

2023 Emerald Coaches Guidelines

The following information will help you navigate your time at the 2023 Emerald Team Challenge.

- If you are feeling sick or have been exposed to someone who has tested positive for COVID, do not come to Emerald, please stay home.
- When you enter the Bob Keefer Center, you will go to the left to the Coach check-in table.
- You will pick up your gymnast cards and your gymnasts leos (girls) or shirts (boys) by the computer table. They will all be labeled with the gymnasts' names for easy hand out.
- Optional and Xcel Gold, Platinum, and Diamond coaches please write your gymnasts' vault start values on their score cards when you pick up their cards. We will have the start value sheets there for you to check.
- There will be boxes with inquiry forms, accident report forms, and one for gymnast scratches. Also, be sure to fill out a raffle ticket during each session you are coaching.
- There will not be coaches meetings in the sessions. All of the needed information is listed in this document and the finalized session rotations.
- Please bring the finalized rotation schedules with you, they will be emailed by meet director before the event. We will also have one posted in each gym for you to take a photo of, but no additional printed copies.
- Open stretch will be 15 minutes.
- Flight A and B signs will be posted on the mats near the equipment.
- We will play the National Anthem and the Canadian National Anthem at the beginning of the first session each day.
- We will have brief opening announcements in each session to list the teams and judges. There will not be a march out. Please have your teams stand by their first event.
- Disinfectant wipes and sanitizer will be provided at each event for your use. Please wipe off the surfaces as needed.
- We will have event staff at the floor to play or assist you with the music.
- Results will be posted on the wall by the computer table just after each session is concluded and uploaded throughout the meet to meetscoreonline.com. They will also be emailed out to all gyms a few days after the meet is over by the meet director.

- Hospitality will be available during the event.
- Coaches raffle winners will be posted in hospitality and there will be gift cards for your choosing if you win.
- Awards will be held in the awards area immediately following the conclusion of each session.
- Boy's warmup times are as follows:
 - Session 4C Levels BR/SL/3 – 10 minutes
 - Session 5C Levels 4-6/PL – 10 minutes
 - Session 6C Levels 7-10/E – 12 minutes

Thank you so much for your support and joining us at this the Emerald Team Challenge.
We appreciate you coming and hope to see you back in 2023.