



USA GYMNASTICS®

South Carolina

2019-2020

Competition

Handbook

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2019-2020 SC USA Gymnastics Due Dates to Remember:

All forms can be found on the web: sc-gymnastics.com

Compulsory & Bronze, Silver, Gold Training Camp email: berryh2@winthrop.edu
Due August 23

Optional & Platinum/Diamond Training Camp email: team@beachteamgym.com
Due September 6

Tracking Fees: Must complete online registration & payment at www.meetmaker.com

Any questions email joecargym@gmail.com

Due October 31- Level 1 & 2 Tracking Fee- \$5 per gymnast

Due October 31- Level 3-5 Tracking Fee- \$10 per gymnast

Due December 31- Level 6-10 & All Xcel Levels Tracking Fee- \$10 per gymnast

Compulsory State Meet: Complete online entry & payment at www.meetmaker.com

Due November 22

Host Gym: Thomas Gymnastics at the Beach

Xcel & Optional State Meet Event Specialist Form

Due January 31 - Send to Mendi Knisley

email: meknisley10@gmail.com

SC Graduating Senior Form, Louise Peck Scholarship Application & Spirit of Pam
Nominations

email: abbyreidlmg@gmail.com

Due January 31 - Send to Abby Reid

Level 6, 7, Platinum & Diamond State Meet: Complete online entry & payment at www.meetmaker.com

Due February 28

Host Gym: Ultimate Gymnastics Academy

Level 8-10 & Gold State Meet: Complete online entry & payment at www.meetmaker.com

Due March 6

Host Gym: Foothills Gymnastics

Bronze & Silver State Meet: Complete online entry & payment at www.meetmaker.com

Due March 13

Host Gym: Greenville Gymnastics



South Carolina

2019-2020 Competition Calendar

Date	Name of Meet	Host Club	Location
2019			
September 7-8	Compulsory & Xcel Bronze, Silver, Gold Training Camp	Palmetto Athletics Center	Lexington, SC
September 21-22	Optional & Xcel Plat/Diamond Training Camp	Terry & Don's	Myrtle Beach, SC
September 27-29	SC Judges Cup	NAWGJ/City of Goose Creek	Goose Creek, SC
October 5-6	Flipsters Invitational	Greenwood YMCA	Greenwood, SC
October 11-13	Pumpkin Spice Invitational	Choice Gymnastics	Hanahan, SC
October 19-20	Upstate Fall Classic	Easley Gymnastics	Easley, SC
October 25-27	Monster Mash Invitational	GAC	Mt. Pleasant, SC
October 26-27	Sparkle City Spookfest	Sparkle City	Spartanburg, SC
November 1-3	Turkey Flip Fest	Chapin Christian	Chapin, SC
November 8-10	Lake Murray Invitational	Lake Murray Gymnastics	Columbia, SC
November 15-17	Crown of the Carolinas	Rock Hill Gymnastics	Rock Hill, SC
November 22-24	Teddy Bear Tumble	Gymnastics & More	North Myrtle Beach, SC
November 23-24	Capital City Classic	PAC	Lexington, SC
December 6-8	Silver Bells Invitational	Choice Gymnastics	Hanahan, SC
December 6-8	Winter Invitational	Greenville Gymnastics	Greenville, SC
December 13-15	Myrtle Beach Cup	Beach Team	Myrtle Beach, SC
December 13-15	Level 1-5 State Meet	Thomas Gymnastics	Myrtle Beach, SC
2020			
January 3-5	Winter Wonderland Invitational	City of Goose Creek	Goose Creek, SC
January 10-12	The Cola Classic	Capital City Gymnastics	Columbia, SC
January 10-12	Rocky Mount Rumble Challenge	Thomas Gymnastics	Rocky Mount, SC
January 17-19	Furman Classic	Foothills Gymnastics	Greenville, SC Ladson, SC
January 17-19	Charleston Challenge	Davita's Gymnastics	SC
January 24-26	Ultimate Beach Classic	Ultimate Gymnastics	Myrtle Beach, SC
January 25-26	Sparkle City Invitational	Sparkle City Gymnastics	Spartanburg, SC
January 31-Feb 2	Palmetto Patriots Classic	GAC	Charleston, SC
February 7-9	Carolina Classic	Carolina Gymnastics Center	Columbia, SC
February 14-16	Jekyll Island Invitational	Mark Goodson	Jekyll Island, GA
February 22-23	Gymnast-Strong Invitational	Simpsonville Gymnastics	Greenville, SC
February 28-Mar 1	Charleston Cup	PHP, Inc.	North Charleston, SC
March 6-8	Coastal Classic	Thomas Gymnastics	Myrtle Beach, SC
March 20-22	Level 6, 7, Platinum & Diamond State Meet	Ultimate Gymnastics	Myrtle Beach, SC
March 27-29	Level 8-10 & Gold State Meet	Foothills Gymnastics	Greenville, SC
April 3-5	Xcel Bronze & Silver State Meet	Greenville Gymnastics	Greenville, SC
April 17-19	Level 9 & 10 Regionals		Greenville, NC
April 24-26	Level 6, 7, & 8 Regionals		Myrtle Beach, SC
May 8-10	Xcel Regionals		Foley, AL
May 8-10	Level 9 Easterns		Battle Creek, MI
May 15-17	JO Nationals		Tacoma, WA

