



Welcome! USA Competitions is proud to host the 2010 Sun & Surf Spectacular. 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 emailed to each club. Coaches, please double check your team rosters for the correct spelling of your athlete's names, correct date of birth & missing USAG or AAU numbers. If birthdates were not received, your athlete's age will display as 1 yr on your roster. Please send missing birthdates asap.

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.

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 fun and exciting competition experience and the very best of luck this season!

Sincerely,

Randy Sikora
Meet Director

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

Gary Anderson
Event Floor Manager

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

Sun & Surf Spectacular schedule

Saturday, January 30, 2010

USAG Sessions

Session 1	Levels 3, 4, 5, Prep. Nov.	8:00am	Stretch
		8:20am	Warm-up and compete. Awards to follow
Session 2	Level 8	10:30am	Stretch
		10:50am	Warm-up and compete. Awards to follow
Session 3	Levels Prep. Open, 9	1:30pm	Stretch
		1:50pm	Warm-up and compete. Awards to follow
Session 4	Levels 7, 10	4:30pm	Stretch
		4:50pm	Warm-up and compete. Awards to follow

Sunday, January 31, 2010

AAU Sessions

Session 5	Levels 4, 5, 6	8:00am	Stretch
		8:20am	Warm-up and compete. Awards to follow
Session 6	Levels 2	10:30am	Stretch
		10:50am	Warm-up and compete. Awards to follow
Session 7	Level 2, 3	1:00pm	Stretch
		1:20pm	Warm-up and compete. Awards to follow
Session 8	Level 3	3:30pm	Stretch
		3:50pm	Warm-up and compete. 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 an exciting competition experience with you. Best of luck to all!



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



2010 Sun & Surf Spectacular

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

Directions from I-95:

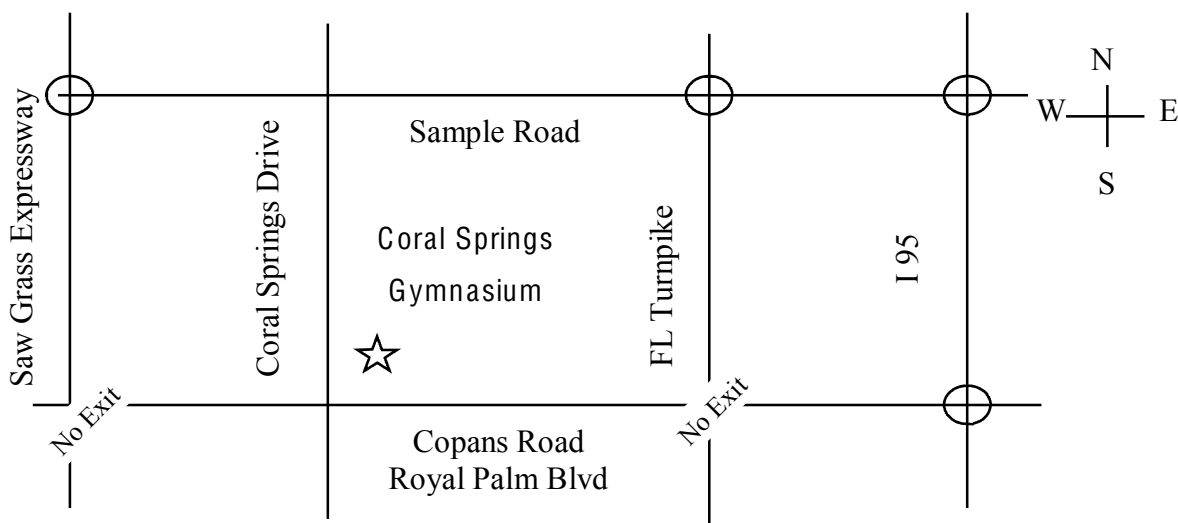
Take I-95 to Copans Road. Exit west on Copans (*which becomes Royal Palm Blvd in Coral Springs*) and continue to Coral Springs Drive. Turn right (head north) on Coral Springs Drive. The Coral Springs Gymnasium is on the right (east) side of the road.

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.



Spectator Admissions

\$15 / Adult (12 + up)
\$10 / Child/Seniors
(under 4yrs. free)

Length of event passes

\$25 / Adult
\$15 / Child/Seniors