



REGION 7 LEVEL 10 REGIONAL ANNOUNCEMENTS 2019

QUALIFICATION TO JUNIOR OLYMPIC NATIONALS

- There are 12 age groups at Junior Olympic Nationals
- Top 7 athletes per age group qualify to Junior Olympic Nationals (provided they score a min of **35.AA**)
- 2 alternates to be named (information for alternates listed later)
- There are NO individual event qualifiers to JO Nationals
- All information about Junior Olympic Nationals can be found on the host website: <http://www.jonationals.com>
- Ties for 7th place: Tie breaking procedures will be applied in the event of ties to determine which athlete's scores will be used for the Region 7 Team, and which will be used as individual scores only
 - 2-way tie: In the event of a 2-way tie, the higher ranked AA will compete on the Region 7 team. The lower ranked AA will compete as an individual with Region 7.
 - 3-way tie: the lower ranked AA will compete as an individual with another region if space is available.
- Extra slots from other regions: If Region 7 receives additional slots in age groups from other regions, the 8th placed athlete (in that age group) at Level 10 Regionals will compete as an individual for the other region. This athlete will also train with the region they are competing with. This athlete is also 1st alternate for the Region 7 team.
 - We will post any additional slots, by age group, awarded to Region 7 at the regional meet, and will announce this at the coaches' meetings

ENTRIES TO JUNIOR OLYMPIC NATIONALS

- Region 7 will send electronic meet results from Level 10 Regionals as entries to Junior Olympic Nationals
- **Region 7 will pay for all entries for Region 7 athletes qualified to Junior Olympic Nationals provided that the athlete attends the Team 7 Edge Clinic on May 5th at Apollo Gymnastics (information attached)**
 - Any athlete that does NOT plan to attend Team 7 Edge is required to submit a check for **\$150.00** immediately following their competition session to cover their entry fee and shipping costs for regional apparel (to the athlete's club). Checks payable to "Region 7". Please submit check to Jen Bortz, RACC.

DECLINES

- If your athlete qualifies for JO Nationals, and is not eligible or does not wish to compete at JO Nationals, please notify us at the coaches' meeting BEFORE the competition session at Level 10 Regionals
- PLEASE—we are a team. Have a conversation about JO Nationals BEFORE you attend regionals. This will allow us to name the athletes going to JO Nationals at our regional meet.

SCRATCHES

- Scratches or changes in athlete or coach information for JO Nationals should be reported IMMEDIATELY to Annie Heffernon: aheffernon@usagym.org or (816) 810-2631. Please include the athlete's name, USA Gym number, Club, Region and Age group. Please copy Linda Johnson and Jen Bortz on this correspondence so that we can assist with notifying alternates. DO NOT NOTIFY ALTERNATES!

COACHES ATTENDING JO NATIONALS

- Coaches will register with Jen Bortz, RAC, at Regionals. Please note the following new guidelines for coaches attending JO Nationals:
1-4 Athletes Participating-maximum of 3 credentialed coaches allowed on field of play
5-9 Athletes Participating-maximum of 4 credentialed coaches allowed on field of play
10+athletes participating-contact Annie Heffernon for coach credentials

Additional Credentials may be purchased for \$100. upon approval of the JO Program Director. Please see Jen at Regionals for details

JO NATIONALS SCHEDULE AND VENUE

- Information about the JO National venue and schedule can be accessed at <https://www.jonationals.com/women/info/>

HOTELS

- Region 7 does not have a hotel block for nationals.
- Additional information regarding hotels can be found at <http://www.jonationals.com/info/>
- I strongly suggest if you have not made hotel reservations, you do so as soon as possible
- If you made reservations proactively earlier in the season, please remember to cancel any rooms you will not need to avoid penalties

ALTERNATES

Our alternates play a very important role as part of our team effort at JO Nationals. Many clubs ask whether they should travel their gymnasts in alternate positions. This is a club/coaching decision. Here is some information pertaining to alternates:

- If you are planning to travel with your alternate, please notify Linda Johnson, RJOCC
- If you plan to travel with your alternate, you are responsible for finding training for your athlete while in Indianapolis
- See Apparel section below for apparel guidelines for alternates

APPAREL

Athletes:

Competitive Apparel: GK is again generously donating apparel, including a competition leo, tank leo, warm-up jacket, and stretch capris, for the athletes competing at JO Nationals.

- **AA places 1-10** in each age group will need to report for GK sizing immediately after awards following the competition session. If an age group has more than 10 slots awarded for nationals, all qualifiers must get sized.
- GK sizing will be conducted after awards for each competitive session
- All Region 7 athletes who qualify to compete at JO Nationals will receive GK competition apparel, and can pick up apparel at the venue on Thursday May 16th (4-7) or on Friday May 17th (8-5). **NOTE: Region 7 is in the third training session on Friday (1-3:30pm)**
- 1st alternates will also receive GK competition apparel. They can pick up apparel at the venue once all competitors have picked up apparel for Region 7.
- 2nd alternates DO NOT receive apparel unless called to compete.
- JO National competitors should plan to bring skin tone briefs to wear with the competitive leo. Briefs are NOT included with competitive apparel. No racer back sports bras.

Regional Apparel: Region 7 is proud to provide our Region 7 JO Competitors a regional apparel package to take to JO Nationals.

- All Region 7 JO Competitors and 1st alternates will receive Regional Apparel.
- Regional apparel will be distributed at the **Team 7 Edge Clinic May 5th. Athletes should report after their competition session to the GK sizing area to be sized for regional apparel.**
- **NOTE: only athletes who qualified to compete at JO Nationals, and 1st alternate, will receive regional apparel.** 2nd alternates should submit sizing information for regional apparel at the JO Qualifiers meeting in the event that they are called to compete. In that event, the region will arrange to mail the regional apparel to the athlete's club.

