



REGION 5
2024 LEVEL 10
DEVELOPMENT PROGRAM
NATIONAL CHAMPIONSHIPS HANDBOOK

Website: Region5.com

Region 5 Gymnastics Insider

TABLE OF CONTENTS

Page 3	Region 5 Committee Contact Information
Page 4	Welcome Letter
Page 4	Qualified Athlete/All-Star Athlete
Page 5	Athlete Registration
Page 5	Apparel
Page 7	Etiquette/Curfew/Buddy System
Page 7	Hotel/Room Reservations
Page 8	Athlete Room Assignments
Page 9	Athlete Room Billing
Page 9	Tentative Schedule
Page 11	Travel
Page 11	Food/Meals
Page 11	Venue
Page 11	Dream Team Webpage
Page 12	Nationals Check List
Page 13	Gymnast – What to Wear
Page 14	Coaches – What to Wear
Page 15	Athlete Room Rules

Region 5 Committee Contact Information

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Welcome

Congratulations on qualifying for the 2024 Level 10 Development Program National Championships!

National Qualifiers are defined as the top 7 All-Arounders in each age group. Gymnasts who placed 8th and 9th in the All-Around in their age divisions at the Region 5 Championships will be designated as the 1st and 2nd Alternates respectively. In Region 5 this achievement means more than just qualifying for Nationals, it means you are now part of the Region 5 Dream Team. This is an honor earned. You will now have the opportunity to represent Region 5 at the national championships in Daytona Beach, FL.

The athletes are divided into the following age divisions: Junior or Senior A/B/C/D/E/F.

We, Shane Sanders and Michelle Crane, will be acting as the Region 5 travel and apparel coordinators. Our contact information is as follows:

Shane Sanders

Region 5 Travel Coordinator

Email: shane.region5gymnastics@gmail.com

Phone: 847-757-1286 (only to be used at Nationals)

Michelle Crane

Region 5 Apparel Coordinator

Email: fivedreamteam5@gmail.com

Phone: 740-405-9200

Qualified Athlete

A Qualified Athlete is defined as a gymnast that placed 1st-8th in the All-Around at the Region 5 Championships and that will be **COMPETING**, or serving as 1st Alternate, for Region 5 at the Development Program National Championships. This also includes any gymnast from Region 5 that will be **COMPETING** for another Region.

All-Star Athlete

An All-Star Athlete is defined as follows:

- The gymnasts who earned the top 2 All-Around scores (minimum of 35.00), regardless of age division, at the Region 5 Championships that did not place in the top 7 in their respective age groups.
- The top 5 athletes, regardless of age division, on each event who did not qualify in the All-Around and who scored at least a 9.30 on their respective event(s).

These 2 criteria will potentially give 22 additional athletes the opportunity to compete in Daytona Beach. Please note, ties will be broken.

All-Star Athlete (continued)

The final list of All-Star Athletes will not be determined until the last Level 10 session at the Region 5 Championships. The All-Star Athletes on the FINAL list will be eligible to receive Region 5 apparel and for their registration fees to be paid for by Region 5, provided they meet the criteria outlined later in this handbook. Up to that point, all “potential” All-Star Athletes who ACCEPTED their position and are not 1st or 2nd alternates in their age divisions, will need to be sized for apparel during processing immediately following their respective competition sessions. Apparel for the All-Star Athletes who are not 1st or 2nd Alternates, WILL NOT be distributed until the list has been finalized on Sunday, April 14th. It is not mandatory for the All-Star Athlete(s) to be in attendance after the last Level 10 session. Arrangements will be made after the list has been finalized for receipt of apparel.

In Daytona Beach, the All-Star competition session will take place on Friday night, May 10th. An All-Star athlete who is injured or ill can be replaced if the replacement is made before 12:00 AM (EST) on Thursday, May 9th.

Athlete Registration

Region 5 will pay the registration fee for ALL Qualified and All-Star Athletes who personally attended one of this season’s (2023-2024) Region 5 Training Camps. If the athlete did not attend a Region 5 Training Camp, her club will be responsible for the registration fee.

All-Star Athletes will be registered once the list has been finalized on April 14th.

Region 5 Gymnasts in the 1st and 2nd Alternate positions will not be registered at this time, unless they are competing for another Region. If the non-competing 1st or 2nd Alternate is called to replace a Qualified Athlete, her registration will be paid for by Region 5 this year provided she meets the criteria outlined above.

