



## Coaches' Notes

- Athlete and Coach check-in is located directly in the entrance of the venue.
- Flight A will be the equipment with the gray padding, flight B will have blue padding.
- Open Stretch is 20 minutes for all sessions. You only need to attend one Coaches meeting all weekend long unless you have questions or want to attend each time.
- We will bump in warmup for floor for all levels. I will have a floor coordinator to help with this and time your bump ins. Flight A will warm up 6 athletes then start bumping in. Each girl gets 5 bumps according to Rules and Policies.
- All sessions are continuous rotation. Once you warm up and compete, rotate to your next event. If you are in a split squad with another gym, please DO NOT wait to rotate if the next event is open.
- If you are using an iPad, iPod, tablet, etc., you must stay at the music table to start your music. We have the compulsory music to play for your athletes.
- If you have a large squad (13 or more athletes), composed of MORE than one team, you may split your squad to warm up on bars. Flight B, please warm up as soon as Flight A begins competition.
- For mixed level squads, please follow this rule from the Rules and Policies Handbook; "all teams in the squad would compete gymnasts of one level, then repeat the team order with the next level of gymnasts"
- We will begin timed warm-ups immediately after team introductions/National Anthem. Announcements will be done during open stretch. We will have athletes line up at their event for introductions.
- Coach hospitality is located at the back of the concessions area. Please ask if you need anything!
- Your keepsake cards will be in your Coaches' packets when you check in. Please hand these, in competition order, to the Judges on each event. If you change your order for any reason, you must tell the Judges as the incorrect athlete could be awarded a score.
- If you have an injury, we have a nurse on-sight for evaluation/treatment. Please be sure to see me at the score table to fill out an injury report form.
- If you need a score inquiry form please see me at the score table.
- We have a number of specialty awards that will be given out including judges' awards and High Point Mini banners to the athletes who earn the highest individual event and all-around score from all levels and age groups in a given session.
- Coaches should pick up their Coach's gifts when they sign in (1 per coach please), and athlete's pick up their gifts when they sign in.
- Awards are in the McDonald Gym for those sessions. Awards for the Ronald Gym are on the turf field beside the competition area. Team awards will be given after the last session of a given level, for example the Level 4 team awards will be Saturday afternoon after session 2R.
- Each team that brings donations should turn them in at the donation table in the lobby. Items will be counted over the course of the weekend and the team with the most donations at the end of the weekend will earn up to 3 FREE team entries for the 2025 HFH Invitational.

On behalf of the Wilson School of Gymnastics and Dance and the Wilson Gymnasts' Parents Association, we thank you for choosing to attend our 2024 meet! We are looking forward to a fun and successful meet.

Please let me know if I can be of any assistance to you throughout the weekend!

Shannon Stader, Meet Director, Handsprings for Hope Invitational