Coaches:

- **Training Day:** Coaches should plan to wear the 2019 Regional shirt on training day with black pants/shorts. Shirts should be picked up at registration at regionals.
- **Competition Days:** We will be using new coaching shirts this year. There will be different shirts for Saturday and Sunday competition. **You will complete a shirt order form, and then will receive your shirt** at the Team 7 Edge Clinic. If you have athletes competing on both days, you will receive a 2 shirts/coach. Again, shirts are only available for coaches traveling to Nationals.

JO Nationals Apparel Assignment:

Saturday: Gray

Sunday: Black

LIVE STREAMING OF JO NATIONALS

- USA Gymnastics is planning to provide live streaming of JO Nationals.
- Athletes no longer need to submit a consent form for video streaming. Athletes who DO NOT wish to be videotaped will need to complete a form opting out. This form will be available at regionals.

ADDITIONAL CLUB RESPONSIBILITIES FOR JO NATIONALS

- Information about JO Nationals can be found at: <http://www.jonationals.com>
- **BANQUET AND ATHLETE BIOS:** Clubs are responsible for purchasing banquet tickets and sending athlete bios. The athlete bio form is attached and can be found at <https://www.jonationals.com/women/info/>

*Good luck to all of our athletes at Level 10 Regionals and
2019 JO Nationals!*



2019 Team 7 Edge Clinic

The objective of this clinic is to unify the gymnasts and coaches in preparation for the best outcome at nationals. The gymnasts will be grouped according to age group, and 2 age groups will rotate to each event for a “mock-style” meet to practice warm-ups and perform routines. This is not a sanctioned meet: soft landings and modified routines are fine! Safety is our priority! Judges will be assigned to events to review deductions. We will also discuss training day for nationals.

Where: Apollo Gymnastics, 12700 Apollo Drive, Woodbridge, VA

When: Sunday May 5th 2019

Who: All gymnasts who have qualified to compete at JO Nationals, plus 1st alternates

Note: This is a sanctioned event. All gymnasts attending this clinic must be accompanied by a coach from their gym (preferably the coach that will be attending nationals)

Region 7 will pay entry fees to JO Nationals for all gymnasts who attend the clinic with their coaches.

JO APPAREL PACKAGES WILL BE DISTRIBUTED AT THE CLINIC

No registration required: if an athlete cannot attend, her coach must notify Jen Bortz, RACC, before the end of the Level 10 competition at regionals, and provide a check for \$175. to cover the JO Nationals entry fee and shipping for JO apparel. Check payable to “Region 7”.

Schedule: (TENTATIVE: FINAL SCHEDULE WILL BE POSTED ON REGION 7 WEBSITE

11:00-11:30	Registration/Check-in
11:30-11:45	Opening/Overview of Age Groups and Clinic Format
11:45-12:15	Stretch
12:15-3:30	Rotations
3:30-4:00	Details for Nationals, Training Day, Closing

GO REGION 7!

2019 Region 7 All-Star Team Program

Eligibility

Eligibility for the Region 7 All-Star team will be based on the following criteria:

1. Qualification Score: The following formula is used in ranking gymnasts from the current year JO Nationals for eligibility for the All Star Team:
(Regional Score) + (2 x National Score) = Qualification Score

NEW FOR 2018: ANY GYMNAST WHO IS A 2019 JO NATIONAL ALL AROUND CHAMPION WILL AUTOMATICALLY QUALIFY TO THE ALL STAR TEAM REGARDLESS OF REGIONAL SCORE.

The additional 8 travel spots will be filled using the qualification score, rank order, all age groups combined.

In the event of a tie, the tie will be broken by awarding the slot to the athlete with the highest All Around Score at JO Nationals. If there still is a tie, the tie will be broken by the highest individual event score at JO Nationals.

2. Graduating seniors, or gymnasts competing in college (student athletes,) are not eligible to travel with the All-Star Team.
3. All gymnasts must be U.S. citizens at the time of qualification to be eligible for the All Star Team.
4. Three alternates (non-traveling) will be named using the next 3 highest scoring athletes (qualification score), all age groups combined, after all eligible traveling team members are determined.
5. All gymnasts will be required to have a U.S. passport at the time that travel plans are confirmed and tickets purchased. Any coaches with non-US passports will be responsible for arranging appropriate travel visas or documents, and producing photocopies, prior to the confirmation and purchase of airfare.
6. Any athlete who has failed to abide by the Behavioral Guidelines on previous All Star trips/training camps is ineligible for future All Star teams. **All athletes are expected to abide by the USA Gymnastics Code of Ethics and the athlete responsibilities outlined under Athlete Membership at all times before and during the All Star Trip.**

Selection

Once the eligible candidates are announced, they will receive registration information for the travel trip. In order to be **selected** for the traveling team, the following conditions must be met:

1. Submission of all completed and properly notarized registration materials on or before the established deadline.
2. A \$1,000.00 deposit (club check only) per traveler (coaches, athletes) must accompany registration materials to hold a spot on the All Star Team. This deposit will be applied to expenses not covered by Region 7, or otherwise held until after the trip.
3. Mandatory registration AND attendance at the current year High Performance Camp
4. If a gymnast who has been selected for the All Star team becomes ineligible, ill or injured, and cannot travel, or does not attend High Performance Camp, the next eligible gymnast in rank order will be selected.

If eligibility and/or selection procedures are not met, the gymnast will NOT be permitted to travel with the All-Star team. The next eligible athlete who meets both eligibility and selection criteria will be selected to travel with the All Star Team.