Coaches will register their Qualified Athletes at the Region 5 Championships using the USA Gymnastics reservation system and will provide a print-out of their Club’s athlete registration form to Tami Schaafsma. **Coaches are required to register all of their athletes at the Region 5 Championships no later than the conclusion of the final Level 10 session on Friday, April 12th.**

Apparel

Athletes

All 2024 Development Program National Qualifiers, including 1st and 2nd Alternates and potential All-Star Athletes, will complete their apparel forms during processing immediately following their scheduled competition session at the Region 5 Championships. All athletes must be prepared to provide their apparel sizes on the required form. All athletes will receive an Apparel Itinerary. They must bring all of the apparel listed on the itinerary to Daytona Beach and follow the What-to-Wear instructions during their entire stay.

Apparel (continued)

Athlete Eligibility Rules for Free Region 5 Apparel

Athletes who meet the following criteria will receive Region 5 Apparel:

1. The athlete has qualified and will attend Level 10 Nationals by placing 1-7 at the 2024 Region 5 Championships
OR
2. The athlete is a 1st Alternate who has committed to attending Level 10 Nationals
OR
3. The athlete will travel and compete for another region at the 2024 Level 10 Nationals
OR
4. The athlete accepted her position on the final All-Star Athlete list
AND
5. The above athlete's club attended one of this season's (2023-2024) Region 5 Training Camps. If the above athlete's club did not attend a Region 5 Training Camp, she will only receive the Region 5 apparel if her club pays a fee to the Region 5 Apparel Fund. The amount of the fee is \$400 for ONE qualified athlete or \$800 for TWO or MORE qualified athletes. All payments should be made payable to Region 5 USAG and **MUST** be given to Tami Schaafsma, the Region 5 RACC, at the 2024 Region 5 Championships.

2nd Alternates

The 2nd Alternates who are not competing for another Region, or are not on the final All-Star list, are invited to attend Level 10 Nationals. **The 2nd Alternates will receive all of the apparel at the Region 5 Championships PROVIDED they agree that they will travel to Daytona Beach if called to replace an athlete. These athletes must attend the 2024 Development Program Nationals to receive Regional 5 Apparel. The 2nd Alternates must meet the same eligibility requirements outlined above (item #5) to receive free apparel from Region 5.**

Coaches

ALL coaches that will be attending the 2024 Development Program Nationals with their Qualified or All-Star Athletes are eligible to receive the designated apparel items for FREE **only** if they worked at one of this season's (2023-2024) Region 5 Training Camps. Coaches who worked at a camp are eligible to receive 1 full set of apparel for every camp he/she worked. This will include the Travel Day Shirt, Training Day Shirt, Competition Day 1 Shirt, Competition Day 2 Shirt and the Region 5 Pennant Jacket. If a coach did not personally work at one of the camps, he/she must purchase the items required to be worn on each day he/she has an athlete competing at Level 10 Nationals.

Please note: if a coach received Region 5 apparel in 2023, he/she will only receive the apparel items that are NOT the same as last year.

Parents

Region 5 will not be bringing anything to Level 10 Nationals for parents to purchase, so you must shop at the Region 5 Store today. **THE ONLY WAY TO GUARANTEE REGION 5 MERCHANDISE WILL GET TO YOU BEFORE NATIONALS IS TO ORDER AND PAY TODAY AT THE REGION 5 STORE.**

Etiquette/Curfew

Etiquette

YOU ARE REGION 5!

- No cursing
- Team First attitude
- Parents are fans, not coaches.

Curfew

All times outlined below must be strictly followed, or the athlete will lose her Region 5 apparel and risk her spot in the Athlete Room. **THERE ARE NO EXCEPTIONS!!!**

- All athletes must be in their rooms 30 minutes prior to Lights Out
- Lights Out is defined as in your hotel room and in bed ready to sleep. Parents/Coaches, please plan accordingly.
- **Night before Training Day** – 10:30 PM (in room) and 11:00 PM (lights out). If a Region 5 athlete is competing for another Region, her curfew may be adjusted based on her Region's practice time.
- **Night before Competition** – 9:30 PM (in room) and 10:00 PM (lights out)
- **Night after Competition** – 11:30 PM (in room) and 12:00 AM/Midnight (lights out)

Athlete "Buddy" System

All Qualified Athletes **MUST** follow the "Buddy" system while residing in the Athlete Rooms. A Qualified Athlete is **NEVER** allowed to be in her hotel room alone. A Qualified Athlete is **NEVER** allowed to leave her room without her Buddy(s), parents or coach. For the safety and well-being of our athletes, there are absolutely **NO EXCEPTIONS** to this rule.

