



Dear Coaches,

Welcome! We are thrilled to know that you consider the Team Challenge, sponsored by Gymnastics Revolution, an event in which to showcase your athletes' abilities. We are excited to have you and your program join us on February 18-20, 2011.

This year will be the absolute largest year in our history, with approximately 1400 athletes competing over the weekend. We view this fact as a compliment from you – the coaches – but the sheer size of our event will mean that everyone has to work from the same page, in order for the event to run smoothly.

In this packet, you will find information about:

1. The March-In
2. The competition format – including warmup-time, music, etc.
3. Coaches Hospitality
4. Proper attire and behavior for coaches AND athletes
5. The extra workout time – new this year – and available for all athletes
6. Event Finals
7. Awards

So, it's time to pull out a manila folder, label it TEAM CHALLENGE 2011, and start filling it up with the following pages! Please take a minute to review all of this information. It will be vital in a few weeks. And thank you for being a part of the premiere gymnastics event in the Northeast!

Regards,
Brian Bakalar
Meet Director



The March-In

We're BACK! Years ago, our high-energy march-in separated the Team Challenge from all the other meets in the area. The kids loved it, the coaches had a blast, and then, in the interest of time, we made some shifts. Well, we've listened to your comments, and this year, it's back to the best! Read on to understand how this will work.

Exactly 20 minutes after open stretch begins, and immediately after the coaches' meeting, your team will need to report to the vaulting runways at the back of the gym. They will line up behind their team sign, and the first athlete will pick that sign up.

Then, alphabetically, each team will march into the arena – right down the center of the gym, up onto the podium in the front of the arena, and present to the crowd. Compulsory gymnasts will then exit the podium to their right, and line up on the Blue gym floor mat. Optional gymnasts will exit the podium to their left, and line up on the Red Gym floor mat.

At the end of the march in, each team will be lined up, side by side, facing the crowd. It has become customary for teams to wave, pose, and use their creativity while up on the podium.

The lights will be out, the music will be hot, and we can promise you that your kids will feel like stars. And that is the entire goal for the weekend.

We will have a presentation of our National Anthem with each session, but judges names will not be announced. The focus of our event is to be on the athletes, not the officials or the coaches!

Immediately after the march-in, warm-ups will commence on your first competitive event. We ask that you move quickly to your event, and begin!



Competitive Format

Continuous Rotation Warmup/Compete format has become the industry standard for running meets. Our event uses this method as follows:

On Vault, Level 4 athletes will be allowed 2 vaults to warm up. Level 5-7 will receive 3 warmup vaults. Level 8-10 are allowed 4 vaults. We will be watching your athletes closely, so please do not try to take advantage of your time. Once the warm-up has concluded, gymnasts will compete in the order set by their coach. Coaches must be sure to hand the cards to the judges in the proper order, and be sure their athletes are prepared.

On Bars, Level 4 gymnasts are given a 45 second per athlete block of time. Level 5/6 are given a minute, 7 is 90 seconds, and Levels 8-10(O) will have 2 minutes per athlete in their blocks of time. Plan your blocks based on bar settings wherever possible. If you have more than one bar setting within the time block, the timer will NOT stop! Once warm-ups are completed, you must compete in the same order as you have set your cards. You will be expected to begin competition immediately after the block of athletes has warmed up. Please do not take that time to set the order of your cards. Have an assistant coach do it earlier!

PAY CLOSE ATTENTION TO BALANCE BEAM – THIS VARIES FROM THE “STANDARD” NATIONAL METHOD!

Beam will have two identical Beams available for warm-ups. There will be TWO bump-touches happening, so stay on your toes. More than one coach is highly recommended. On the Warm-up Beam, each gymnast will be given either 45 seconds (Level 4), 1 minute (Level 5/6), 1:30 (Level 7) or 2 minutes (Levels 8-10(O)). She cannot share this time with another athlete. Once finished with that warm-up, she will rotate into the bump touch on the competitive beam. Whatever order you choose, your athletes will warm up on both beams in that order, and compete in that order. **THERE IS NO BLOCKING OF TIME on BALANCE BEAM.**

Floor warm-ups happen entirely between routines, except for the very first group of 6-8 gymnasts of the meet, who are given a block of time (:45/1:00/1:30/2:00 per). In the event of a back-log on another event which prevents your athletes from warming up floor properly, please notify the head



judge, and more time will be awarded for warm-ups. However, if everything is running smoothly, you will simply send your athletes out to the floor between routines to warm up both tumbling and dance. We suggest factoring in some rest time. Approximately 8 athletes should be warming up on the floor at any given time. Any more will be warming up too crowded, and will slow the warm-ups down.