2019-2020 SC USA GYMNASTICS COMPETITION FORMAT

Level	Age Groups	Awards*	Qualification to State Meet	State Meet Info
Level 1 and 2	Actual birthdates will be used to determine equal age groups with no more than 15 in an age group and no more than a TWO year age span beginning at the youngest age.	50% + 1 Placement Medals for Events 100% Placement Medals in the AA	Must participate in at least one USA Qualifying Competition prior to State Meet.	STATE MEET ENTRY FEE \$70.00 Two Judge Panel
Xcel Bronze & Silver	Actual birthdates will be used to determine equal age groups with no more than 15 in an age group and no more than a THREE year age span beginning at the youngest age.	50% + 1 Placement Medals for Events 100% Placement Medals in the AA	32.00 AA	STATE MEET ENTRY FEE \$75.00- Bronze Two Judge Panel \$\$80.00- Silver Four Judge Panel
Xcel Gold, Platinum & Diamond	Actual birthdates will be used to determine equal age groups with no more than 15 in an age group and no more than a THREE year age span beginning at the youngest age.	50% + 1 Placement Medals for Events 100% Placement Medals in the AA	32.00 AA 8.75/Event for Specialist	STATE MEET ENTRY FEE \$85.00- Gold \$90.00- Plat & Diam Four Judge Panel
Level 3-5	Follows same age guidelines as Xcel	Follows same award guidelines as Xcel	32.00 AA	STATE MEET ENTRY FEE \$75.00 Four Judge Panel
Level 6 & 7	Follows same age guidelines as Xcel	Follows same award guidelines as Xcel	32.00 AA	STATE MEET ENTRY FEE \$90.00 Four Judge Panel
Level 8-10	Follows same age guidelines as Xcel	Follows same award guidelines as Xcel	32.00 AA 8.75/Event for Specialist	STATE MEET ENTRY FEE \$90.00 Four Judge Panel

*No ties will be broken at State Meet for any individual event, all-around, or team awards.



USA GYMNASTICS®

South Carolina

2019-2020

South Carolina State Meet Admissions Guidelines

SC Invitational Meets may set their own admission fees. This information must be published in the pre-meet information.

OUTSIDE FACILITY:

Adults: \$20 per weekend

Students/Seniors 55+: \$10 per weekend

Children 5 and under: Free

Family: \$50 per weekend (2 adults & 3 children)

HOME GYM FACILITY:

Adults: \$10 per weekend

Students/Seniors 55+: \$5 per weekend

Children 5 and under: Free

Family: \$25 per weekend (2 adults & 3 children)

2019-2020 SOUTH CAROLINA USA GYMNASTICS STATE ADMINISTRATIVE COMMITTEE

STATE CHAIRMAN

Joanne Child
209 Hickory Knoll Road
Columbia, SC 29203
(H) 803-735-3633
(C) 803-315-7561
jchildscgym@bellsouth.net

