**2021 Region 8 Xcel Regional Championship**

**Coaches Meeting**

**April 29- May 2nd, 2021**

**LakePoint Sporting Community, Champions Center**

**261 Stars Way**

**Cartersville, GA 30121**

[HOME | Region 8 Xcel 2021](https://www.region8xcel2021.com/)

***Welcome to the 2021 -Xcel Regional Championships!***

The Gymnastics Academy of Atlanta is pleased to be hosting this meet. Our main goal is to make the meet as rewarding for the athletes, coaches, and parents as possible, while still practicing the recommended protocols for health and safety. Updated Covid Protocol is listed on the website, please make sure your parents and athletes. PLEASE BE AWARE THERE IS A MANDATORY MASK MANDATE!

**COACHES SIGN -IN**

Coaches, as you enter the building, please make sure you sign in. You will receive a wristband that must be wore throughout the weekend. This is your admission to the floor. You must also have your USAG credentials available at check in to verify.

**SCRATCHES**

For day of meet scratches, there will be a current rotation sheet taped down on the head table. Please highlight your team’s name at the top of the sheet, and mark thru the scratched athlete’s name leaving the number.

Gym A and B will be marked clearly as you enter the building. PLEASE MAKE SURE YOU AND YOUR GYMNAST KNOW WHICH GYM THEY ARE COMPETING IN.

**FORMAT:**

1. Each session will begin with a 20-minute general stretch.

2. As the 20 minutes get close to conclusion, we will ask that the Flight “A” athletes proceed to their first event to prepare for warm-ups as the Flight “B” athletes line up at their first event for a presentation of participating teams.

3. When the 20-minute stretch has concluded, we will begin the first timed warm-up for the Flight “A” athletes. Towards the end of Flight “A’s” warmup, we will do the announcements. Only the flight “B” athletes will be formally lined up, but we will announce the teams in flight “A” and “B”.

4. Following flight “A”’s first warm-up we will have everyone stand for the playing of the National Anthem.

5. When the anthem concludes, the flight “A” athletes will begin competition and the flight “B” gymnasts will begin their first warm-up.

6. ALL ROTATIONS will be signaled. We will not use “continuous rotation”.

**EQUIPMENT**

Gymnastics Academy of Atlanta will have a meet representative available if you need help adjusting the equipment. DO NOT MOVE THE MATS! IF YOU NEED SOMETHING PLEASE FIND MEET STAFF AND ASK PERMISSION PRIOR TO MOVING ANY MATS!

**FLOOR MUSIC**

There will be a music representative from the Gymnastics Academy of Atlanta in each gym at floor. Please report to the music table as you go to floor and make sure she has your music.

**TRAINER**

PT SOLUTIONS will be at the head table to evaluate any injuries or if you need ice or band-aides.

**COACHES HOSPITALITY**

We are offering Coaches Hospitality for lunch and dinner in the form of boxed meals. We will not be serving breakfast. WE ASK THAT YOU PLEASE NOT TAKE A MEAL UNLESS YOU ARE THERE FOR BACK-TO-BACK SESSIONS. We will have snacks, drinks, and water out for the entire weekend.