Once the competition begins, each event will run continuously, until the end of the competition. This is the most comfortable way to run a meet of this magnitude, and it provides the athletes with the best chance to excel. There will be no formal notification of rotation. As your team, or as part of your team, finishes competing on an event, they must move to the next event and begin their warm-up. Please move swiftly, as our staff will be pushing all coaches to keep moving. An event the size of Gymnastics Revolution's Team Challenge requires professionalism from all coaches. We expect you to know how to move your kids through the meet. Be sure to have enough staff to manage your team.



Coaches' Hospitality, Attire, Responsibilities

Coaches, we take this part of the event seriously! In order for your athletes to excel, their coaches must be able to do their jobs. To properly do their jobs, coaches must be fed, comfortable, and focused. So please follow the signs upstairs to our coaches hospitality room. Meals will be served, there is plenty of seating, and the room is set well away from the competition, so no parents, or athletes will be present. This is your sanctuary and refilling station while at the Team Challenge.

Because we are providing you with a nice place for food and drink, we expect that you do not take your snack breaks on the competitive floor! For the sake of appearance, we ask that you stay well off to the sides of the arena when enjoying coffee or beverages, and that you stay in the coaches' room only when eating.

Also in the area of appearance, please be sure to be dressed appropriately. No open toes shoes or sandals, no bare midriff shirts, no hats. Remember, parents are taking videos, and the event should look professional.

And here comes the big one: cell phones. Need to take a call? Please excuse yourself from the competitive floor. Need to make a call? Use the coaches' hospitality room. You will see that our on-floor staff does not use a cell phone for texting, calls, or any other reason. Please follow our lead. We do take these items seriously, so please help us!

Finally, please maintain an aura of professionalism the entire time you are a part of the Team Challenge. Do not question the officials, do not spend your time complaining. Have your athletes ready to compete at their very best. Once again, focus of the event should be on the athletes.



Workout Facility

We realize that bringing a team to a competition that is not near your own facility can put a strain on your entire program. With that in mind, we are opening Gymnastics Revolution, located about 15 minutes from the O'Neill Center (home of the Team Challenge), for workouts. The gym will be open on Friday from 10:30 – 2:00 for anyone who needs to brush up on some skills for the weekend. The gym will be open on Saturday from 10:30 – 1:00 for COMPULSORY GYMNASTS only.

There will be limitations surrounding these open gyms. All equipment may not be available, but for a chance to get in a little training before your meet, these workouts might be perfect.

All participants will need to have a parent-signed permission slip – available at the end of this packet.

Once again: Friday's gym time is for anyone, Saturday's gym time is for Compulsory gymnasts only.

The address for Gymnastics Revolution (and please use a GPS, the gym is located in a small town next to Danbury):

13 Francis J. Clarke Circle
Bethel, CT 06801



Event Finals

Event Finals Qualification

Event Finals for Levels 9 and 10(O) will take place on Saturday, February 19, from 7:00 to 9:30. Qualification is very simple. Your athlete must be among the top 5 scorers on any (or all) events during her regular competition on Friday. Those top 5 athletes for each event will return the following day for NO ENTRY FEE (not for the meet, not for their immediate family's admission), to compete again on her qualified event. A gymnast who qualifies on more than one event will be given ample time and a favorable draw for competing on each of her events. We will run warm-ups as a large block (remember, Event Finals is not a qualifying meet of any kind, so warm-ups will be loose and low-stress), and competition will happen ONE ROUTINE AT A TIME. There will be only one athlete performing at any given time.

Exact warm-up and competition schedules will be determined several hours before the meet.

Scores will be entered into the ProScore system by the judges, but will NOT be flashed until after the entire Event Finals evening has come to an end. There will be no score inquiries permitted, as this event is largely for show. When the evening's competition comes to a close, awards will be presented, and scores revealed. While this may be frustrating for us all as coaches, we insist that you all bear with us, and try to enjoy the excitement for both the athletes and the crowd!