ASST. STATE CHAIRMAN

Mendi Knisley
34 Kinlock Lane
Travelers Rest, SC 29690
(C) 864-320-8602
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SECRETARY

Sue Dolinar
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COMMUNICATIONS

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WEBMASTER

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AWARDS

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(C) 843-906-5745
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OPTIONAL REPRESENTATIVE

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OPTIONAL FUNDRAISING

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EDUCATION

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Charleston, SC 29414
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phpadron@gmail.com

APPAREL

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(C) 864-992-1617
annacsexton@gmail.com

COMPULSORY REPRESENTATIVE

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COMPULSORY FUNDRAISING

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Charleston, SC 29414
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pefaulkner@comcast.net

NAWGJ REPRESENTATIVE

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Irmo, SC 29063
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TOPS REPRESENTATIVE

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Charleston, SC 29492
(C) 843-513-0908
val@gymnasticsacademyofcharleston.com

XCEL REPRESENTATIVE

Ashleyanne Thomas Murray
2775 Eton Street
Myrtle Beach, SC 29579
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ashleyannet03@gmail.com

XCEL FUNDRAISING

Dani Berry
1591 Huntmoor Drive
Rock Hill, SC 20732
(C) 803-517-3888
berryh2@winthrop.edu

SOUTH CAROLINA MEMBER CLUB PHONE BOOK

ACROSMITH GYMNASTICS Gym (864) 593-4066
282 Rocky Creek Rd. Shawn Smolen Cell (864) 940-4214
Greenville, SC 29615 information@acrosmithgymnastics.com
www.acrosmithgymnastics.com

AIKEN GYMNASTICS Gym (803) 649-7556
428 Monetta St. Draha Krizova & Sabina Jokulis Cell (803)617-9801
Aiken, SC 29801 sabina@gforcecable.com
www.aikengymnastics.com

ALL STAR GYMNASTICS Gym (803) 561-9682
4046-D Fernandina Rd. Terry Kamerer
Columbia, SC 29212 allstargymcola@gmail.com
www.allstargymnasticsandcheer.com

BALANCE POINT Gym (864) 233-9760
947 South Main St. Beth DeLoach
Greenwood, SC 29646 balancepointgym@gmail.com

BEACH TEAM TUMBLERS Gym (843) 650-6731
280 Hidden Woods Dr. Chris Mula & Ashley Lamborn Cell (843) 602-9269
Myrtle Beach, SC 29588 team@beachteamgym.com
www.beachteamgymnastics.com

BRUSSELLS GYMNASTICS Gym (803) 201-4994
1674 Lake Murray Blvd. Kristina Brunson
Columbia, SC 29212 brussellsgymnastics@gmail.com
www.brussellsgymnastics.com

CAPITAL CITY GYMNASTICS Gym (803) 509-2857
1831-A Airport Blvd. Karimah Thorne Cell (803) 466-5383
Cayce, SC 29033 capitalcitygymsc@gmail.com
www.capitalcitygymnasticsinc.com

CAROLINA GYMNASTICS CENTER Gym (803) 788-2808
437 Rabon Road Fax (803) 788-2911
Columbia, SC 29223 Joanne Child Cell (803) 315-7561
www.carolinagymnastics.com jchildscgym@bellsouth.net

CAROLINA STARS GYMNASTICS Gym (803) 548-3441
1080 Maxwell Mill Rd. Alisha Bussman Cell (704) 737- 4411
Fort Mill, SC 29708 carolinastarsgym@yahoo.com

CAYCE GYMNASTICS CENTER Gym (803) 794-6158
PO Box 4921 Teresa Todd Cell (803) 622-1787
West Columbia, SC 29171 caycegymnastics@yahoo.com

CHAMPIONS GYMNASTICS Gym (803) 366-0505
1061 Camden Ave. Lydia & Richard Sorrow Cell (803) 616-9680
Rock Hill, SC 29732 champions.cgrh@gmail.com
www.champions-gymnastics.com

CHAPIN CHRISTIAN GYMNASTICS Gym (803) 414-0707
725 Chapin Rd. Millie Godines Cell (803) 315-2338
Chapin, SC 29036 chapinchristiangym@gmail.com
www.chapinchristiangymnastics.com