Hotel

This year, the primary hotel for Region 5 will be the Hilton Daytona Beach Oceanfront Resort.

Hilton Daytona Beach Oceanfront Resort

100 North Atlantic Avenue

- King and Double Queen Rooms -- \$179 per night (Region 5 Rate)
- 12.5 % Sales Tax per night
- \$20 per day for Self-Parking (Region 5 Rate)/\$40 per day for Valet
- 5-minute walk to the Volusia County Ocean Center

Hotel Room Reservations

All hotel room reservations at the Hilton will be coordinated through Shane Sanders. Booking links to make room reservations have been created for the Region 5 Athlete Rooms, Coaches and the Parents of the Qualified Athletes, All-Star Athletes and traveling 2nd Alternates.

Hotel Room Reservations (continued)

Each group will have their own booking link. Shane Sanders will handle the room reservations for the Athlete Rooms and will assist the Parents of Qualified Athletes in making their room reservations during the Processing Meeting at the Region 5 Championships . Coaches of athletes traveling to Daytona Beach will receive their booking link from Shane Sanders via email no later than Saturday, April 13th. Parents of All-Star Athletes (who are not 1st Alternates) and traveling 2nd Alternates will receive their booking link via email no later than Monday, April 15th. Each group has a designated number of rooms. Coaches are encouraged, but not required, to room together. **Parents have been allotted 1 room per athlete. Multiple rooms for a single family are not allowed within the Region 5 block. All room reservations must be made no later than Tuesday, April 16th. After that date you will not be able to reserve a room through the Region 5 block.**

Coaches and Parents **MUST** contact Shane Sanders first if they need to cancel their room reservation. **DO NOT CALL THE HOTEL DIRECTLY.** Shane's contact information is 847-757-1286 and shane.region5gymnastics@gmail.com

Athlete Room Assignments and Stay Requirements

All Qualified Athletes will room together. We look at this as an important team building opportunity for these girls. Each age division's athletes will be assigned rooms in rank order of placement in their respective age divisions at the Region 5 Championships. ONLY females are ever allowed inside the Athlete Rooms.

All-Star Athletes, who are not 1st Alternates, and all traveling 2nd Alternates, will room with their parents. After April 16th, if a 2nd Alternate is moved into a 1st Alternate position, Region 5 will try to place her into an Athlete Room, but this is not guaranteed.

All Qualified Athletes are required to Check In no later than Thursday, May 9th and stay through Saturday night (3 nights total). All Qualified Athletes will Check Out of the Athlete Rooms on Sunday, May 12th.

Traveling 2nd Alternates should arrive in Daytona Beach on Thursday, May 9th. Traveling 2nd Alternates may depart after the conclusion of their age division's assigned session.

All-Star Athletes, who are not 1st Alternates, are strongly encouraged to arrive in Daytona Beach no later than Thursday, May 9th. All-Star Athletes, unless they are 1st Alternates, may depart on Saturday, May 11th. All-Star Athletes who are 1st Alternates MAY NOT depart until May 12th.

Athlete Room Billing

All Qualified Athletes will be charged a one-time fee of \$152 to cover their share of the Athlete Rooms. This fee must be paid during the Processing Meeting at the Region 5 Championships. Payments can be made by Check or Credit Card. Cash will not be accepted. If paying by Credit Card, the cost is \$152 plus a \$7 processing fee.

Tentative Schedule

Thursday, May 9, 2024

Athlete Check In and GK Apparel Pick Up at the Hilton Athlete Prep Rooms – Begins at 3:00 PM
Depart Hilton for Opening Ceremonies at the Ocean Center – 5:00 PM
Opening Ceremonies – 6:00 PM to 8:00 PM
Depart Ocean Center – 8:15 PM
Curfew for EVERYONE is 10:30 PM In Room, Lights Out at 11:00 PM

Friday, May 10, 2024 – Training Day and All-Star Session

Region 5 Athlete/Coaches Meeting in Coquina Ballroom – 8:30 AM
Depart Hilton for Training at the Ocean Center – 9:30 AM
Region 5 Practice – 10:00 AM to 12:30 PM (Qualifiers 1-7 only)
Depart for Hilton – 12:45 PM
All-Star Athletes meet in Athlete Prep Room – 4:15 PM
Depart Hilton for the All-Star Session at the Ocean Center – 5:00 PM

1st Alternates may attend but will not workout. Training for 1st Alternates that are not competing in the All-Star session will be announced at a later date.

