

# 2010 USA GYMNASTICS JUNIOR OLYMPIC NATIONAL CHAMPIONSHIPS

## Competition Information

Date: May 6 – 8, 2010

Meet Host: Metroplex Gymnastics  
Bryan Streeter metrogym@sbcglobal.net  
205 E. Bethany  
Allen tx 75002  
www.metroplexchallenge.com.com  
gym: 972-727-9095 fax: 972-727-6358

Meet Director: Diane Callison  
dpcallison@earthlink.net  
281-636-0602

Meet Location: Dallas Convention Center  
650 S. Griffen Hall A  
Dallas TX

Coaches Meeting: Sheraton Dallas  
400 North Olive street  
Dallas TX  
214-922-8000  
7:30 – 8:30 Check In Wednesday May 5<sup>th</sup>  
8:30 Meeting

Entry Fee: \$100 Per Athlete  
Payable to: Metroplex Gymnastics

Entry Deadline: Level 10 Regional Competition

Equipment: All Equipment will be AAI Elite Series

General Admission: Regular: \$20 Day Pass  
Children 3 – 12: \$15 Day Pass  
Seniors Over 65: \$15 Day Pass  
Children Under 3: Free

Training Admission: \$10 Day Pass (Thursday )

Parking: \$10 Dallas Convention Center Garage

Security: Please allow sufficient time upon arrival as all personal belongings are subject to search.

Concessions: Food and Beverage will be available for purchase.  
No Outside Food and Beverages Allowed in Facility

Medical Training staff to be onsite at all times

Hospitality Hospitality for all coaches and judges – Limited hospitality during Training

Updates: See our website for event updates: [www.metroplexchallenge.com](http://www.metroplexchallenge.com)



# 2010 USA GYMNASTICS JUNIOR OLYMPIC NATIONAL CHAMPIONSHIPS

## Club Entry Form

Diane Callison, Meet Director • dpcallison@earthlink.net • 281-636-0602

Team Name: \_\_\_\_\_ USAG Club #: \_\_\_\_\_

Team Address: \_\_\_\_\_ Region: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Fax: \_\_\_\_\_ Email: \_\_\_\_\_  
\_\_\_\_\_

*Please list attending coaches only*

Coach: \_\_\_\_\_ USAG #: \_\_\_\_\_ Cell: \_\_\_\_\_

Coach: \_\_\_\_\_ USAG #: \_\_\_\_\_ Cell: \_\_\_\_\_

Coach: \_\_\_\_\_ USAG #: \_\_\_\_\_ Cell: \_\_\_\_\_

First Name	Last Name	USAG #	Date of Birth	Age Division

**Please List Alternates Below – DO NOT INCLUDE ENTRY FEE FOR ALTERNATES**


**All fees must accompany entry form. Total Athletes: \_\_\_\_\_ x \$100 = \$ \_\_\_\_\_**

Please submit a single company check made payable to Metroplex Gymnastics

# 2010 USA GYMNASTICS JUNIOR OLYMPIC NATIONAL CHAMPIONSHIPS

## Individual Athlete Entry Form

This form **MUST** be collected by the Regional Administrative Committee Chairman or their designee at Regionals following each session.  
The Club coach must complete the Club Entry Form after the last session in which they have gymnasts competing.

**PLEASE USE THE TAB KEY TO ADVANCE TO THE NEXT FIELD  
OR PRINT CLEARLY**

*This form (with the exception of the check-boxes) must be completed by each Regional competitor prior to the Regional Meet. After the completion of each session, Qualifiers and Alternates can then quickly check the appropriate box and submit it to the Regional person in charge of collecting Entry Forms.*