CHARLESTON GYMNASTICS Gym (843) 795-4207
1088 Quail Dr. Nancy Boyd Cell (843) 259-9475
Charleston, SC 29412 boydn@charleston-sc.gov
www.charleston-sc.gov/791/Gymnastics

CHERAW GYM CHAMPS Gym (843) 537-8420
P.O. Box 219 Fax (843) 537-8423
Cheraw, SC 29520 Vicki Walker
www.cherawgymnastics.com victory30@aol.com

CHOICE GYMNASTICS Gym (843) 261-6161
150 Varnfield Dr. Cliff and Deb Wilson Cell (843) 568-8964
Summerville, SC 29483 choicegym@gmail.com
www.choicegymnastics.com

CITY OF GOOSE CREEK GYMNASTICS Gym (843) 569-4242 Ext. 5304
519A North Goose Creek Blvd. Brittany Laroche Cell (843) 297-7548
Goose Creek, SC 29445 blaroche@cityofgoosecreek.com
www.cityofgoosecreek.com

COASTAL GYMNASTICS CENTER Gym (843) 836-2411
70 Pennington Drive Ste. 13 Carrie Conway
Bluffton, SC 29910 coastalgymcenter@gmail.com
www.coastalgymnasticscenter.com

DAVITA'S CHARLESTON TWISTERS Gym (843) 875-5489
9553 Hamburg Rd. Fax (843) 875-5974
Ladson, SC 29456 Davita Ivey Cell (843) 870-3935
www.davitasfuntasticgymnastics.com iveygy@m@south.net

EASLEY GYMNASTICS TRAINING CENTER Gym (864) 269-2007
106 Beacon Hill Ct. Robyn Easlick
Easley, SC 29640 staff@easleygym.com
www.easleygym.com

ECG, LLC. Gym (864) 261-0469
502 Camson Rd. Casey Prady
Anderson, SC 29625 electric.city@ecggymnastics.com

EMPIRE GYMNASTICS TRAINING CENTER Gym (803) 359-2420
116 S. Lake Ct. Veronica Jordan Cell (254) 383-6095
Lexington, SC 29073 team@empiregymnasticssc.com
www.empiregymnasticssc.com

ENERGY GYMNASTICS Gym (843) 686-3496
84 E Beach City Road Robin St. Hillaire
Hilton Head Island, SC 29926 energygymhhi@gmail.com
www.energygymhhi.com

FLIP! GYM- West Ashley Gym (843)202-0419
1012 St. Andrews Blvd. Unit F Halle McComb Cell (843) 597-0234
Charleston, SC 29407 flipgymsc@gmail.com
www.flipgym.net

FLIP! GYM- Citadel Mall Gym (843)952-7385
2070 Sam Rittenburg Blvd. Suite 202 Halle McComb Cell (843) 597-0234
Charleston, SC 29407 flipgymsc@gmail.com
www.flipgym.net

FLORENCE GYMNASTICS Gym (843) 667-5090
PO Box 12638 Fax (843) 667-0837
Florence, SC 29505 Alexander Holliday Cell (347) 423-9899
aholliday@cityofflorence.com; alexholl111@msn.com

FOOTHILLS GYMNASTICS & CHEER CENTER Gym (864) 855-9660
198 Couch Ln. Kim Patterson Cell (864) 270-5940
Easley, SC 29642 kimfgc@aol.com
www.foothillsgymnasticscenter.com