All athletes that compete for another Region will train with that Region during their practice time.

All athletes will receive their competitor number at the venue prior to their practice session. This number needs to be pinned on the backs of their leotards with the respective year of graduation sticker. It is the athlete's responsibility to have this number at practice and at the meet.

*Any athlete competing for another Region must practice with that Region.

- Regions 4/6 8:00 – 10:30 AM
- Regions 3/5 10:00 AM – 12:30 PM
- Regions 1/7 12:00 – 2:30 PM
- Regions 2/8 2:00 – 4:30 PM

Coaches/Parents are responsible for all meals.

Curfew for Junior and Senior A – In Room at 9:00 PM, Lights Out at 9:30 PM
Curfew for Junior and Senior B/Junior and Senior C – In Room at 9:30 PM, Lights Out at 10:00 PM
Curfew for athletes competing on Sunday – In Room at 10:30 PM, Lights Out at 11:00 PM

Tentative Schedule (continued)

Saturday, May 11, 2024 – Competition Day 1

Junior A and Senior A athletes will meet in the Athlete Prep Room at 6:45 AM

Depart Hilton at 7:30 AM

Open Stretch begins at 8:00 AM

Junior B and Senior B athletes will meet in the Athlete Prep Room at 11:30 AM

Depart Hilton at 12:15 PM

Open Stretch begins at 12:45 PM

Junior C and Senior C athletes will meet in the Athlete Prep Room at 4:15 PM

Depart Hilton at 5:00 PM

Open Stretch begins at 5:30 PM

Coaches/Parents are responsible for all meals.

Curfew for Junior and Senior D – In Room at 9:00 PM, Lights Out at 9:30 PM

Curfew for Junior and Senior E/Junior and Senior F – In Room at 9:30 PM, Lights Out at 10:00 PM

Curfew for athletes that finished their competition on Day 1 – In Room at 11:30 PM, Lights Out at 12:00 AM/Midnight

Sunday, May 12, 2024 – Competition Day 2 (Qualified Athletes Check Out of Athlete Rooms)

Junior D and Senior D athletes will meet in the Athlete Prep Room at 6:45 AM

Depart Hilton at 7:30 AM

Open Stretch begins at 8:00 AM

Junior E and Senior E athletes will meet in the Athlete Prep Room at 11:30 AM

Depart Hilton at 12:15 PM

Open Stretch begins at 12:45 PM

Junior F and Senior F athletes will meet in the Athlete Prep Room at 4:15 PM

Depart Hilton at 5:00 PM

Open Stretch begins at 5:30 PM

Coaches/Parents are responsible for all meals.

Travel

Flight:

Region 5 will not be making any flight arrangements for our athletes going to the Development Program National Championships. It is the responsibility of the gymnast's parents or club to make these arrangements.

Food/Meals:

All Region 5 athletes, coaches and parents will be responsible for their own meals. More details about the restaurants at the Hilton can be found by visiting their website at:

www.hilton.com/en/hotels/dabdhhf-hilton-daytona-beach-oceanfront-resort/dining/

Venue:

The 2024 Development Program National Championships will be held at the Volusia County Ocean Center Convention Center in Daytona Beach, FL. All information regarding this event can be found by visiting the USA Gymnastics webpage at:

www.usagym.org/events/2024-womens-development-program-national-championships/

Region 5 Webpage:

All pertinent information regarding our stay in Daytona Beach will be posted on the Region 5 webpage at **www.region5.com/dev-nationals**.

Once again, congratulations on qualifying for the 2024 Development Program National Championships! Over the next few weeks, please remember to train hard, remain focused on the task before you and stay healthy.

GO REGION 5!

2024 DEVELOPMENT PROGRAM NATIONALS

CHECK LIST

BEFORE LEAVING REGIONALS

- Parent/Coach Contact/Hotel Information – Shane Sanders
- Complete Publicity/NCAA Release Forms – Shane Sanders
- Athlete/Coach Registration – Dave Stiles
- Athlete/Coach Apparel Processing – Michelle Crane
- Region 5 Insider Athlete Interview– Jason MacDonald
- Shop at the Region 5 Store

DAY AFTER -- Make Travel Arrangements

- Flight/Car
- Hotel – All rooms must be booked by Tuesday, April 16.