Each Event Finalist will have four (4) tickets to the event designated to them in the box office. These tickets will allow four spectators into the meet without paying an admission fee.

The awards at Event Finals are HUGE prizes. Be prepared to be shocked by what we're giving away!



Team Awards

Your team is involved in several different levels of competition over the course of the weekend. Please keep an eye on the standings, results, etc of each tier of competition.

Individual Results will be available online following each session of competition. Results for Team Levels (4-10) will be online at the end of the day, each day. Trophies will be available following the last competition of the day, or can be picked up the next day.

The results for Super Team (20 or fewer gymnasts, 7 scores count), Ultra Team (21 – 40 gymnasts, 14 scores count), and Mega Team (41+ gymnasts, 21 scores count) will be made public after the last session of competition on Sunday. The results will be online that evening, as well. Trophies (for those leaving before the end of the entire competition) will be delivered to your gym.



A note of thanks...

We sincerely appreciate your team's role in the 2011 Team Challenge. Without you, the event would not be what it is. We honestly believe that the 2010 Team Challenge is America's greatest competition – a weekend of gymnastics excitement that coaches, athletes, and judges look forward to, and look fondly back upon. With the incredible numbers of athletes, we have maximized our time at the O'Neill Center in Danbury, and still provide an event that is efficient, without feeling forced or rushed. Your professionalism is what makes our event run as it does.

In an ideal world, we would love to offer a meet where nobody starts on beam, nobody has an 8:00 session, and nobody has to be here late on Sunday. Unfortunately, this is not possible. We have tried to be fair and reasonable in assigning sessions and rotations. We have tried to be cognizant of the ages of the athletes, the distances traveled, the years of repeated attendance, and many other special requests.

This year, the entire Gymnastics Revolution staff and GRPA noted the strength of character shown by all of the coaches leading up the meet. Many people had requests, and everyone was very appreciative of our efforts to honor those requests. But most notably, those who did not get the ideal setup were gracious and accepting. Thank you.

Finally, we are lucky enough to have the Make-A-Wish Foundation involved in our event again. The teams from the last two years of competition have made a \$22,000 difference in the lives of a few children. We are truly proud to be able to help those kids who are really in need. Please take a moment to think of those terminally ill children as you enjoy your weekend here with us.

If there is something that we can do to make your weekend better, please let us know. We take this event very seriously, and are very serious about making your time here great!

Good luck!



2011 Team Challenge Session Assignments
 Friday, February 18, 2011

RED GYM

BLUE GYM

8:00 Warmups 8:20 March In 8:30 Meet Start 11:30* Awards	<u>Level 9</u> GMGC Rocky Point, Warwick, Woodman, CATS, Wininger's, GLC, Aim High, Mid Island, Farmingdale, and Dutchess County	<u>Level 5</u> Odyssey, O'Leary's, NHAAG, Mr. Todd's, Paramount, Weston Y, Campbell's, and GymNest
11:30 Warmups 11:50 March In 12:00 Meet Start 3:00* Awards	<u>Level 9</u> Odyssey, GymNest, Paramount, Regal, Mr. Todd, GymPort, NEGX, Atlantic, Valley, GMGC-Huntington, and CGA	<u>Level 5</u> CATS, Cape Cod, Shoreline, Kennett, GymRev, GLC, New Image, and Deary's
3:00 Warmups 3:20 March In 3:30 Meet Start 6:30* Awards	<u>Level 9</u> GymRev, Vasi's, YellowJackets, Shoreline, Deary's, Kennett, Next Dimension, Darien Y, Cape Cod, New Image	<u>Level 5</u> GymPort, NEGX, CGA, Aim High, Atlantic, Ace, and Jackson
6:30 Warmups 6:50 March In 7:00 Meet Start 9:45* Awards	<u>Level 10 (O)</u> NEGX, GymPort, CGA, O'Leary's, CATS, Aim High, Atlantic, Ace, GMGC Rocky Point, GMGC Huntington, GLC, Off the Wall, Cape Cod, New Image, Kennett, Vasi, YellowJackets, Winingers, Deary's, Valley, Mid-Island	<u>Level 5</u> Next Dimension, Regal, American, Darien Y, Thames Valley, Maine, and Farmingdale
* Awards time is approximate. The meet which finishes first will proceed to the awards area immediately after competition ends.		

