

Maryland State Boys Handbook

2009-2010



USA Gymnastics

Men's Program Directory

USA Gymnastics

132 E. Washington St., Suite 700,
Indianapolis, IN 46204

Phone: 317-237-5050; Fax: 317-237-5069; Member Services: 1-800-345-4719

www.usa-gymnastics.org/

Men's Program Director Dennis McIntyre
Junior Olympic Program Manager Dusty Ritter
National Team Coordinator **Vacant**
Men's Program Manager Tania Heath

Regional Board

Region VII Director **Rich Pulsfort**
(443) 804-8439
E-mail: region7menschairman@yahoo.com
Website: www.region7mensgymnastics.com/

Maryland State Director **Robert Lundy**
206 Commodore Way
Odenton, MD 21113
E-mail: mdmensgy@mdmensgymnastics.org
(301) 583-2580 [G], (410) 279-2489 [C]
(301) 583-2666 [gym fax] (410) 674-2151 *9 [home fax]

New Jersey State Director **Bob Wasilewski**
E-Mail: BobWaz60@aol.com

New York State Director **Carl Schrade**
E-Mail: CHSCHRADE@aol.com

Pennsylvania State Director **Barry Mattern**
Artistic Sports Academy Plus
3204 Willow Lane
Harrisburg, PA 17110
(717) 540-3547 [G]
E-mail: USAGPA@aol.com

Virginia State Director **Doug Lubking**
2020 Rockstone Pl
Richmond, VA 23233
(804) 762 -9977
E-mail: gymquest@cavtel.net

West Virginia State Director **Gene Diaz**
IFLIP@aol.com

METRO Judges Association Director **Joe Rank**
E-Mail: joseph.rank@gmail.com

USAG Maryland Club Directory

Beach Bounders Gymnastics

420 Irl Lane/South Brown St,
Fruitland, MD 21804

(410) 742-2053 [gym] (410) 860-9039 [fax]

E-mail:beachbounders@comcast.net

Coaches:Bob Morris

Directions: ..Route 50 East over Chesapeake Bay Bridge (allow 1.5 hours from bridge to Salisbury)

Chesapeake Gymnastics

29532 Canvasback Dr. Suite 1

Easton, MD 21601

(410) 822-8633 [gym]

e-mail:rdyott@goeaston.net

Coaches:Joan Dyott

Website:www.chesapeakegymnastics.net

Directions:

From Rt 50 in Easton Take Rt 328, Take the first right onto Elliot Rd. Take the first Left onto Teal Dr., Take the First Left onto Pintail, Go to the end of the street Gray building on your left (first door)

Columbia Gymnastics

9200 Rumsey Rd. Suite 2

Columbia, MD 21045

(410) 964-2053 [gym] 410-964-2054 [fax]

Coach(s):.....Dave Curry, Alex Markowski

Website:.....www.columbiagymnastics.com

Directions:Take Rte. 29 to Rte. 108 East. Left onto Red Branch Rd. Go ½ mile, turn left onto Rumsey Rd. ¼ mile, turn right into 4th driveway on the right - #9200.

Docksiders Gymnastics

P.O. Box 814

Millersville, MD 21108

216 Najoles Rd.

Millersville, MD 21108

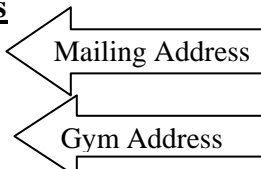
(410) 987-8780 [gym] (410) 729-0813 [fax]

E-mail:Charlieski@hotmail.com, cpmuth@msn.com

Coaches:Charlie Kowalski, Thomas Hamblin

Directions: ..From Baltimore: Take 97 South to exit 10B (Benfield Blvd) Follow through blinking light to the Stop sign. Turn Right onto Najoles Rd. Go .1 mile the gym is on the Left.

From South: Take 3/301 North to 97 North to Exit 10 Turn Left at light at the end of the ramp (Veterans Hwy). Turn left at light (Benfield Rd.) Follow through blinking light and continue as above.



Fairland Gymnastics

13950 Old Gunpowder Rd

Laurel, MD 20707

(301) 953-0030 [gym] (301) 953-1851 [fax]

E-mail:

Website<http://www.fairlandgymnastics.org>

Coaches:Zhi Cheng Liu, Ernesto Moreno, David Quattlebaum

Directions: .. From North: Take 95 South from Baltimore. Exit 22B Rt.198 West towards Burtonsville. Turn left at Second light (Old Gunpowder Rd.) Go 1.5 miles. Gym in on the right.