GRASSROOTS GYMNASTICS	Gym (843) 990-7641
2220 Old School Drive Ste. A	Katie Cramer
North Charleston, SC 29405	katie@grassrootsgymnastics.com
www.grassrootsgymnastics.com	
GREENVILLE GYMNASTICS	Gym (864) 297-5589
1311-C Miller Road	Greg Force Cell (864) 616-7409
Greenville, SC 29607	gforce@greenvillegymnastics.com
www.greenvillegymnastics.com	
GREENWOOD YMCA FLIPSTERS	Gym (864) 223-8240
1760 Calhoun Road	Fax (864) 377-8034
Greenwood, SC 29649	Jodi Senn Cell (864) 871-0897
www.lakelandsymca.org	jsenn@lakelandsymca.org
GYMMASTERS GYM ACADEMY	Gym (843) 971-0685
301 Ports Authority Drive	Fax (843) 971-6087
Mt. Pleasant, SC 29464	Lynn Finkelstein Cell (843) 817-6964
	ggateams@gmail.com
GYMNASTICS ACADEMY OF CHARLESTON	Gym (843) 856-2200
2029 Wambaw Creek	Valerie Matyskiel Cell (843) 513-0908
Charleston, SC 29492	gacstaff@gymnasticsacademyofcharleston.com
www.gacgym.com	
GYMNASTIC CENTER OF HARTSVILLE	Gym (843) 332-1385
222 Swift Creek Rd	Ashleigh Richardson Cell (843) 269-3428
Hartsville, SC 29550	gymofhartsville@aol.com
www.hartsvillegymnastics.com	
GYMNASTICS, INC.	Gym (843) 236-9021
579 Burcale Rd.	Taylor Edwards Cell (843) 997-5440
Myrtle Beach, SC 29579	teamgymnasticsinc@gmail.com
www.gymnasticsincmyrtlebeach.com	
GYMNASTICS & MORE	Gym (843) 249-5867
304 E. Hwy 90 Bldg. B	Fax (843) 280-2405
Little River, SC 29566	Louie Liguori Cell (843) 267-8693
	gymandmore@yahoo.com & gymandmore@aol.com
HILTON HEAD ISLAND GYMNASTICS	Gym (843) 645-6957
379 Browns Cove Rd.	Luis Barrero
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LAKE MURRAY GYMNASTICS	Gym (803) 233-1460
110 Hunter Village Dr.	Joey Smith Cell (803) 743-6267
Irmo, SC 29063	Abby Reid Cell (803) 603-3943
	abbyreidmg@gmail.com

MEGA GYMNASTICS Gym (803) 892-6342

3630 Augusta Highway
Gilbert, SC 29054
www.megagymnasticssc.com

MISS LIBBY'S ELITE STARS Gym (803) 469-8277

155 W. Wesmark Blvd. Mary Andrews Cell (803) 757- 8977
Sumter, SC 29150 EliteStarsGymnastics@yahoo.com
www.misslibbys.com

NEXT LEVEL GYMNASTICS ACADEMY Gym (803) 327-3547

732 Mount Gallant Rd. Lauren Fowler
Rock Hill, SC 29732 nextlevelgymnasticsacademy@gmail.com
www.nextlevelgymnastics.net

OLYMPIA GYMNASTICS Gym (843) 899-1680

1523 Hwy. 52 Trista Frazor Cell (843) 478-2359
Moncks Corner, SC 29461 office@olympiagymnastics.net
www.olympiagymnastics.net

OLYMPIA GYMNASTICS SURFSIDE Gym (843) 238-0282

1766 Hwy 17 North Val Spirov Cell (843) 457-6617
Surfside, SC 29575 valsspirov@yahoo.com

PALMETTO ATHLETIC CENTER Gym (803) 951-2090

1193 North Lake Dr. Melody Macklen Cell (803) 261-3519
Lexington, SC 29072 mhmacklen@gmail.com & pac.ginelleg@gmail.com
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PALMETTO ELITE GYMNASTICS

176 Ada Road Traci Fanning Cell (803) 682-2400
Neeses, SC 29107 traci.fanning@ocsd4sc.net

PALMETTO GYMNASTICS Gym (864) 963-2590

115 Pride Drive Horatiu Sana Cell (864) 907-8792
Simpsonville, SC 29681 Kristina Sana Cell (864) 908-0072
www.palmettogym.com palmettogym@aol.com

