



Region IV Level 8-10 Championships
April 9 - 11, 2010

- Host Clubs: Eagles Gymnastics & Show Me Gymnastics
(816) 941-9529
Email: EaglesKimFuchs@aol.com
www.Eaglesgymnastics.com
- Meet Directors: Kim Fuchs and Kathy Sanford – all inquiries to EaglesKimFuchs@aol.com
- Competition Site: Overland Park Convention Center
Airport: Kansas City (MCI) Airport 35 *minute drive*
- Equipment: AAI Elite Equipment and boards at each event
Capitol Cup Format Levels 9 & 10 and Super 8 Team
Modified Traditional Level 8
- Entry Form: Have your team's entry form(s) filled out prior to your State Meet ready to hand to your state chairman!
- State Chairman MUST overnight ALL entries Monday morning
To:
Eagles Gymnastics
Region IV Championships
209 West 135th St.
Kansas City, MO 64145
- Entry Fee(s): Entry fee is \$100 per gymnast. ALL fees must be submitted along with entry form. Level 8 gymnasts qualifying after their state meet must pay fee at time of entry.

Make checks payable to Region IV /MO gymnastics.
Pay with **ONLY** one check per club.
Event specialist **MUST** pay full entry fee.



Petition Form: If you need to petition an athlete, the petition form may be sent to Linda Thorberg. Email: (linda4rtc@aol.com) with a copy going to your State Chair. Forms and petition procedures are available at www.Region4Championships.worldpress.com/qualifiers

Age Groups: Groups will be posted on the regional website: www.Region4Championships.worldpress.com following state meets.

Competition times: Will be posted on the regional website: www.Region4Championships.worldpress.com/schedule and Eagles Web Site www.eaglesgymnastics.com

Tentative Training Day Schedule

Thursday April 8, 2010
8:00am-11:00am Missouri
11:00am-2:00pm Minnesota
2:00pm-4:00pm Wisconsin
4:00pm-8:00pm Iowa, North Dakota, South Dakota, Nebraska
****Continue to check the website for updates! Times WILL change based on final numbers***
****NO Sunday Level 8 gymnasts will be allowed to train on Thursday***

Competitive Schedule

Friday April 9, 2010	Level 9
Saturday April 10, 2010	Level 10 & Super 8 Team
Sunday April 11, 2010	Level 8

Coaches Meeting: There will be a coaches meeting Thursday evening at 9:00pm at Sheraton Hotel, room to be determined at a later date. Packets will be available at the meeting. If you cannot make the meeting packets will be available at the scoring table.

Coaches & Judges Party on Saturday night is being provided by MO USAG!! Join us fun evening! Room to be determined.

USAG Cards: You will be asked to show your current USAG Pro-member card at sign-in.



Warm-Ups: Each gymnast will receive 2 minutes to warm-up in the warm-up gym and a 30 second touch in the competition gym. ALL warm-ups will be timed. *Bar settings can be obtained during the general stretch.* ONLY gymnasts competing in that session are allowed on the floor.

Scores: Scores will be posted following completion of each session and available online www.Region4Championships.worldpress.com/results and www.Eaglesgymnastics.com

Awards: Individual and All-Around awards will be presented to each Age Group following each competitive session. There will also be team awards given to the top 3 state teams at each level. Awards will follow the rules and policies requirements, but will go out at least 50% in each age group as dictated by the regional board.

IMPORTANT:

Western and National Qualifiers: ALL gymnasts and coaches qualifying for Western Championships or Nationals MUST be sized for official Region IV Apparel.

*Gymnasts need to be sized immediately following their competitive session.

*Coaches must be sized by 5:00pm on Saturday April 10, 2010

*Sizing area will be in a room at Sheraton Hotel.

REMINDER! ALL Western and National qualifiers need to fill out the entry packet in full and return to the scoring table **with payment**.

2010 GRADUATING SENIORS

Coaches: Please fill out the information below and mail with your entry form to Eagles Gymnastics. Special recognition will be given to all the graduating seniors after their competitive season.

Gymnast Name: _____

Level: _____ Started Gymnastics at Age: _____

Club: _____

Coached By: _____

Accomplishments:

Future Plans:



GOOD LUCK ADS

Show your pride at this year's Region IV Gymnastics Championships and have a personalized "Good Luck" message for your favorite gymnast and/or team printed in the Official Region IV Championships Meet Program! All messages will be customized to your specifications. See order form below for more details.

COST:

<u>AD Size</u>	<u>Price for one</u>
Business Card Size Ad (3.5" wide x 2" high):	\$30.00
¼ Page Ad with Photo (3.5" wide x 5" high):	\$50.00
½ Page Ad with Photo (7" wide x 5" high):	\$100.00
Full-Page Ad with Photo (7" wide x 10" high):	\$150.00

Order Forms Must be Returned NO later than March 31, 2010

Email the following information to EaglesKimFuchs@aol.com

Gymnast/Team Name: _____ Club: _____

Contact: _____

Phone: _____ Email: _____

Ad Size: ___ Business Card ___ 1/4 Page ___ 1/2 Page ___ Full Page

Email your "good luck" text and picture to:

EaglesKimFuchs@aol.com

Checks must be mailed to:

Eagles Gymnastics -Regional IV Ad

209 West 135th ST.

Kansas City, MO 64145

Once received a confirmation email will be sent.