Maryland State Gymnastics

515 Commerce Dr.

Upper Marlboro, MD 20772

(301) 249-0808 [gym] (301) 249-8187 [fax]

E-mail: youflip@gmail.com

Coaches:Brian Shrewsbury, Adam Tichenor, Kellen Tichenor

Directions:.... *From North:* 97 South to Route 301 Travel 15 miles (1 mile south of Central Ave[214]) turn right onto Trades Zone Ave to the end. Cross over Commerce Drive into parking area. Immediately turn Right. Gym is hid-way in the row of building.

From South: Take Route301 North to Upper Marlboro. Turn Left onto Trade Zone Ave to end. Cross over Commerce Drive into parking area. Immediately turn Right. Gym is hid-way in the row of building.

Preston Gymnastics Academy

7967 Cessna Ave,

Gaithersburg, MD 2087

(301) 948-0827

E-mail: info@prestongymnastics.com

Coaches:Tim Preston, Kevin Preston, Mike Paszkiewicz

Directions: .. Merge onto I-95 S towards Washington. Merge onto Capital Beltway/I-495 W via exit 27 towards Silver Spring. Merge onto I-270N towards Frederick. Take I-270 LOCAL LANES N towards Montrose Road. Take the Shady Grove Road East Exit #8 towards Gaithersburg. Merge onto Shady Grove Road. Shady Grove Road become Shady Grove Drive. Shady Grove Drive becomes Airpark Road. Turn right on Cessna Avenue.

Prince Georges Sports & Learning Complex (Sportsplex)

8001 Sheriff Rd.

Landover, MD 20785

(301) 583-2580

E-mail:

Coaches:Kevin Ford, Robert Lundy

*Directions:*_Take Exit 17B Landover Rd towards Bladensburg, At 1st traffic light make left on Brightseat Road. Bare right at light onto Sheriff Road. Next light make left onto Harvey Drive. Proceed uphill to Complex. Competition parking will be at Fed Ex Stadium. **NOTE:** Follow directions above but on Brightseat Road proceed through 1st light and turn right into first parking Lot D.

Rebounders Gymnastics Training Center

7A West Aylesbury Rd

Timonium, MD 21093

(410) 252-3376 ext *816 [gym], (410) 252-6735 [fax]

E-mail:Coachabdul@hotmail.com

website: www.rebounders.com

Coaches:Jamal Rice

Directions: .. Take 695 to 83 North toward PA Exit 16A Timonium Rd At 2nd light turn right (Chi-Chi's on right). Go .4 mile on Aylesbury Rd. to Business Park Dr. Gym is on the corner of Aylesbury & Business Park Dr.

Top Flight

9179 Red Branch Rd.

Columbia, MD 21045

(410) 992-1600 [gym] (410) 992-6832 [fax]

E-mail:DKFLIP@aol.com

Website:www.topflightgym-md.com/

Coaches:Dmitry Gavriyuk, Oleg Bezrodny, & Dale Kaestner

Directions: ..Route 29 to 108 East. Turn Right at 2nd light onto Red Branch Rd. Go ¼ mile. Building is one you right.

Twisters Inc.

9026 Worcester Hwy

Berlin, MD 21811

(410) 208-1851

E-mail:carmgymqueen@aol.com

Coaches:Fran Fennell, Carmella Solito

Directions: Take Rt. 50 East towards Ocean City to Rt. 113 South. Gym is on the left.

Ultimate Gymnastics Inc.

9728 Silver Farm Ct

Perry Hall MD 21128

(410) 256-3023

E-mail:coachabdul@hotmail.com

Website:

Coach:Abdul Mammeri

Directions: From either 695 or 95, take Rt. 43 East (White Marsh Blvd) approx 3 miles past the junction of I-95. The building is a large, white concrete building on the left hand side.

