



USA GYMNASTICS®

Michigan

Dear Coaches,

Congratulations on your athlete's attendance to the MI LV 7-10, Xcel Platinum and Diamond State Championships! Below find important information to ensure you and your athletes experience is as safe, easy and as fun as possible.

- Al and Cindy Scharns, Nicole Bentley, Tricia Reichel and Michelle Kocan will be your meet directors. If you need anything do not hesitate to ask.
- There will be **THREE** spectators per athlete allowed to attend!
- Per USA Gymnastics Sanction requirements, all spectators and athletes must have and properly wear a face covering for the duration of the event.
 - Participating gymnasts will be allowed to remove their mask for routine performance but must have the mask on when not performing gymnastics. Please check with your coach on your gym's mask policies while competing.
 - https://www.usagym.org/PDFs/About%20USA%20Gymnastics/covid/maskmandate_21staterregionchamps.pdf
- We will do digital (no touch) temperature checks upon entering the arena/gym, as well as a wellness check (please see below under check-in).
- Gymnasts will need to bring their own personal container with chalk in it, a spray bottle and hand sanitizer. There will be no "community" chalk trays. Teams may choose to bring a team chalk bucket.
- Athletes and coaches will need to bring their own water bottles for use on the competition floor.
- Please maintain appropriate physical distancing in the stands and the merchandise area.
- The arena will offer a limited concession stand for spectators.
- Please do not arrive more than 20 minutes early for your session. The arena may not be available for your entry due to sanitization protocols.

CHECK-IN Coaches:

Entry in the Arena:

******Entry to the arena will be thru the glass doors facing Full Blast off of Hamblin St. Look for the tent as you drive into the parking ramp – that is where you will enter after parking!**

Upon entering the Kellogg Arena, we ask that you complete your wellness check, parent/athlete's check-in and pay admissions.

1) Please scan the QR Code:

- Please scan the QR code (with your phone) to fill out a wellness questionnaire. The information on the questionnaire will be used to meet the contract tracing requirements for the state, as well as to ensure the health and safety of everyone that is in attendance. If you are experiencing any of the following symptoms or are just not feeling well, we are asking that you please stay home.

- Feverish
- Chills
- Loss of taste or smell
- Cough
- Sore throat
- Headache
- Shortness of breath
- Nausea or vomiting
- Diarrhea
- Muscle aches without recognized cause

AGAIN, WE ASK THAT YOU PLEASE STAY HOME FOR THE HEALTH AND WELLNESS OF ALL IF YOU ARE EXPERIENCING ONE OR MORE OF THE ABOVE SYMPTOMS.

2) Temperature Check:

- We will take your temperature before entering the arena

3) Sign in

- We will ask you to sign the USAG sanction coaches' roster, please be prepared to present your USAG membership card.

4) Entrance and exiting from the arena will be thru doors located near the coach's check-in table. This is also where your gymnasts will enter and exit.

Competition Details

- A light lunch and dinner will be available Thursday thru Sunday. Breakfast and Coffee will be ON YOUR OWN. All food items throughout the weekend will be individually wrapped and meant for “grab and go” ...please do not congregate at the coach’s table. We ask that you eat in the designated coach’s area section 101 in the stands.
- The coach’s meetings will be in paper form. If it becomes necessary to call an in-person meeting, please maintain physical distancing.
- If you have any scratches, we will ask that you fill out a scratch form and place it in the scratch box at the head table. This will minimize contact.
- Only one athlete will be allowed on an event at one time during warm-ups.
- The competition will be modified Capital Cup format, but will be set up as flight A and Flight B gyms will have their own equipment (including a full floor). Judges will move from gym to gym.
- Please refrain from having your athletes present themselves to the judges. This will help in maximizing personal space for our officials.
- **Please note that no non-competing athletes are allowed on the competitive floor at any time. Inclusive of your own children.**

INDIVIDUAL EVENT SPECIALISTS

Individual Event Specialists are allowed at levels 7-10 and all Xcel Divisions.

- Gymnasts must be declared as an IES before the start of the competition.
- If an all-around gymnast is injured during a state meet she may not change her designation to an IES.

REGIONAL ENTRY and APPAREL:

- You must enter your athletes into the regional competition through the USA Gymnastics registration system, a computer will be available to register and print your roster to hand in
- Regional entries must be completed prior to the end of the weekend, a hard copy of the entry and your club check should be handed to the head table before you leave the arena
- Regional apparel will be touchless, a sizing chart and order form were emailed to each gym, all orders must be received by March 28th, orders are given to or emailed to Kim Dowis and payment can be made with a club check or credit card

AWARDS

- Athlete Awards will be at the conclusion of the session.
- Parents will be asked to move to sections 107 – 109 to view awards. This will allow arena and Branch staff to sanitize and prepare for the next session of athletes to compete.

- Awards will be presented one age group at a time. At the conclusion of your athlete's awards, they will exit to meet parents thru the alcove we have had admission at during past events. **WHEN YOU EXIT THE COMPETITION, WE ASK THAT YOU EXIT WHERE THE ATHLETES AND PARENTS ARE EXITING...NOT WHERE YOU ENTERED. THANK YOU!**
- Electrostatic cleaning will be done after each award session; therefore, you must **clear the arena immediately after your child's award session**

STATE MEET APPAREL:

Be sure to check out BA Sports, located at the center of the arena by the concession stand. It has your official state meet apparel, as well as a great selection of leo's and more.

We look forward to seeing next week!

Al and Cindy Scharns
Meet Director/Meet Coordinator
MI LV 7-10, Xcel Platinum & Diamond State Championships