Athlete First/Last Name: \_\_\_\_\_ USAG #: \_\_\_\_\_

Birth Date (MM/DD/YY): \_\_\_\_ / \_\_\_\_ / \_\_\_\_ Age Division: \_\_\_\_\_

Club Affiliation: \_\_\_\_\_ State: \_\_\_\_\_

Coach: \_\_\_\_\_ Coaches' Cell phone: (\_\_\_\_) \_\_\_\_\_

JO NATIONAL REGIONAL TEAM QUALIFIER

JO NATIONAL INDIVIDUAL QUALIFIER

JO NATIONAL ALTERNATE (1<sup>st</sup> or 2<sup>nd</sup>)

I also plan to participate in the JO-NIT

Please enter online

ADDITIONAL JO-NIT QUALIFIER

Please enter online

Region # \_\_\_\_\_

# 2010 USA GYMNASTICS JUNIOR OLYMPIC NATIONAL CHAMPIONSHIPS

## Athlete Information

All athletes are required to link the following website to complete their Athlete Bio. These surveys are used by USA Gymnastics for information and promotional purposes, including posting pictures and bios of the winning athletes. Metroplex Gymnastics may also use these bios to publicize human interest stories about the athletes.

Most importantly this allows USA Gymnastics to provide information regarding high school age athletes to the NCAA\* coaches in attendance. ***THE DEADLINE FOR COMPLETING THIS SURVEY IS April 23<sup>rd</sup>.*** No information will be accepted after this date.

Please log on to:

<http://www.usa-gymnastics.org/women/bio/wjo>

\*Information about all high school age athletes will be distributed to the NCAA coaches in attendance. Any information regarding GPA, SAT/ACT scores, as well as personal information such as addresses and phone numbers will be considered confidential and will only be given to accredited college coaches.



# 2010 USA GYMNASTICS JUNIOR OLYMPIC NATIONAL CHAMPIONSHIPS

## Graduating Senior Information

Metroplex Gymnastics is planning on honoring all graduating seniors in our Official Event Program. This form is due by April 23<sup>rd</sup>, 2010. Any names received after this date will not be included in the program.

Gymnast Name: \_\_\_\_\_

Club: \_\_\_\_\_ Region: \_\_\_\_\_

Coaches: \_\_\_\_\_  
\_\_\_\_\_

Years in Gymnastics: \_\_\_\_\_

College you plan to attend: \_\_\_\_\_

Participating in college gymnastics: \_\_\_\_\_ Gymnastics Scholarship: \_\_\_\_\_