United Gymnastix

12300 Owings Mill Blvd

Reisterstown, MD 21136

(410) 526-3527 [gym], (410) 526-3529 [fax]

E-mail:unitedgym.net

Website: www.unitedgym.net

Coaches:Valentin Vasilev

Directions: ..Take 695 to 795 (northwest Expressway). Take Exit 4 (Owings Mill Blvd) toward Reisterstown Rd Continue on Owings Mill Blvd for about 3 ½ miles. After the intersection of Timber Grove Rd & Owings Mill Blvd. Turn left .3 mile into industrial park. Gym will be first door on the left.

General Information

Athlete Registration:

- All competing gymnast must have a valid USAG number in order to participate in any sanctioned event.

Team Tax Fee:

- All competing gymnastics club must submit a team roster of all competing gymnast to the State Director along with a \$100.00 team tax fee. The Team tax fee is used to help defer costs for the state office, clinics, competitions, awards, state meet & education. A late fee of \$50.00 will charged if the team tax is not paid at the annual state meeting in the fall (\$150.00). Payable to **USAG-MD**

Request for Judges:

- Please contact Gabi Quattlebaum gabi71267@aol.com with requests for judges. Judges are few and are in high demand so call early!

Head Tax Fee:

- There is a **\$2.00** per gymnast head tax for all Maryland invitational competitions. Please remit all head tax fees to the State Director. Payable to **USAG-MD**

Sanctions:

- All meets must have a USAG sanction. Applications should be turned it to the National Office with the appropriate fee (see Rules and Polices). Sanctions must be posted in the facility during the competition and signed by all judges at the end of the competition. Sanction Reports must be returned to the National Office with copies to the State Director & Regional Director within 24 hours after the competition along with the Head Tax fee.
- Please remember to submit your Scholarship fund fee (\$1.00 per gymnast) to the National Office (National Gymnastics Scholarship Fund) with your Sanction report.

Financial Report Form:

- A Financial Report form is due within one week following all DQ's and the State Championships.

After Competition:

- A copy of the meet results (All-Around & Individual), for each age group must be sent to the State Director and Regional Director (See Rules & Policies).
- Results of the competition should be available to the coaches at the conclusion of the session/meet.
- Have a copy of meet evaluation for coaches & parents (see back of book)

Coaches:

- All Coaches must have USAG Professional membership to be on the competitive floor during a USAG Sanctioned event. All coaches are required to sign in with name and professional number at Sanctioned events (Proof of membership required; valid USAG card or official print out)
- **During State sponsored events only coaches listed on the entry form will be permitted on the competition floor**
- Proper coaching attire required for all Maryland competitions
 - Collared Shirt (No T-Shirts)
 - Closed toes shoes (no sandals & flip flops)
 - Long pants or hemmed shorts(No cut offs or Jeans)
 - No Hats

Spectator Fees:

- Admission to an event will not exceed \$8.00 for Adults \$6.00 for Children 6-13 and 5 years and Free for children under 5 years old.

Age Group Determination:

- Will be based on the gymnast's age on September 1st.

Requirements for Designated Qualifier and State Championships

- All Maryland compulsory gymnasts **must** compete in 2 DQ's on 6 events to qualify to the State Championships. Along with competing in two DQ's, all gymnasts must attain the qualifying score: (see table below)
- All Maryland optional gymnasts need only provide scores from **one** of the following Maryland Invitational's
 - Baltimore-Washington Invitational – Fairland (*December*)
 - Winter Classic – Top Flight Gymnastics (*January*)
 - Mid Atlantic Invitational – Preston Gymnastics (*February*)
- **To qualify for State Championships Compulsory Gymnasts must obtain the score:**
 - Level 6's ----- 67.75**
 - Level 5's ----- 68.50**
 - Level 4's ----- 72.50**
- Awards for DQ will be kept by the State Director and distributed to the host club prior to the competition.
- The State Director will sanction the DQ & State Championship competitions
- A USAG-MD Financial report form is due within one week of the DQ's and State Championship competition to the State.
- The following item need to be submitted to State Chairman before any monies will be paid to the host club:
 - Meet results (copy)
 - A financial Report

Registration for a Designated Qualifier (DQ) & State Championships:

