



Hosted by: Eagle's Wings Athletics

**17<sup>th</sup> Annual Dallas T&T Cup**

**COACHES TECHNICAL PACKET**

## **WELCOME**

Coaches thanks for attending the 17<sup>th</sup> Annual Dallas T&T Cup. This year looks to be a successful meet for the athletes and we're excited for level 8 synchronized trampoline. For those of you attending this meet for the first time the purpose is to provide a competition for all the athletes to feel like they are on the big stage. It's also an opportunity to bring some of the best athletes in level 9, 10, Open, and Elite together to prepare for the upcoming season.

## **CHECK-IN**

When you arrive at the Credit Union of Texas Event Center you enter through the rotunda and go to the right. There will be a separate door for athletes, coaches and judges that will go directly to the check-in table..

### **1. Check in will begin at 2:30 PM on Thursday.**

#### a. COACHES

- Sign USA Gymnastics Sanction
- Pay any change fees or entry fees are due at that time before you can receive your credentials. Please have a check or cash with you, no credit cards accepted.
- **USAG Pro Memberships must be up to date and your card printed!! The T210, safety certification and background check must be up to date and printed on your card for verification. No information, No credential, No getting on the floor.** USAG charges the meet host \$100 per expired coach signed in at the meet. All coaches should be on the sign in sheet. If you need to add a coach let me know ASAP!
- Pick up all credentials and coaches gifts

#### b. ATHLETES

- Sign in
- Receive credential
- Pick up athlete gift

#### c. TRAMPOLINE SHOES

- Sold at admissions table

The CUOT Event Center Staff will require athletes, coaches and volunteers to have credentials on at all times in order to get onto the competition floor and they are very strict about it.

## **PRE-ORDERED LEOTARD PICK UP**

- Pick up at Check-In starting Thursday
- Leotards, shorts and more will be sold on site

## COACHES ATTIRE

- Coach's professional attire on competition floor – *Violators will be asked to leave the floor*
- Closed toe shoes, no sandals
- Slacks or Warm-up Pants (No shorts\* or jeans)
- Collared Shirt or Team Shirt
- *We are professionals so let's look the part! (plus is an ice hockey rink)*

## HOSPITALITY

- A hospitality room will be open during competition, provided will be:
  - Snacks
  - Soft drinks
  - Water
  - Coffee
  - Diner and Lunch will be available
- NO OUTSIDE FOOD/DRINK IS ALLOWED INTO THE VENUE
- **Concessions will be CASHLESS, so have a card available as well.**

## BAG & FOOD & DRINK POLICY

The Allen Event Center has gone to a clear bag policy much like all the big arenas for all spectators.

- **ALL SPECTATORS MUST ABIDE BY THIS POLICY**
- **Do not try to bring in food or drinks.** They will make you get rid of them. You have been warned!
- **ATHLETES & COACHES & JUDGES** will have their own entrance and security. Bags will be checked for EXCESSIVE Food and drinks in their bags. We recommend athletes use their own water bottle and only bring in healthy snacks.



**Allen**  
EVENT CENTER

### ALLEN EVENT CENTER PURSE/BAG POLICY

In an effort to enhance guest safety and to ensure quick and easy entry into the facility, Allen Event Center has modified its bag policy.

#### APPROVED BAGS

ONE APPROVED BAG PLUS A SMALL CLUTCH PER PERSON.  
ALL BAGS ARE SUBJECT TO SEARCH.

**CLEAR BAGS**  
NO LARGER THAN  
14" X 14" X 6"

**PLASTIC STORAGE BAG**  
CLEAR, ONE (1) GALLON

**SMALL CLUTCH PURSE**  
NO LARGER THAN  
5.5" X 8.5"

#### PROHIBITED BAGS

PROHIBITED ITEMS INCLUDE,  
BUT ARE NOT LIMITED TO:

**LUGGAGE** **BRIEFCASES** **BACKPACKS**

**PURSES** **DRAWSTRING BAGS**

Please refer to the website calendar page of the event you are attending for bag policy updates.

## STAGING AREA

### ● ATHLETE STAGING CHECK-IN

- Athletes will check into the staging area, **ONLY ATHLETES LISTED ON FLIGHTS ON WHITE BOARD WILL BE ALLOWED BACK! NO EXCEPTIONS!**
- Athletes will take **ALL THEIR BELONGS** with them when they line up and march into the arena.
- Athletes will be **MARCHING OUT** a different door than then march in (like Nationals), they will **NOT BE ALLOWED BACK INTO STAGING**
- **We are trying to limit numbers in the staging area.**
- Athletes on **BACK TO BACK** events will move from one event to the next, they will NOT go back to line up or staging area
- **COACHES** please have your athletes in the CUOT Event Center 1 hour before their flight time.
- **ATHLETES CHECK IN** to the staging area at **least 40 minutes** prior to their flight time.
- If we have the opportunity to move ahead of schedule we will run early. We can start a flight 30 minutes early without having to wait and we will run a flight 30 minutes early if at all possible.
- Athletes that are not competing need to be up in the stands and not playing with their teammates or new found friends in the staging area. The staff will be asking the kids to go to the stands if they are not near their flight times.

## AWARDS

### Levels 1 - 4

- Flight awards ONLY
- Immediately after their competition

### Levels 5 - 8

- Flight awards at the event
- Top 3 Overall winners for each level & age-group will receive an Overall Award.

