



Coaches Information:

- All coaches must be registered through the USAG reservations. Please bring proof!
- Coaches check in will be at the scores table & Gymnast Gifts
- Athletes check in with their coaches!
- Modified Capital Format: Prepare your gymnasts that floor warm-up will be in between the routines!
- Dress up RAZZLE DAZZLE (Sparkly, Glitter & Fun)
- Squads more than 11 could be split! Please make sure you have enough coaches!
- Award age groups are divided up equally in proscore!
- Coaches Meeting at the Vault Table 5 Minutes after Stretch begins
- Live Scoring : Scorecat
- Each Session Stretch: 15 Minutes
- Flight A 1st Event will warm-up before announcements (Gives judges a break)
- March-In announcements will be after Flight A's 1st event warm-up
- Coaches Lunch & Dinner will be provided for Coaches who have back to back sessions!