



Renee' H. Moody T&T
NC State Chair
14701 Greenwood Road
Lincolnton, NC 28092

March 5, 2010

Dear Coach,

The NC State Teams are pleased to announce the Thirteenth Annual T&T Championships on April 16 & 17, 2010. We will be offering double-mini, trampoline, synchronized trampoline and power tumbling for Levels 1-Elite. March-in for the competition will be at 8:00am, with the competition beginning promptly at 8:15am. The meet plans to conclude by 5:00pm. There will be an award ceremony after each of the sessions. Also the State All Star Team members will be announced to go on and represent us at the Regional Championship in Alabama.

This year's State Championship will be held at The Gym Company in Mooresville, NC which is located at 210 Talbert Pointe Blvd., Mooresville, NC 28117.

We look forward to your participation reply by March 25, 2010. Meet fees will be \$70 for one event, \$75 for two events, \$80 for three events and \$85 for all four events. All meet fees are to be paid no later than April 2, 2010. Hotel information, Ad Sales, Tentative Schedule and Team Responsibilities are included with this letter. If you should see there is an issue with assignments, please contact me immediately.

Everyone's excited to be able to have an awesome state for our athletes to compete in and everyone's participation is much appreciated. A huge thank you to Esau—Flip Force to a great State Meet in 2009. Should you have any questions, please do not hesitate to contact me at 704-732-0926 (Gym) or 704-732-4711 (Home) or email me at twistandtuck@charter.net.

Tumblng On,

Renee' H. Moody
NC State Chair



Saturday, April 17, 2010

Hosted By: NC State Teams
A USAG Sanctioned Event

Location: The Gym Company
210 Talbert Pointe Blvd
 Mooresville, NC 28117

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 25th, 2010 with all registration fees due by April 2nd.

Change Policies:

- * Late Registration/Changes made after April 2
- * 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@charter.net
- * 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@charter.net
- * If a team withdraws for any reason after April 1, 2010, there will be a 15% Administrative fee assessed. The remaining entry fee will be returned.

- Equipment:** Twist & Tuck, Ultimate Air & The Gym Company will be supplying our equipment this year consisting of:
- * 84' rod floor with 31' run up and 10'x20' landing zone
 - * Two Euro Tramp 7'x14' above ground trampolines with all required safety Decks
 - * Euro Tramp Double-Mini Trampoline with delineated landing zones per USAG standards
- Awards:** 1st—10th placements will be recognized in the award ceremony. Following awards, the NC State All-Star Team will be announced. This Team will represent us in Huntsville, Alabama, Saturday, May 22, 2010.
- Admission Cost:** Adult—\$5.00, Senior Citizen—\$4.00, Under 4 Years—Free
- Purpose:** The Jr. Olympic State Champions (Levels 1-10) will name State Champions in age groups for all disciplines. This will also serve as the first of two and qualifiers to the national championships that will be held in Virginia Beach, VA in June. We will also name the Level 9/10 State All Star Team that will represent our state at the regional face off at the regional championships in May.
- Eligible Athletes:** All athletes registered with USA Gymnastics as an athlete member 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 on December 31, 2010.**
- Coaches:** Only coaches who have a minimum of a level one coaching certificate and current USAG Pro or Ju. Pro membership will be issued credentials. **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. We would greatly appreciate all your help. This meet would not be possible without the help of volunteers. Thank you in advance for your assistance. Each gym will be responsible for a certain assignment throughout the day.
- Athlete Bios:** Each team who 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 an this event. If t his form and picture is not returned by March 26, then that athlete will not be spotlighted in our State Program.

Additional Information

Directions To Meet:

From I-77 south bound—Take exit 36. Turn left off the ramp. Go through the first stop light, at the second stop light turn left on to Talbert Rd. You will come to a stop sign. Go straight and you will enter Talbert Pointe Business Park. Continue to go straight and The Gym Company will be the last building on the right in the circle.

From I-77 north bound—Take exit 36. Turn right off the ramp. Go Through the first stop light, at the second stop light turn left on the Talbert Rd. You will come to a stop sign. Go straight and you will enter Talbert Pointe Business Park. Continue to go straight and The Gym Company will be the last building on the right in the circle.

Hotels:

Hampton Inn Mooresville	704-660-7700
Super 8 Motel Mooresville	704-662-6188
Fairfield Inn Mooresville	704-663-6100

Shout Out Ads: On 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 and let them know they are a Star!! Only \$2.00 per 20 words.

Contact Information:

Meet Director:	Renee' H. Moody
Email:	twistandtuck@charter.net
Cell:	(980) 429-0301 (Rick)



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

Awards immediately after each session

Friday, April 16, 2010

Training Sessions: Times to be assigned

Training Session 1 assigned by teams
Training Session 2 assigned by teams
Training Session Synchro (Lv. 8 and up / mixed pairs)

Saturday, April 17, 2010

7:45am—8:00am Coaches and Judges Meeting: Breakfast
8:00am—8:15am March In of State Athletes

Session 1: Competition for ages 12 and under. Levels 1-7
7:45am-8:00am Stretch
8:15am-11:00am Competition

Lunch for Judges, Coaches and Officials from 11:00am—12:00pm

Session 2:
11:30am-12:30pm General Warmup for Levels 8 and up only / Synchro
12:30pm-1:15pm Competition for Synchro and JE/SE
1:15pm-4:30pm Competition for Levels 8 and up and
Competition for 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 2010 NC State Championships in Mooresville, 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 page with your team parents and email me a list of the appropriate spots. Volunteers must be at least 16 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 April 2, 2010.

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 2010 an awesome experience for everyone!

GYM RESPONSIBILITIES

<u>GYM</u>	<u>JOB RESPONSIBILITY</u>	<u>NOTES</u>
Ultimate Air	Spotters Line Up	3 each session 4 each session
The Gym Company	Concessions Spotters	Marsha 2 each session
Physical Awareness	Trash Detail/Security	3 each session
Twist & Tuck	Awards Programs	Gina / Parents Debra / Parents
Flip Force	Computers/Scoring	Esau / Parents
Roses	Admissions/Check In Spotters	3 at door each session 3 each session
Cabaruss	Hospitality/Judges Table	Judges / Coaches Breakfast & Lunch
Sand Hills	Spotters	4 each session-Jenny

(Let me know should your gym have an issue with this responsibility to make our State a great championship)



Many reasons to put your child's picture in the book:

- * Their first season
- * Their last season
- * Proud parents
- * Proud grandparents and friends
- * Wish your athlete Good Luck!

2010 NC State Championship Event Program

Full Page Color Ad	\$100
Full Page Ad	\$50
Half Page Ad	\$40
Quarter Page Ad	\$30
Business Card	\$20
Donations	\$10

Make Checks Payable To: USAG NC T&T
Email completed order form and jpeg artwork to:
twistandtuck@charter.net

Mail Payment To: Renee' H. Moody
1470 Greenwood Road, Lincolnton, NC 28092

Business Name: _____
Athlete's Name: _____
Parent's Name: _____
Contact Phone #: _____
Ad Size: Full _____ 1/2 _____ 1/4 _____
Business Card _____ Donators _____

Deadline for Ad Submission and Payment: March 10, 2010

ATHLETE BIOGRAPHY

Please include a photograph (a head shot is preferable) if you would like, you can email a photograph

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 _____
