wonderful Thanksgiving and the very best Championship experience!

Sincerely,

Randy Sikora
Meet Director
800-841-4977

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

Clayton Kent
Floor Manager
800-841-4977



www.USACompetitions.com

Updated 11-17-09

USAG LEVEL 4 STATE CHAMPIONSHIP SCHEDULE

Saturday, December 5th

Session 1	GROUP 8 <i>5/7/98 and Older</i>	8:00am 8:35am	General stretch and warm up Competition begins. Awards to follow
Session 2	GROUP 7 <i>5/8/98 - 4/27/99</i>	11:00am 11:35am	General stretch and warm up Competition begins. Awards to follow
Session 3	GROUP 6 <i>4/28/99 - 12/24/99</i>	2:00pm 2:35pm	General stretch and warm up Competition begins. Awards to follow
Session 4	GROUP 5 <i>12/25/99 - 6/12/00</i>	5:00pm 5:35pm	General stretch and warm up Competition begins. Awards to follow

Sunday, December 6th

Session 5	GROUP 1 <i>10/19/01 and Younger</i>	8:00am 8:35am	General stretch and warm up Competition begins. Awards to follow
Session 6	GROUP 2 <i>4/27/01 - 10/18/01</i>	11:00am 11:35am	General stretch and warm up Competition begins. Awards to follow
Session 7	GROUP 3 <i>11/28/00 - 4/26/01</i>	2:00pm 2:35pm	General stretch and warm up Competition begins. Awards to follow
Session 8	GROUP 4 <i>6/13/00 - 11/27/00</i>	5:00pm 5:35pm	General stretch and warm up Competition begins. Awards to follow TEAM AWARDS TO FOLLOW

For session assignment, athletes are equally divided into 8 groups by birth date. Group 1 = youngest. Group 8 = Oldest. Saturday competes oldest to youngest (groups 8, 7, 6, 5). Sunday competes youngest to oldest (groups 1, 2, 3, 4)



2009 USAG FLORIDA Level 4 State Championships

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.



Admissions

Adults, ages 13 and up: \$12.00

Children, ages 5-12: \$7.00

*Children under 5 and
competing athletes free*