### Level 9 -10 - Open

- Flight awards at the event in prelims
- Top 3 Overall finals winners for each level & age-group will receive an Overall Award

### Elites

- Flight awards at the event in prelims
- Top 3 Overall winners for each level & age-group will receive and Overall Award

- **ELITES** will NOT want to miss their awards session- **PRIZE MONEY WILL BE GIVEN OUT AT THE AWARDS SESSION ONLY!**

- If there are not more than 3 athletes competing in the finals, prize money is reduced by half.

**AWARD SESSIONS:** This process will run like Region 3 Championships, here is the process for any level 5 - elite athlete that places in the TOP 3 OVERALL

1. Go to AWARDS TABLE, pick up color coded number wristband (\*wristband must be worn to get into staging area for awards, IF ATHLETE STILL NEEDS TO COMPETE THEY CAN PLACE IT IN THEIR BAG AND PUT IT ON AFTER COMPETITION)
2. Report to staging area 30 minutes before awards sessions begin, the chart below has the sessions, awards start time and award staging report times below

<u>Session</u>	<u>Start Time</u>	<u>Report Time</u>
Session 1 (Level 8 Only)	12:30 PM	12:00 PM
Session 2 (Level 8 Only)	4:30 PM	4:00 PM
Session 3 (Sync Only)	9:00 PM	8:30 PM
Session 4	12:00 PM	11:30 AM
Session 5	4:45 PM	4:15 PM
Session 6	8:00 PM	7:30 PM
Session 7 (Level 5 Only)	11:45 AM	11:15 AM

**\*IF WE ARE RUNNING EARLY THE AWARDS SESSIONS WILL RUN EARLY AS WELL.**

## **FINALS**

### **Elite Finals:**

1:00 PM - 2:40 PM

Warm Up

- 12:00 - 12:55 PM

Awards

- Start @ approximately 3:00 PM

Report to Staging at 2:45 PM

**Level 10 & Open Finals:**

8:45 AM - 11:30 AM

Warm Up

- 7:50 -8:45 AM

Awards

- Start @ approximately 12:00 PM

Report to Staging at 4:15 PM

**Level 9 Finals:**

5:40 - 7:20 PM

Warm Up

- 4:45 - 5:40 PM

Awards

- Start @ approximately 8:00 PM

Report to Staging at 7:45 PM

**WARM-UPS**

There will be three 1.5-hour open workouts for levels 8-Elite on Thursday.

Touches will be allowed and are based on the Developmental & Elite Code of Points

**TRAINING GROUPS**

- Training Groups (See below)
- Athletes can enter staging 30 minutes prior to assigned times
- Teams stay together, keep bags with them on competition floor
- ATHLETES will NOT be permitted back into stage after training
- IF YOU WOULD LIKE TO TRAIN IN AN EARLIER GROUP CONTACT US!

**Training Group 1 - 3:30 PM to 5:00 PM**

- Teams from North Texas

**Training Group 2 - 5:00 PM to 6:30 PM**

- Teams from South Texas and Oklahoma

**Training Group 3 - 6:30 PM to 8:00 PM**

- Teams from West Texas and other states

## TRAMPOLINE

- **TIME TOUCHES- 45 seconds!!!! Judges will be timing and taking deductions**

## COMPETITION CARDS

- Competition cards are required for all Level 9, 10, Open, and Elite athletes.
- You can find the competition cards located at the competition office or bring your own typed comp cards.
- Please make sure they are on the appropriate color paper.
- Please use correct FIG terminology and fill out prelims and finals on the same competition card!

- **COMPETITION CARDS ARE DUE THURSDAY BY 8:30 PM!!**

### ○ TRAMPOLINE

- [https://static.usagym.org/PDFs/Forms/T&T/comp\\_card\\_trampoline.pdf](https://static.usagym.org/PDFs/Forms/T&T/comp_card_trampoline.pdf)

### ○ TUMBLING

- [https://static.usagym.org/PDFs/Forms/T&T/comp\\_card\\_tumbling.pdf](https://static.usagym.org/PDFs/Forms/T&T/comp_card_tumbling.pdf)

### ○ DOUBLE MINI

- [https://static.usagym.org/PDFs/Forms/T&T/comp\\_card\\_dm.pdf](https://static.usagym.org/PDFs/Forms/T&T/comp_card_dm.pdf)

## ATHLETIC TRAINER

We will have an athletic trainer on-site at the CUOT Event Center to help with taping and injuries. ATHLETES WILL NEED TO BRING THEIR OWN TAPE!!

## PARENTS/ADMISSIONS

### Allen Event Center

- Parents are \$20 a day or \$30 for a weekend pass
- Seniors/Children (10 and under) are \$15 a day or \$20 for a weekend pass
- Children under 3 are free

Please remind your parents to **BRING CASH**, checks and credit cards are not accepted for entry. There are multiple ATM's in the area.

Concessions will be **CASHLESS**, so have a card available as well.

Open Training is closed to the public, this includes parents.

**COMPETITION TECHNICAL INFORMATION**

VENUE:	Credit Union of Texas Event Center	210 East Stacy Road Allen, TX 75002
HEADQUARTERS HOTEL:	Courtyard by Marriott	210 East Stacy Road Allen, TX 75002 214.383.1151 214.383.1154 fax
MEET DIRECTOR:	Bret Stout	dallasttcup@gmail.com 469.396.7555 cell 972.347.5540 gym
DIRECTOR OF SCORING	Amy McDonald & Matt Browne	<a href="mailto:amesmcdonald@gmail.com">amesmcdonald@gmail.com</a> 801-388-3770
MEET REFEREE:	Wyatt Moore	<a href="mailto:ntxtttechnical@gmail.com">ntxtttechnical@gmail.com</a> 469-486-3123