**Please return this form by April 2nd, 2010 to:**

**Metroplex Gymnastics  
205 E. Bethany  
Allen TX 75002  
metrogymsbcglobal.net**

**2010 JR. OLYMPIC NATIONAL CHAMPIONSHIPS  
FOR WOMEN - Dallas, Texas**

**DRAW BY REGION FOR FLIGHT & STARTING EVENT**

**SESSION I: FRIDAY, MAY 7 - 10:30 Warm-up, 11:30 Competition**

**JUNIOR A**

**FLIGHT ONE**

Region 6   Region 3   Region 5   Region 7  
V   UB   BB   FX

**FLIGHT TWO**

Region 4   Region 2   Region 8   Region 1  
V   UB   BB   FX

**SENIOR A**

**FLIGHT ONE**

Region 5   Region 7   Region 6   Region 3  
V   UB   BB   FX

**FLIGHT TWO**

Region 8   Region 1   Region 4   Region 2  
V   UB   BB   FX

**SESSION II: FRIDAY, MAY 7 - 4:00 Warm-up, 5:00 Competition**

**JUNIOR B**

**FLIGHT ONE**

Region 1   Region 4   Region 2   Region 8  
V   UB   BB   FX

**FLIGHT TWO**

Region 7   Region 6   Region 3   Region 5  
V   UB   BB   FX

**SENIOR B**

**FLIGHT ONE**

Region 2   Region 8   Region 1   Region 4  
V   UB   BB   FX

**FLIGHT TWO**

Region 3   Region 5   Region 7   Region 6  
V   UB   BB   FX

**SESSION III: SATURDAY, MAY 8 - 10:30 Warm-up, 11:30 Competition**

**JUNIOR C**

**FLIGHT ONE**

Region 8   Region 1   Region 4   Region 2  
V   UB   BB   FX

**FLIGHT TWO**

Region 5   Region 7   Region 6   Region 3  
V   UB   BB   FX

**SENIOR C**

**FLIGHT ONE**

Region 4   Region 2   Region 8   Region 1  
V   UB   BB   FX

**FLIGHT TWO**

Region 6   Region 3   Region 5   Region 7  
V   UB   BB   FX

**SESSION IV: SATURDAY, MAY 8 - 4:00 Warm-up, 5:00 Competition**

**JUNIOR D**

**FLIGHT ONE**

Region 3   Region 5   Region 7   Region 6  
V   UB   BB   FX

**FLIGHT TWO**

Region 2   Region 8   Region 1   Region 4  
V   UB   BB   FX

**SENIOR D**

**FLIGHT ONE**

Region 7   Region 6   Region 3   Region 5  
V   UB   BB   FX

**FLIGHT TWO**

Region 1   Region 4   Region 2   Region 8  
V   UB   BB   FX

2010 Jr. Olympic Nationals

Thursday, May 6  
Training Day Schedule

		Region 5	Region 7	Region 6	Region 8	Region 1	Region 4	Region 2	Region 3
8:00	8:30	Stretch	Stretch						
8:30	9:00	Comp. V & BB	Comp. UB & FX						
9:00	9:30	Comp. V & BB	Comp. UB & FX						
9:30	10:00	Comp. UB & FX	Comp. V & BB						
10:00	10:30	Comp. UB & FX	Comp. V & BB	Stretch	Stretch				
10:30	11:00			Comp. V & BB	Comp. UB & FX				
11:00	11:30			Comp. V & BB	Comp. UB & FX				
11:30	12:00			Comp. UB & FX	Comp. V & BB				
12:00	12:30			Comp. UB & FX	Comp. V & BB	Stretch	Stretch		
12:30	1:00					Comp. V & BB	Comp. UB & FX		
1:00	1:30					Comp. V & BB	Comp. UB & FX		
1:30	2:00					Comp. UB & FX	Comp. V & BB		
2:00	2:30					Comp. UB & FX	Comp. V & BB	Stretch	Stretch
2:30	3:00							Comp. V & BB	Comp. UB & FX
3:00	3:30							Comp. V & BB	Comp. UB & FX
3:30	4:00							Comp. UB & FX	Comp. V & BB
4:00	4:30							Comp. UB & FX	Comp. V & BB
							warm-up gym is	available until 5:00 for Regions 2 & 3	
<b>Stretch time is allowed in the warm-up gym areas only.</b>									
<b>Each region will be split into 4 groups (2 Junior &amp; 2 Senior) and will be assigned to two events in each of the competitive gyms.</b>									
<b>Each of the four groups has 1/2 hour training on each event with approx. 14 gymnasts per group.</b>									
<b>If additional training time is needed, training is available in the warm-up gym for 1 hour following the scheduled training time for each region.</b>									
<b>The last two regions to train may arrive at the warm-up gym 1/2 hour before their scheduled stretch time and remain in the warm-up gym for 1/2 hour following.</b>									
<b>GK Elite Apparel may be picked up at any time during the scheduled training.</b>									

# Schedule of Events

## **WEDNESDAY, MAY 5th**

7:30pm – 8:30pm  
8:30pm

Coaches Packet Pick Up and Check In  
Coaches Meeting – Sheraton Dallas

## **THURSDAY, MAY 6**

8:00am – 10:30am  
10:00am – 12:30am  
12:00pm – 2:30pm  
2:00pm – 4:30pm  
6:00pm – 9:30pm

Region 5 and Region 7 Training  
Region 6 and Region 8 Training  
Region 1 and Region 4 Training  
Region 2 and Region 3 Training  
Welcome Banquet Eddie Deans Ranch