A note on session assignments: We have considered a great many factors when determining when each club competes, including: no club competes in both gyms at the same time, number of years the club attends our meet, size of teams, average age of athletes (particularly in the night sessions), distance traveled, and date of entry to meet. These assignments are final.



2011 Team Challenge Session Assignments
 Saturday, February 19, 2011

RED GYM

BLUE GYM

8:00 Warmups 8:20 March In 8:30 Meet Start 11:30* Awards	<u>Level 7</u> GMGC Rocky Point, Warwick, Woodman, Winger's, Weston Y, Cape Cod, Regal, American, Ace, Maine, Kennett, and Mid Island	<u>Level 6</u> GymRev, Odyssey, GymPort, CATS, NHAAG, Mr. Todd's, Next Dimension, Farmingdale, Thames Valley, O'Leary's, and Atlantic
11:30 Warmups 11:50 March In 12:00 Meet Start 3:00* Awards	<u>Level 7</u> Aim High, CGA, New Image, Deary's, Odyssey, Next Dimension, O'Leary's, CATS, NHAAG, Mr. Todd's, Thames Valley, GymNest, and Atlantic	<u>Level 6</u> NEGX, GLC, Shoreline, Paramount, Darien Y, Mid Island, Weston Y, and Campbell's
3:00 Warmups 3:20 March In 3:30 Meet Start 6:30* Awards	<u>Level 7</u> GymRev, NEGX, GLC, Shoreline, Paramount, Flipz, Darien Y, YWCA, and Farmingdale	<u>Level 6</u> Ace, CGA, New Image, Aim High, Cape Cod, Regal, American, Maine, Kennett, GymNest, and Jackson
7:00 Warmups 9:15 Awards	<u>Event Finals – Level 10</u> The top qualifiers each event on Friday's meet will return for this prestigious competition!	<u>Event Finals – Level 9</u> The top qualifiers each event on Friday's meets will return for this prestigious competition!
* Awards time is approximate. The meet which finishes first will proceed to the awards area immediately after competition ends.		

A note on session assignments: We have considered a great many factors when determining when each club competes, including: no club competes in both gyms at the same time, number of years the club attends our meet, size of teams, average age of athletes (particularly in the night sessions), distance traveled, and date of entry to meet. These assignments are final.



2011 Team Challenge Session Assignments
 Sunday, February 20, 2011

RED GYM

BLUE GYM

8:00 Warmups 8:20 March In 8:30 Meet Start 11:30* Awards	<u>Level 8</u> YellowJackets, Valley, Paramount, Maine, NHAAG, Ace, Atlantic, and Aim High	<u>Level 4</u> GymRev, Cape Cod, Regal, O'Leary's, Campbell's, GLC, GymNest, Thames Valley, Farmingdale, and Deary's
11:30 Warmups 11:50 March In 12:00 Meet Start 3:00* Awards	<u>Level 8</u> Odyssey, GymNest, Excel, CGA, Flipz, Regal, O'Leary's, GMGC Rocky Point, GLC, and Next Dimension	<u>Level 4</u> Aim High, Atlantic, Ace, Paramount, Shoreline, New Image, GymPort, and Jackson
3:00 Warmups 3:20 March In 3:30 Meet Start 6:30* Awards	<u>Level 8</u> Cape Cod, Darien Y, GMGC Huntington, Off The Wall, Thames Valley, Shoreline, Deary's, Vasi, Mid Island, and Farmingdale	<u>Level 4</u> Next Dimension, CATS, Mr. Todd's, Kennett, Weston Y, Maine, and NEGX
6:30 Warmups 6:50 March In 7:00 Meet Start 8:30* Awards	<u>Level 8</u> New Image, Mr. Todd's, CATS, Kennett, Weston Y, GymRev, YWCA, and NEGX	<u>Level 4</u> Odyssey, CGA, Darien Y, and American
* Awards time is approximate. The meet which finishes first will proceed to the awards area immediately after competition ends.		

A note on session assignments: We have considered a great many factors when determining when each club competes, including: no club competes in both gyms at the same time, number of years the club attends our meet, size of teams, average age of athletes (particularly in the night sessions), distance traveled, and date of entry to meet. These assignments are final.