AFTER MAY 1ST

- Pack according to the What to Wear list.
- Athletes/Parents/Coaches review your travel itineraries.
- Coaches make sure digital copies of floor music is DOWNLOADED onto electronic devices.

DREAM TEAM 2024

Gymnasts – What to Wear!!

Congratulations on making the 2024 Development Nationals. Each day we will look like a TEAM! Here is what to wear each day and what to bring. **ALL** questions should be directed to Michelle Crane via email at fivedreamteam5@gmail.com

TRAVEL DAY:

Grey “On Fire” T-Shirt
Your choice of your own pants with NO visible rips or holes
Any Region 5 Jacket / Sweatshirt you received at Processing

OPENING CEREMONIES:

Red Tank Top and White Sports Bra
Your own jean shorts or capris with NO visible rips or holes
Your own Red or Black tote umbrella in case of rain

TRAINING DAY:

Black Tank Top
Red Shorts
GK Tank Leotard – You will get this at Nationals with your GK Competition Apparel
Region 5 Backpack and your own Water Bottle
Your own Red or Black tote umbrella in case of rain

COMPETITION DAY:

GK Long Sleeve Competition Leotard – Received at Nationals
GK Warm Up – Received at Nationals
Red Light Up Glasses
Tattoo – Received at Nationals
Region 5 Backpack and your own Water Bottle
Your own Red or Black tote umbrella in case of rain
Make-up -- Please bring your own make-up and wear it how you like it
Hair – We WILL be getting together BEFORE we leave for your session to do hair together.
Please bring your own bun maker and hair products.

NON-COMPETITION DAY:

Any Region 5 Apparel you have
Your choice of pants with NO visible holes or rips

PJ's and OTHER ITEMS:

Please use all other items as needed.

DREAM TEAM 2024

Coaches – What to Wear!!

Congratulations on qualifying your athlete(s) to the 2024 Development Nationals.

Each day we will look like a TEAM! Here is what to wear each day and what to

bring. **ALL** questions should be directed to Michelle Crane via email at

fivedreamteam5@gmail.com

TRAVEL DAY:

Grey “On Fire” T-Shirt

Pennant Jacket if needed

OPENING CEREMONIES:

Travel Day Shirt or Any Region 5 Shirt you have that is in good condition

Your own Black pants or jeans with no visible rips or holes

Pennant Jacket if needed

TRAINING DAY:

Black T-Shirt with large Region 5 logo

Your own Black or Red Pants

SATURDAY:

Black Region 5 Shirt – Logo on left chest

Your own Black, Red or Grey pants

Red Light Up Glasses

SUNDAY:

Red Region 5 shirt – Logo on left chest

Your own Black or Grey pants

Red Light Up Glasses

EACH DAY:

Bring your Pennant Jacket if needed

Your own red or black tote umbrella in case of rain

If you lack the required “shirt-of-the-day”, please wear a plain short sleeved shirt of the day’s color and the Region 5 Pennant Jacket.

Athlete Room Rules

1. An athlete is **NEVER** to be in the room alone.
2. **ONLY** the athletes themselves are allowed inside the room. Parents, coaches and boys are **NOT** permitted inside the room. A parent and/or coach may escort an athlete to her room but **MUST** remain outside of the room at all times.
3. Each athlete will treat her roommate(s) with **RESPECT** and **COURTESY**. We are Region 5. We are a family.
4. Only the athletes **ASSIGNED** to the room are permitted to stay in the room unless prior approval has been granted from Shane Sanders.
5. Athletes **WILL NOT** be permitted to charge any incidentals or food to their room.
6. While staying in the room, the athletes will maintain a clean living environment and not purposely cause any damage to the hotel property. Any damage caused to the property that incurs a fine from the hotel will be billed to the families of the athletes residing in the room.
7. Region 5 Curfews will be strictly followed each day. One half hour before Lights Out is Curfew (In Room) each night. At that time, the athletes must be in their **ASSIGNED** rooms getting ready to sleep. **Lights Out MEANS lights out!**

*Any violation of the above stated rules could put an athlete in jeopardy of losing her privilege to reside in the Athlete Room and having to stay in a room with her parents for the duration of her stay.

Please sign below as proof of your understanding and compliance with the above stated rules.

Athlete Name

Date