## **FRIDAY, MAY 7<sup>th</sup>**

8:00am – 10:30am

Training for Saturday JO National Athletes Only  
Competition Gym Only

### **SESSION 1**

10:30am – 11:15am  
11:30am – 3:30pm  
3:30pm – 4:00pm  
4:00pm – 4:30pm

### **JUNIOR A and SENIOR A**

Warm Up – General and First Event, Flight 1  
Competition  
Awards  
JO National Team Qualifier Meeting

### **SESSION 2**

4:00pm – 4:45pm  
5:00pm – 9:00pm  
9:00pm – 9:30pm  
9:30pm – 10:00pm

### **JUNIOR B and SENIOR B**

Warm Up – General and First Event, Flight 1  
Competition  
Awards  
JO National Team Qualifier Meeting

## **SATURDAY, MAY 8<sup>th</sup>**

8:00am – 10:30am

Training for JO-NIT Athletes Only  
Competition Gym Only

### **SESSION 3**

10:30am – 11:15am  
11:30am – 3:30pm  
3:30pm – 4:00pm  
4:00pm – 4:30pm

### **JUNIOR C and SENIOR C**

Warm Up – General and First Event, Flight 1  
Competition  
Awards  
JO National Team Qualifier Meeting

### **SESSION 4**

4:00pm – 4:45pm  
5:00pm – 9:00pm  
9:00pm – 9:30pm  
9:30pm – 10:00pm

### **JUNIOR D and SENIOR D**

Warm Up – General and First Event, Flight 1  
Competition  
Awards  
JO National Team Qualifier Meeting



**2009 WOMEN'S JR. OLYMPIC  
NATIONAL INVITATIONAL TOURNAMENT (JO-NIT)  
Held in conjunction with the Jr. Olympic National Championships**

**Dates:** May 8 Training Day 8:00 – 10:30 am  
May 9 Competition Day (4 sessions: 8:55, 12:10, 3:10 & 6:40)

**Site:** Dallas Convention Center, 650 S. Griffin, Dallas, TX 75202

**What is the JO-NIT?**

Only 448 athletes out of the almost 1500 Level 10's competing at the State Championships level have the opportunity to qualify to the Jr. Olympic National Championships. The JO-NIT was developed to allow an additional 192 athletes an opportunity to compete at the National level.

In many of the largely populated regions, the 8<sup>th</sup> and 9<sup>th</sup> ranked gymnasts often achieve a very high AA score but do not qualify to JO Nationals. Sometimes an excellent athlete has made uncharacteristic mistakes at the Regional Championships and doesn't qualify to Nationals. This new competition will allow these excellent athletes another chance to participate on the National level.

For the athletes who are in High School and aspiring to earn a college scholarship, this competition will also provide them with an opportunity to perform their routines for the NCAA coaches who will already be in attendance for JO Nationals. Last year, almost every collegiate coach stayed on Sunday to watch this competition for recruiting purposes.

**Who qualifies?**

Gymnasts ranked 8<sup>th</sup> and 9<sup>th</sup> All-Around in each of the 8 age divisions at the Level 10 Regional Championships qualify (provided they achieve a minimum AA of 34.00), plus any Regional Individual Event champions who did not qualify to JO Nationals or the JO-NIT in the AA will qualify on that event.

After the number of accepted petitioned athletes is determined, the remaining slots (maximum of 64) and any slots not filled by a region will be filled by other regions based on a percentage of percentage from Regional Championships.

**How does this work? I'm an alternate to JO Nationals & a qualifier to the JO-NIT?**

Athletes ranking #8 and #9 (and any ties for 9<sup>th</sup>) at Regionals are considered the 1<sup>st</sup> – 2<sup>nd</sup> alternates for their age division and region for JO Nationals. Most regions encourage their alternates to attend the competition in the event that an injury occurs last minute to one of the Regional Team members. Those athletes who have invested in the travel to the National competition now will definitely have an opportunity to compete in the JO-NIT if they are not needed to replace an injured athlete from their region.