- All entries & fees for a "DQ" & States are to be mailed or done online at (www.mdmensgymnastics.org) directly to the State Chairman, at least three weeks prior to the competition date. **Entries submitted late are at the discretion of the State chairman for acceptance into the competition with appropriate late fees.**
- All entries are to be submitted on a standard USAG entry form (available in the USAG-MD handbook). The entry should be completely and accurately filled-out, any information left out must be called in to the State Chairman **two weeks** prior to competition. Online entries are permitted (www.mdmensgymnastics.org). Entries are not complete until the State Chairman has all fees paid in full. **Payments will not be taken on day of competition** (Gymnasts will not be permitted to compete until all fees are paid).
- The entry fee for a DQ is \$50.00 per gymnast payable to **USAG-MD**. A *late fee of \$20.00 per gymnast* will be charged to the participating club with entries submitted less than 2 weeks before the competition (\$70.00 per gymnast).
- Early Registration is \$40.00 per gymnast if entry is **postmarked** one month prior to competition.
- **No entries will be accepted the week of the competition.**

Registration for a State Championship:

- A USAG entry form must be used to enter gymnasts.
- The State Chairman must have all entries at least **3 weeks** before the competition.
- The entry fee for State Championships is \$60.00 per gymnast payable to:

USAG-MD
206 Commodore Way
Odenton, MD 21113

(late fee \$25.00 per gymnast if registration is submitted less than 2 week before the competition)

Meet Etiquette

Gymnast Attire at Meets

- Gymnast must be in appropriate competition attire during the entire Meet, this includes *Warm-ups* during the *Awards Ceremony*, *Gymnasts will not receive their awards unless properly attired.*
- Gymnast are not allowed in the competitive area without a shirt or jersey covering their upper body
- No jewelry or hats are allowed on gymnast during the entire meet
- Only Athletes for that session will be permitted in the competition area

Coaches Attire at Meets

- Must have closed toe shoes (no sandals)
- Pants must be; Slacks, Warm-up bottoms or Hemmed Shorts (No denim or cut offs)
- Shirts must have collar (No T-shirts)
- No hats

Violators may be asked to leave the competitive floor

Approaching Judges during Competition

It is highly recommended that compulsory coaches take the JO Judging Course and optional coaches take both the JO Judging Course and the National Judging Course However, any coach wishing to approach a judge during competitions can do so, but must do so in a non-confrontational manner. To keep meets moving along, please take questions and concerns to the meet referee and/or reserve them for after the competition if possible.

Confrontation with Judges during Competition

Argumentative confrontation with judges **will not** be tolerated during or after competition. Judges will give one warning to the coach in question, if the coach continues in any way, the judge will deduct .2 from the coaches team or gymnast's all around score. If a coach persists confronting a judge after being given the .2 deduction, the Meet or State Director will remove them from the competitive floor for the rest of the competition.

Meet Operation:

For all State sponsored event the state Chairman has final discretion to the schedule and organization. Host clubs must maintain minimal traffic on the competitive area at all times, this includes runners, flashers, facilitators, and siblings.

Calendar

September 12 & 13 Regional Future Stars Prep Camp II @ International Gymnastics Camp

October 4 Fall State Meeting @ 4 Seasons Grille

October 10 Regional Future Stars Testing @ International Gymnastics Camp

October 17 Metro Association National Judges Course @ Naval Academy

October 24 Metro Association J.O. Course @ Preston Gymnastics

November 10 – 15National Future Stars Testing & Coaches Workshop

November 21 & 22 Tim Weaver Invitational (hosted by Hanover YMCA)

December 6 DQ #1 @ Ultimate

December 12 & 13 BWI Invitational (hosted by Fairland)

January 9 &10 Jerrell Steele Invitational (hosted by Gym Quest) in Richmond, VA

January 10 DQ #2 @

January 16 & 17 Top Flight Men’s Winter Classic (hosted by Top Flight)

January 23 Navy Open (hosted by Naval Academy)

January 22 - 24 Brian Babcock (hosted by Parkettes) in Allentown, PA

January 29 – 31 Superflex Team Classic (hosted by Sportsplex Gymnastics)

February 14 DQ #3 – Team Cup @ Rebounders

February 12 - 14 Temple Boys Invitational (hosted Temple Boys Team) Philadelphia, PA

February 26 – 28 Mid Atlantic Men’s Invitational (hosted by Preston Gymnastics)

