



*Gymnastics Plus, Denver Colorado*  
*presents*



*April 17 -19, 2009*

@

*Thomas Jefferson High School*  
*Denver, Colorado*

**2009**  
**JR. OLYMPIC LEVEL 9/10 REGION 3**  
**GYMNASTICS CHAMPIONSHIPS**  
**THOMAS JEFFERSON HIGH SCHOOL, DENVER, COLORADO**  
*Hosted by Gymnastics Plus, Denver Colorado*

***Congratulations on qualifying to the***  
***2009 Level 9/10 Region 3 Championships!***

*Dear Gymnasts, Parents and Coaches:*

Congratulations on your qualification to the 2009 Level 9/10 Regional Championships! We realize many, many hours have been dedicated to achieving this step in your competitive season and we are honored to host this event for you. Our hope is to make this an event that will generate life long memories. We hope you will enjoy all aspects of the Regionals weekend.

The Championships are scheduled for April 17-19, 2009 and will be held at:

**THOMAS JEFFERSON HIGH SCHOOL**  
3950 S Holly St  
Denver, CO 80237

The facility is about 40-minute drive from Denver International Airport for those of you who may be flying in for the weekend.

We look forward to being your host and invite you to explore Denver and surrounding areas.

Colorado is a beautiful place and the weather is generally mild during this time of the year. You may want to pack sweaters and jeans for outings.

Please take a few minutes to carefully review this packet, as there is important information and **deadlines** included. If there is any information not covered that you would like addressed, please do not hesitate to give us a call (303) 512-0799 or send us an email to [timfrye@qwestoffice.net](mailto:timfrye@qwestoffice.net) . Also please regularly check our website at

[www.coloradogymplus.com](http://www.coloradogymplus.com) for updated information beginning March 15<sup>th</sup> .

We look forward to having you at the 2009 Level 9/10 Regional Championships!

*Sincerely,*  
*Gymnastics Plus*  
*Tim Frye / Meet Director*  
*GP Parents Booster Club*

# GENERAL MEET INFORMATION

Enclosed is all of the necessary information you will need to make your plans.

Meet Host – Gymnastics Plus - Colorado

Meet Director – Tim Frye

Meet Referee – Carol Bunge, RTCC

Meet Contacts – Tim Frye & Patti Janicki

Mailing Address – 6180 E. Warren Ave., Denver, CO 80222

Phone> (303) 512-0799 Fax (303) 758-4716 Email: [timfrye@qwestoffice.net](mailto:timfrye@qwestoffice.net)

## Meet Dates & Competition Times

MEET: 2009 Region 3 Level 9/10 Championships

DATE: Friday, Saturday, & Sunday, April 17-19, 2009

SITE: Thomas Jefferson High School

COMPETITION INFORMATION WEBSITE: [www.coloradogyplus.com](http://www.coloradogyplus.com) (go to "Meets page")

## Entry Fee & Deadline

\$90 per gymnasts / Due at State Meet. (*\$10 of each entry fee will go towards the apparel fund for Region 3*)

You will receive a packet and entry information at your State Championship Competition.

One check per gym, made payable to: **Gym Plus Team**

Meet entries & fees will be mailed by your the State Meet Chairman

overnight mail. Remember to turn in your competition entry forms & fees to them prior to your departure from your State Championships. Thank you!

## Hotel Address



**Hyatt Regency Tech Center - Denver**

**7800 East Tufts Avenue,**

**Denver, Colorado, USA 80237**

**Tel: 303 779 1234 Fax: 303 850 7164**

**\$79 per night (plus tax)**

For meet rate mention "Region 3 Gymnastics Championships"

(Deadline for receiving this rate is: **Monday, April 6, 2008**)

## Practice Times and Places

Please refer to schedule

## Coaches & Judges Meet & Greet Times

More information will be given later concerning this event.

## Meet Facility

Thomas Jefferson High School  
Directions & Maps are included in this packet.

## Equipment

AAI equipment on all apparatus and boards at each event.

## Computer Scoring System

The ProScore  
Computer Personnel – Cindy Mauch & Staff

## Daily Admission

**Adults:** \$10.00/ per session **OR** \$15.00/day for adults

**Children:** \$5.00 / session **OR** \$10.00/day for children 12 and under and senior citizens (at least 60)

Regional Competitors admitted free with meet proper credential.

*There will be no free admission or discounts for USAG registered athletes not participating in these Championships. Participating Athletes and Coaches must present meet credential to be admitted free.*

## Emergency Numbers for Meet Site & Surrounding Area

Police, Fire, Medical Emergency ----- 911

Athletic Trainer on Site.

## Competition Information

**JUDGES:** Four judges per event – One meet referee.

**FORMAT:** The meet will be run in Capital Cup Format with gymnasts in each flight warming up on warm up equipment and then 1 touching on competition equipment and competing.

The competition will follow the 2008-2009 USAG Rules and Policies.

**AGE GROUPS:** To be determined by USAG National Office. Will be posted on websites once all entries have been received and evaluated.

**COMPETITION SCHEDULE:** A competition schedule will be sent to each club and posted on all websites as soon as we know how many athletes have qualified.

Remember the last qualifying weekend / day is March 29<sup>th</sup>.