**Who can petition?**

Level 10 athletes who are unable to compete in the Regional meet due to injury or illness and who have participated at either the previous year's JO Nationals or Level 9 Easterns/Westerns **and** have also achieved a 36.00 AA score or better as a Level 10 **in the current year** may petition to enter the JO-NIT.

Necessary Documentation: Doctor's verification of injury/illness and release to full activity, verification of 36.00 AA score from current season, and verification of competition at the 2009 JO Nationals or L9 East/West Championships.



## 2010 WOMEN'S JR. OLYMPIC NATIONAL INVITATIONAL TOURNAMENT (JO-NIT)

Site: Dallas Convention Center, 650 S. Griffin, Dallas, TX 75202

### **Saturday, May 08**

8:00 am – 10:30 am

Training for Sunday JO-NIT competitors only- competition gyms

### **Sunday, May 09**

**Modified Non-traditional format**

#### **SESSION I: COMPETITION FOR SENIOR A & B DIVISION**

8:00	-	8:25	Open stretch
8:25	-	8:40	March-in and Introductions for all Sr. A & B athletes
8:40	-	8:54	Timed warm-up on first event for Flight 1
8:55	-	10:55	<b>SENIOR A &amp; B COMPETITION</b>
11:00	-	11:30	Awards

#### **SESSION II: COMPETITION FOR JUNIOR C & D DIVISION**

11:15	-	11:40	Open stretch
11:40	-	11:55	March-in and Introductions for all Jr. C & D athletes
11:55	-	12:09	Timed warm-up on first event for Flight 1
12:10	-	2:10	<b>JUNIOR C &amp; D COMPETITION</b>
2:15	-	2:45	Awards

#### **SESSION III: COMPETITION FOR SENIOR C & D DIVISION**

2:30	-	2:55	Open stretch
2:55	-	3:10	March-in and Introductions for all Sr. C & D athletes
3:10	-	3:24	Timed warm-up on first event for Flight 1
3:25	-	5:25	<b>SENIOR C &amp; D COMPETITION</b>
5:30	-	6:00	Awards

#### **SESSION IV: COMPETITION FOR JUNIOR A & B DIVISION**

5:45	-	6:10	Open stretch
6:10	-	6:25	March-in and Introductions for all Jr. A & B athletes
6:25	-	6:40	Timed warm-up on first event for Flight 1
6:40	-	8:40	<b>JUNIOR A &amp; B COMPETITION</b>
8:45	-	9:15	Awards



**2009 WOMEN'S JR. OLYMPIC  
NATIONAL INVITATIONAL TOURNAMENT (JO-NIT)  
Held in conjunction with the Jr. Olympic National Championships**

**Petition Deadline?**

Petitions to the JO-NIT must be sent electronically to the National Technical Committee Chairman Cheryl Hamilton ([cherylh001@aol.com](mailto:cherylh001@aol.com)) and Tom Koll, National JO Committee Chairman ([tkoll60@msn.com](mailto:tkoll60@msn.com)) NO LATER THAN the Monday prior to Regionals (April 5, 2010).

**How do I enter the JO-NIT?**

Athletes ranked 8<sup>th</sup> and 9<sup>th</sup> at Regionals will be placed on the JO Nationals entry list as 1<sup>st</sup> and 2<sup>nd</sup> alternate. No entry fee is paid to the JO Nationals meet host. If you (or any other additional qualifiers from your region) wish to enter the JO-NIT competition, you must indicate that at the Regional meet and your club must **enter you online as a club entry NO LATER THAN THURSDAY, APRIL 15<sup>th</sup>**. The entry fee is the same as JO Nationals - \$100. If you are called in to compete in JO Nationals, your entry fee will be automatically forwarded to the JO Nationals Meet host, Metroplex Gymnastics.

