

USAG T&T NORTH CAROLINA STATE T&T CHAMPIONSHIPS

Renee' H. Moody T&T
NC State Chair
1470 Greenwood Road
Lincolnton, NC 28092

February 8, 2011

NC Coaches,

We are pleased to announce the Fourteenth Annual T&T Championships will be held on April 15 & 16, 2011. We will offer double-mini, trampoline, synchronize/mixed trampoline and power tumbling for Levels 1-Elite. The event will be held at Ragsdale YMCA, Jamestown, NC.

There will be a warm up for all teams on Friday April 15 and the competition Sat. the 16th. Stretching will be at 7:30am, March-in beginning at 8:00am with competition starting promptly at 8:15am. The meet plans to conclude by 5:00pm. There will be an award ceremony after each session and the State All Star Team will be announced at the end of the competition. The team will represent NC at the Regional Championships in Gatlinburg Tenn. May 20/21.

We look forward to everyone's participation and parent volunteers. Meet fees are \$70 first event and \$5.00 for each additional event. State entries and meet fees are due by **March 11th**. Ad Sales, Tentative Schedule and Team Responsibilities are included with this letter. If your team should have an issue with their assignment, please contact me immediately.

We're excited about the State Championships and everyone's participation is much appreciated. Should you have any questions, please do not hesitate to contact me by email, or phone 704-732-0926 (Gym) - 704-732-4711 (Home).

Tumbling On,

Renee' H. Moody
NC State Chair

USAG T&T NC State Championships 2011

- Hosted By:** NC State Teams
A USAG Sanctioned Event all rules upheld
- Location:** **Ragsdale YMCA**
900 Bonner Drive
Jamestown, NC 27406
- Events:** Levels 1—Elite
Euro Double Mini, Tumbling, Euro Trampoline and
Synchronized Trampoline / Mixed Pairs
- Entry Fees:** 1 Event \$70, 2 Events \$75, 3 Events \$80, 4 Events \$85
Make checks payable to “USAG NC T&T”
(One check per team)
Mail Entries to: Twist & Tuck
C/o Renee’ H. Moody
1470 Greenwood Road
Lincolnton, NC 28092
- NC State Team Awards & Fees:** DM: Levels 5-6, Levels 7-8, and Levels 9-10
Tumbling: Levels 5-6, Levels 7-8, and Levels 9-10
Trampoline: Levels 5-6, Levels 7-8, and Levels 9-10
\$10 per event and levels
\$75 for all events and levels
- Deadlines:** Entries must be postmarked or mailed by March 11th, 2011.
- Change Policies:**
- * Late Registration/Changes made after March 25 will be charged.
 - * Change fee of \$10 per athlete, per change—No Exceptions (late additions or changes may not appear in the program)
 - * All changes are to be emailed to twistandtuck@aol.com.
 - * Scratch policy: Medical Scratches, with a doctor’s note will be the Only changes permitted with full refund. All scratches and documentation are to be submitted to:
twistandtuck@aol.com
 - * If a team withdraws for any reason after April 1, 2011, there will be a 15% Administrative fee assessed. The remaining entry fee will be returned.

- Equipment:** Twist & Tuck & Ultimate Air will be supplying the equipment this year
Consisting of:
* 84' rod floor with 31' run up and 10'x20' landing zone
* Two Euro Tramp 7'x14' trampolines with all required safety decks
* Euro Double-Mini Trampoline with proper landing zones per USAG
- Awards:** 1st—10th placements will be recognized in the award ceremony naming NC's State Champion. Following awards, the NC State All-Star Team will be announced from level 9/10. This team will represent NC in the Regional face off in Gatlinburg, Tenn. Saturday, May 21, 2011.
- Admission Cost:** Adult—\$5.00, Senior Citizen—\$4.00, Under 4 Years—Free
- Purpose:** The Jr. Olympic State Champions (Levels 1– Jr.) will name State Champions in each age group for all disciplines. This will also serve as the first of two qualifiers to the national championships that will be held in San Antonio, TX in July for levels 5 and up only.
- Eligible Athletes:** All athletes registered with USA Gymnastics as an athlete member and have competed in two prior competitions are eligible to compete at the NC State Championships. Please note that all non-U.S. citizens must declare their citizenship prior to competition.
- Rules:** USAG Trampoline and Tumbling rules from the current 2010 Code of Points will be used. Please note that there will be no finals for Levels 1-10. **All age groups are based on the age of the competitor as of December 31, 2011.**
- Coaches:** **Note: Please read the dress code in the 2010 Code of Points. This dress code will be strictly enforced. This goes for athletes, coaches and judges.** Teams will be allowed a maximum of three coaches.
- Volunteers:** We need your help with volunteers for this competition. This meet would not be possible without the help of volunteers and all gyms. Thank you in advance for your assistance. Each gym will be responsible for a certain assignment throughout the day. (see gym assignment list)
- Athlete Bios:** Each team whom has level 10, Jr. or Sr. Elite competitors will need to return an Athlete bio form and a head shot photograph for each athlete. We are working on getting some much-needed press for our sport as NC has the most elite athletes in our Region. This form and their picture are due by March 11, in order to be spotlighted in the State Program.
- Ad Sale:** We encourage all teams to sale at least 5 ads to help with the publication of this program. Reason to sale: first state meet, last season competing, proud parents, proud friends and grandparents, wishing the athletes good luck.
- Shout Out Ads:** The day of the meet, purchase a Good Luck Star that will be delivered to your athlete before they compete. You will have the opportunity to write an inspirational note to your athlete letting them know they are a Star! \$2