**COACHES MEETINGS:** There will be a coaches meeting at the beginning of each session. You may pick up your meet packet during this time or anytime during the meet.

**BAR SETTINGS:** Bar settings may be obtained during the general stretch time prior to each session.

**WARM-UPS:** Each gymnast will be given 2 minutes on each on event to warm-up. All warm-ups will be timed.

**T-SHIRTS - \$18.00:** 2009 Region 3 Championship Logo T-Shirts and merchandise will be available through Gymnastics Plus Parent Booster Club, T-Shirts must be pre-ordered. Order form is included in this information packet.

**Photography – EATHAN’S PHOTOGRAPHY>>>**Please see attached flyer.

**COMPETITION AREA:** Only team coaches, competing athletes, judges, and meet officials will be allowed on the Competition floor. Please remind parents and non-competing team members of this rule.

**MEET RESULTS:** Results from each session will be posted at the entrance to gym and coaches hospitality room following completion of each session. Coaches will also be able to pick up results during the meet in their clubs file folder at the announcer’s table.  
Complete meet results will be posted on our website, as well as the regional website once all competition is done.

**AWARDS:** There will be Individual and All Around awards presented to the athletes in each Age group following each competitive session. Gymnasts will also receive a special gift at this time.

**PARKING:** There is ample parking on site. Just follow the maps, included in the information packet.

**CONCESSIONS:** Concessions will be available and provided by the Gym Plus Booster Club at all sessions for your convenience.

**VIDEO CAMERA:** Due to a shortage of electrical outlets, only cameras with battery packs should be used in the gym. Please alert your team parents who plan to use cameras. As per USAG rules, there are **NO FLASH PICTURES** to be taken during the competition.

## REGIONAL CHAMPIONSHIPS PROGRAM GOOD LUCK WISHES / ADVERTISING

Gymnastics Plus and the GP Parents Booster Club would like to invite you to be part of the excitement for regionals. We are offering you the opportunity to place a **Good Luck Advertisement** in the program for the 2009 Level 9/10 Regional Gymnastics Meet. We have a variety of spaces available, ranging from a simple inexpensive "Good Luck" message to a full-page ad for your club, for the following prices.

### Pricing for Ad:

Business Card Size Ad:	\$35.00
¼ Page Ad:	\$50.00
½ Page Ad :	\$75.00
Full-Page Ad:	\$100.00

Ads will be in Black & White, photos are ok!

### INFORMATION NEED FOR ADS:

Club Name \* Gymnast Name \* Phone Number (primary & alternate) \* Ad Size & Message

Please email the following information to [timfrye@qwestoffice.net](mailto:timfrye@qwestoffice.net) by April 6, 2009:

Please mail your payment for ad to:

*Gymnastics Plus  
Attn: Tim Frye  
6180 E. Warren Ave.  
Denver, CO 80222*

Once your **PAYMENT** is received you will receive a confirmation of ad being included in meet program.

<sup>1</sup> All Business Advertisements should be submitted in photo-ready layout.

<sup>2</sup> Photos are not required. However, if you prefer, please attach all digital photos with your email order or mail photo and message with CD.

## **Directions to Host Hotel :**

### **From Denver International Airport (24 Miles):**

Exit airport on Pena Boulevard South to I-70 West. Continue on I-70 to I-225 South. Exit 2A (Tamarac/DTC Boulevard) and turn left. Go under Interstate, turn right on Tufts Avenue. Hyatt Regency Tech Center is at the end of the street.

### **Coming from the North:**

Follow I-25 South to Belleview Avenue Exit and turn left. Continue through one traffic light, turn left at 2nd light, South Ulster Street. Go to (2 lights) East Tufts Avenue and turn left. This is the entrance to the hotel.

### **Coming from the South:**

Follow I-25 North to Belleview Avenue and turn right. Continue through one traffic light, turn left at 2nd light, Ulster Street. Go (2 lights) to East Tufts Avenue and turn left. This is the entrance to the hotel.

### **Coming from the East:**

Take I-70 West to I-225 South. Exit 2A (Tamarac/DTC Boulevard) and turn left. Go under Interstate, turn right on Tufts Avenue. Hyatt Regency Tech Center is at the end of the street.

### **Coming from the West:**

Take I-70 East to I-25 South Exit. Go South on I-25 to Belleview Avenue Exit and turn left. Continue through one traffic light, turn left at 2nd light, South Ulster Street. Go to (2 lights) East Tufts Avenue and turn left. This is the entrance to the hotel.

Hyatt Regency Tech Center - Denver is conveniently located near many of Denver's growing suburbs, including Englewood, Centennial, Lone Tree, Highlands Ranch, Aurora, Littleton, Parker, Castle Rock and Greenwood Village. Whether you're visiting downtown or one of our exciting suburbs, this luxurious Hyatt Denver CO hotel is the perfect location for you.

## **DIRECTIONS TO MEET SITE**

From hotel take I-25 north to Hampden Ave, (about 1 mile) exit Hampden Ave. turn left on Hampden, go west to 2<sup>nd</sup> stop light which is Holly St. Turn left on Holly St. and go ¼ mile to Mansfield Ave. School and parking lot will be on left, turn in and park. Walk right up to front of school and thru doors and follow directions to gymnasium.

# MAP