The link to the JO-NIT club registration is:

<http://www2.usa-gymnastics.org/membership/club-group-processing.html>

DEADLINE: Thursday, April 15<sup>th</sup>.

Alternates for the JO-NIT: The next two athletes in each region (#10-11, unless the region has more qualifiers due to the percentage) are named as alternates to the JO-NIT. If any of the JO-NIT qualifiers declines or needs to replace a JO National qualifier, we will call upon the next athlete in line to compete at the JO-NIT.

**Questions??**

**Contact Connie Maloney, Women's JO Program Director, at 317/829-5628 or [cmaloney@usa-gymnastics.org](mailto:cmaloney@usa-gymnastics.org)**

# 2010 USA GYMNASTICS JUNIOR OLYMPIC NATIONAL CHAMPIONSHIPS

NTS Sports Travel is the official travel agency for USA Gymnastics. NTS has several packages available for our event. Please visit them on the web at [www.ntssportstravel.com](http://www.ntssportstravel.com) for additional details. **The host hotel can be booked through NTS Sports Travel:**



Sheraton Dallas



Notes

From Sheraton to Convention Center

### Trip to Dallas Convention Center

650 S Griffin St, Dallas, TX 75202 - (214) 939-2700

1.78 miles - about 6 minutes



#### Sheraton Dallas Hotel - (214) 922-8000 400 North Olive Street, Dallas, TX 75201



1. Start out going **NORTHWEST** on **OLIVE ST** toward **BRYAN ST.**

go 0.2 mi



2. Turn **RIGHT** onto **SAN JACINTO ST.**

go 0.0 mi



3. Turn **RIGHT** onto **N PEARL ST.**

[Map](#)

go 0.2 mi



4. Turn **SLIGHT RIGHT** onto **LIVE OAK ST.**

go 0.2 mi



5. Turn **SLIGHT LEFT** onto **N ST PAUL ST.**

go 0.4 mi



6. Turn **RIGHT** onto **CANTON ST.**

go 0.4 mi



7. Turn **RIGHT** onto **S GRIFFIN ST.**

go 0.2 mi



8. **650 S GRIFFIN ST** is on the **RIGHT.**

go 0.0 mi



#### Dallas Convention Center - (214) 939-2700 650 S Griffin St, Dallas, TX 75202

Total Travel Estimate : 1.78 miles - about 6 minutes

Route Map [Hide](#)





# 2010 USA GYMNASTICS JUNIOR OLYMPIC NATIONAL CHAMPIONSHIPS Banquet, Texas Style



## BBQ, Line Dances & Country Music

**May 6<sup>th</sup> , 2010 6: 00pm – 9:30pm**

**Reservations by May 1st, 2010 ( walkup tickets if not sold out)**

Name: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Address: \_\_\_\_\_ Email: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Gymnastics Club: \_\_\_\_\_

Number of Tickets: \_\_\_\_\_ x \$54 each = Total \$ \_\_\_\_\_

\_\_\_\_\_

Total Due: \$ \_\_\_\_\_

\_\_\_\_\_

Enclosed is my:

\_\_\_\_\_ Check – Made Payable to Metroplex Gymnastics – Due with order

Credit Card Type: VISA or Mastercard Only Number: \_\_\_\_\_

\_\_\_\_\_

Name on Card: \_\_\_\_\_ Expiration Date: \_\_\_\_\_ 3 Digit CVC Code: \_\_\_\_\_

\_\_\_\_\_

**Welcome Banquet Tickets can be picked up on the training day. Tickets are limited based on the size of the Dance Hall. Reservations required by May 1<sup>st</sup> , 2010. Please see our website for updated availability. Orders strictly processed on a first come, first served basis.**