March 14 Maryland State Championships @ Sportsplex Gymnastics

April 10 & 11 Regional Championship - Optional @ West Point, NY

April 16 - 18 Regional Championships – Compulsory @

May 5 – 9J.O. Nationals @ Knoxville, Tenn



Club: _____

Name of Meet: _____

Address: _____

Telephone: _____ DATE OF MEET: _____

Club Number: _____

Coach: _____ USAG#: _____ SAFETY CERT EXP.: _____ Background Check Exp: _____

Coach: _____ USAG#: _____ SAFETY CERT EXP.: _____ Background Check Exp: _____

Coach: _____ USAG#: _____ SAFETY CERT EXP.: _____ Background Check Exp: _____

Coach: _____ USAG#: _____ SAFETY CERT EXP.: _____ Background Check Exp: _____

T-SHIRT

	COMPETITOR NAME	USAG#	LEVEL	AGE DIVISION	DOB	US CITIZEN	T-SHIRT SIZE
1)							
2)							
3)							
4)							
5)							
6)							
7)							
8)							
9)							
10)							
11)							
12)							
13)							
14)							
15)							
16)							
17)							
18)							
19)							
20)							

_____ # of Gymnasts x _____ = _____

Amount enclosed _____

**Financial Report
Income:**



Admission: \$ _____
Hosting Fees:\$ _____
Sponsor's Contribution: \$ _____
Concession/ Programs: \$ _____
Total Income: \$ _____

Expenses:

Facility Rental:\$ _____
Custodial Fees:\$ _____
Equipment Rental:\$ _____
Sanction Fee:\$ _____
Insurance:\$ _____
Judge Assigner's Fee:\$ _____
Judges Fees: (Fees, Transportation, Meals, Lodging)\$ _____
Awards:\$ _____
Copy fees:\$ _____
Postage:\$ _____
Phone:\$ _____
Concession & Program\$ _____
Other (Special)\$ _____
Total Expenses:\$ _____
Net Profit:\$ _____

Signature of Event Director _____
Address: _____

Phone _____

Return to Appropriate USAG Official: Respective State Chairman or Regional Chairman

MEET EVALUATION FORM

Purpose: to provide positive and constructive feedback to host clubs to improve competition conditions.

Name of Meet _____ Date _____

Meet Site _____ Type/Class _____

Meet Director _____

Please rate each category 1-5 (1= below average, 5= excellent)

CATEGORY RATING COMENTS

Pre-meet information	1	2	3	4	5
Equipment	1	2	3	4	5
Matting	1	2	3	4	5
Competition format	1	2	3	4	5
Sound equipment	1	2	3	4	5
Support staff	1	2	3	4	5
Competition area	1	2	3	4	5
Awards	1	2	3	4	5
Seating	1	2	3	4	5
Restroom Facilities	1	2	3	4	5
Concessions	1	2	3	4	5
Parking	1	2	3	4	5

Additional comments:

Signature (optional) _____ coach _____ judge _____

Club _____ Phone # _____

USA Gymnastics Men's Junior Olympic Program
State Championships/DQ Host Bid Form
General Information

The State Championships serve three purposes:

1. To designate state champions in the all-around and on the six events.
2. To serve as a qualification for advancement to the Regional Championships.
3. To stimulate growth and development of men's gymnastics within the State.

The competition may be conducted in one day.

The competition must be held in the age divisions as outlined in the Rules and Policies.

The dates to the competition must correspond to the published event schedule.

The Meet Director is Responsible for:

1. Securing awards (with the aid of the State Chairman)
2. Securing adequate judging (with the aid of the State Chairman)
3. Providing adequate promotion, publicity, and announcement of the competition to the prospective participants and to the general public.
4. Provide adequate (USAG and FIG specification) equipment and facility for the competition
5. **Provide adequate facility for the State Coaches' Meeting (held Saturday evening States ONLY).**

Please complete the following:

Date of Meet: _____

Meet Director's Name: _____

Club: _____ Position: _____

Host Club/Organization: _____

Facility Name: _____

Address: _____

Phone: _____ Fax: _____

E-mail: _____

Size of gym (floor dimensions) _____ Spectator Capacity _____

Type of equipment to be used: (Indicate brand and mode, please be specific)

Duplicate equipment: yes _____ no _____ Locker and Shower facilities: yes _____ no _____

Admission Fee Adults **\$8.00** Children **\$6.00** Note: Entry fee is set the by State Board.

How many volunteers will be assisting? _____

Results must be available at competition conclusion for all participating clubs and the State Chairman

Signature _____ **Date** _____