

Thursday, November 20, 2008

Dear Coaches,

Please read the following from our esteemed leader, Perry Siu, the NorCal Chairman:

PROFESSIONAL DRESS CODE. In order to maintain a high level of professionalism and respect, USA Gymnastics has adopted the following dress code for all State and above Championships:

Shoes: Closed toe athletic shoes

Pants: Athletic warm-ups or "Dockers-style" pants. (No jeans)

Shorts: Athletic or tailored shorts that are a reasonable length (example - 7" inseam). No shorts with tears, holes, or short-shorts.

Shirts: Collared shirts, business casual shirts, or T-shirts with gym logo. No spaghetti straps, low-cut tops, or midriff revealing shirts.

Hats: No hats or visors

This dress code will be enforced at all NorCal State Championships.

PROOF OF USA GYMNASTICS MEMBERSHIP AT COMPETITIONS

Professional, Jr. Professional and Introductory Members must be prepared to produce their current Membership card or event-specific credential at sign-in at all USA Gymnastics-sanctioned events and, if requested, also show their membership card in the field of play.

Anyone with a pending status on their background checks will be required to show proof that they have submitted their background check. Beginning December 1, Meet Directors are not to allow anyone who has not completed the Background Check requirement on the competition floor

Competition format:

Vault, Bars and Floor: Warm-up and Compete 1st half, then 2nd half.

Beam: Capitol Cup 2 gymnasts

Rotation Schedule:

Done by random draw with Meet Ref and Meet Director on Tuesday, 11/18, 2008.

Thank you Coaches!

See you this weekend!