All teams are to submit a team photo to be included (free) in the State Program.

**USA GYMNASTICS
T&T NC STATE
TENTATIVE SCHEDULE**

Awards immediately after each session

Friday, April 15, 2011

Training Sessions:	Teams to be assigned
4:00-5:30	Training Session 1 assigned
5:30-6:00	Training Session Synchro (Lv. 8 and up / mixed pairs)
6:00-7:30	Training Session 2 assigned

Saturday, April 16, 2011

7:45am—8:00am	Coaches and Judges Meeting / Breakfast
8:00am—8:15am	March In of State Competitors
Session 1:	Competition for ages 12 and under, Levels 1-7
7:45am-8:00am	Stretch
8:15am—	Competition Lunch for Judges, Coaches and Officials General Warm-up for Levels 8 and up only / Synchro Competition for Synchro and JE/SE Competition for all Levels 8 and up, Ages 13 and up Levels 1-7

***Please note: ages, levels and times listed above are all TENTATIVE at this time and may change based on the ages and levels of the athletes that register. A detailed schedule will be sent once all entries are received. Per USAGTT, the warm ups will be stretching only for levels 1-9. Level 10, Junior and Senior Elite will be permitted no warm up on the equipment in accordance with USAGTT guidelines.**

MEMO TO ALL TEAMS

RE: NC State Gym Helping Hands

The 2011 NC State Championships in Greensboro, NC is just a short time away. Your Trampoline and Tumbling State Volunteers are busy planning this great event, and we need your help! To help us make this a great event, we'll need those NC State Helping Hands (aka volunteers) helping in many areas.

Please go over the following with your team parents and email me a list of the appropriate spots. Volunteers must be at least 18 years of age. (Please encourage Dads to volunteer, we always need spotters!) We need you to return your list prior to your entries: they must be postmarked by March 11, 2011.

You are our only link to the volunteers! We hope you will encourage your team to be a special part of the State experience by volunteering. Positions will be filled on a first-come, first-serve basis, so get your list to the T&T State office ASAP.

Thank you for your help in making State 2011 an awesome experience!

GYM RESPONSIBILITIES

<u>GYM</u>	<u>JOB RESPONSIBILITY</u>	<u>NOTES</u>
Ultimate Air	Spotters/Equipment (setup) Hospitality/Judges Table	Parents
Physical Awareness	Trash Detail/Security Breakdown	3 each session all
Twist & Tuck	Awards/Programs Line up/Equipment (setup)	Parents
Flip Force	Computers/Scoring	Esau / Parents
Roses	Admissions/Check in 3 at door ea. session Spotters/Setup (all)	3 each session
Cabarrus Gymnastics	Set up/Breakdown-all Spotters	4 each session
Sandhills Academy	Set-up/Breakdown-all Spotters	4 each session
Nick's Flippin Kids	Spotters	3 first session
KPac	Video levels 8 and up/Breakdown	Parents
Langley Gymnastics	Set-up Equipment/Breakdown	Parents
Elite Athlete Parents	Concessions	

ATHLETE BIOGRAPHY

Please include an action photo and a head shot.

Name _____

Hometown _____

Current Residence _____

Club _____

Coach _____

School _____

Year in School _____

Began in Gymnastics _____

Years on National Team _____

Favorite Events _____

PERSONAL INFORMATION:

Parent's Names _____

How Many Brothers & Sisters & Their Names _____

Hobbies _____

Why I Started Participating In Gymnastics _____

What Is My Favorite Skill to Perform _____

Favorite Movie _____

Favorite Musical Group _____

Who Is Your Role Model _____

Favorite Subject in School _____

What Career Would You Like To Pursue _____

What Is Your Best Advice for Young Athletes _____

International Competitions and Results _____

National Competitions and Results _____

Words to your coach (es) _____

Words to your parent's _____