**Mail to: J.O. Banquet 1406 Fieldstone, Allen TX 75002 ( [bdstreeter@hotmail.com](mailto:bdstreeter@hotmail.com) )**



Notes

From Sheraton Hotel to Eddie Deen's Ranch

### Trip to Eddie Deen's Ranch

944 S Lamar St, Dallas, TX 75202 - (214) 741-4211

1.67 miles - about 6 minutes



**Sheraton Dallas Hotel**  
400 N. Olive St, Dallas, TX 75201



1. Start out going **NORTHWEST** on **OLIVE ST** toward **BRYAN ST.**

go 0.3 mi



2. Turn **LEFT** onto **ROSS AVE.**

go 0.6 mi



3. Turn **LEFT** onto **N LAMAR ST / TX-354 LOOP**. Continue to follow **N LAMAR ST.**

[Map](#)

go 0.8 mi



4. **944 S LAMAR ST** is on the **LEFT**.

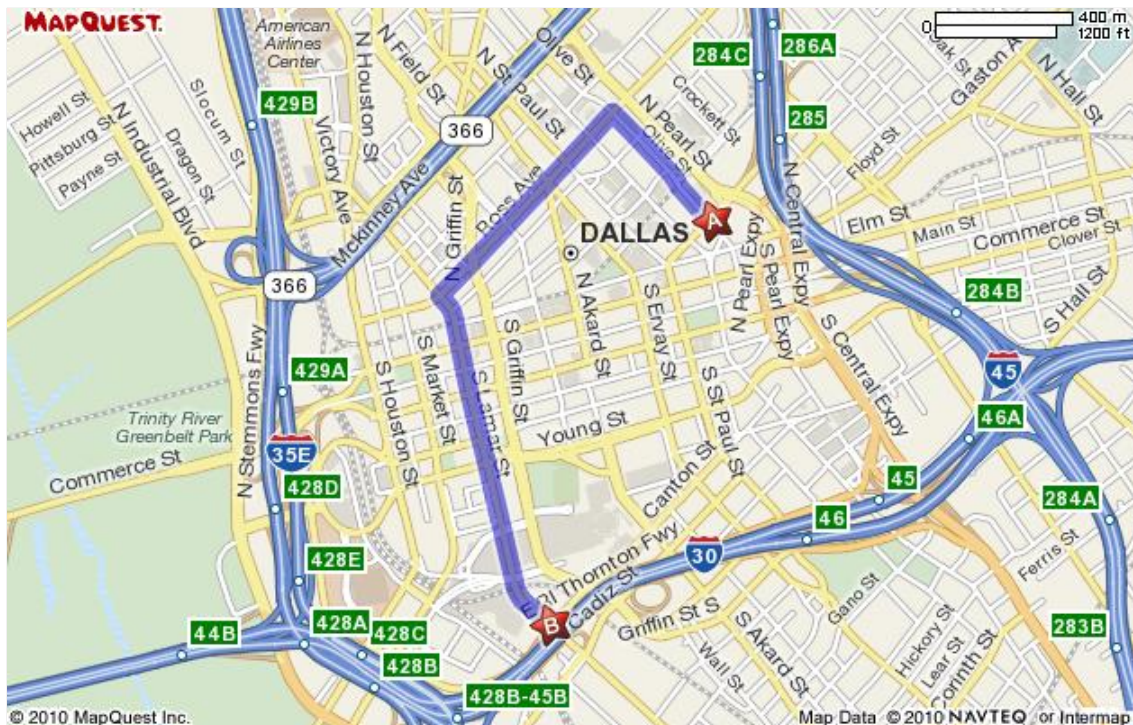
go 0.0 mi



**Eddie Deen's Ranch - (214) 741-4211**  
944 S Lamar St, Dallas, TX 75202

Total Travel Estimate : 1.67 miles - about 6 minutes

### Route Map [Hide](#)



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**WWW.USAGYMGGEAR.COM**

<b>T-SHIRTS</b>	<b>HOODIES</b>
<b>SHORTS</b>	<b>TANK TOPS</b>
<b>CAPRIS</b>	<b>EVENT PIN</b>
<b>FLANNEL PANTS</b>	<b>COACHES SHIRTS</b>