RHYTHMS TUMBLING, GYMNASTICS & CHEER Gym (864) 249-6333

253 Tucapau Road Jennifer Eleazer
Duncan, SC 29334 rtgcinfo@gmail.com
www.rhythms.life

ROCK HILL GYMNASTICS 400 Mount Gallant Road Rock Hill, SC 29730 www.rockhillgymnastics.com	Gym (803) 327-4332 Chris Orr info@rockhillgymnastics.com
ROCK SOLID GYMNASTICS 1304-A Erckmann Dr. Mt. Pleasant, SC 29464 www.rocksolidgymnastics.com	Gym (843) 284-8094 Emily Schutte Cell (843) 737-2649 rocksolidgymnastics@gmail.com
SHAMROCK GYMNASTICS 4036 Charlotte Highway Clover, SC 29710 www.shamrockgymnasticsclub.com	Gym (803) 818-1321 Joe Mendoza info@shamrockgymnasticsclub.com
SIMPSONVILLE GYMNASTICS 3710 Grandview Dr. Simpsonville, SC 29680 www.gymnaststrong.com	Gym (864) 967-8931 Danny Van Acker Cell (864) 350-5800 simpsonvillegym@gmail.com
SODA CITY GYMNASTICS 925 Huger Street Columbia, SC 29201 www.sodacitygymnastics.com	Gym (803) 828-4850 Lauren Walker sodacitygymnastics@gmail.com
SOUTHERN STARS ACADEMY 702 Mill Street Camden, SC 29020 www.southernstarsacademy.com	Gym (803) 432-6302 Melissa Vinkler southernstarsacademy@yahoo.com
SPARKLE CITY GYMNASTICS 9084 B Warren H. Abernathy Hwy. Spartanburg, SC 29301 www.sparklecitygymnastics.com	Gym (864) 587-8255 Raven Magwood ravenmagwood@gmail.com
SPARTANBURG GYMNASTICS 570 Southport Road Roebuck, SC 29376 www.spartanburggymnastics.com	Gym (864) 574-0509 Christina Jones Cell (864) 243-1549 southernstar.coach@gmail.com
SPIRIT ATHLETICS 862 Highway 1 Lugoff, SC 29078 www.spiritathleticcenter.com	Gym (803) 713-7331 Brittney Holland brittney@spiritac.net

SPORTS ACADEMY GYMNASTICS Gym (843) 846-1804
20 Maxine Ln. David Kirkwood Cell (843) 986-6336
Beaufort, SC 29906 sagym@hargray.com
www.sportsacademygym.com

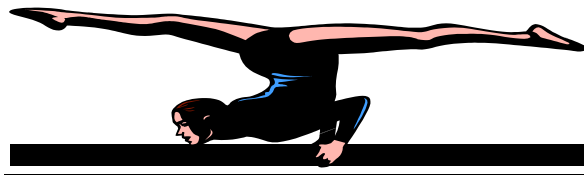
SUMMERVILLE GYMNASTICS Gym (843) 821-2727
140 South Cedar St. Jordan Devlin Cell (843) 509-7898
Summerville, SC 29483 jordand@summervillemca.org
www.summervillemca.org/programs/gymnastics/

TAPIO SCHOOL OF DANCE & GYMNASTICS, INC. Gym (843) 884-9579
455 Long Point Rd. Ste A Steve Breland Cell (843) 209-3460
Mount Pleasant, SC 29464 Tricha Tapio Cell (843) 906-5745
www.tapioschool.com susan@tapioschool.com & stevieb@tapioschool.com

THOMAS GYMNASTICS AT THE BEACH Gym (843) 236-6630
112 Surgeons Drive Ashleyanne Thomas Cell (803) 322-2815
Myrtle Beach, SC 29579 info@thomasgymnasticsatthebeach.com
www.thomasgymnasticsatthebeach.com

ULTIMATE GYMNASTICS Gym (843) 839-3547
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www.ugamyrtlebeach.com

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339 Cherry Street Talene Amirkhanian Cell (864) 356-0593
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Mailing: PO Box 768 www.upstategym.com



South Carolina USA Gymnastics Member Standards

As professional members and member clubs of South Carolina, it is our responsibility to make known to us the USAG Rules and Policies pertaining to our athletic discipline and our levels of participation. In section 2, Code of Ethics, and section 3, Duties and Responsibilities of Professional Members, the code presents a thoughtful and detailed breakdown. You are encouraged to read it thoroughly and reflect on all aspects of its execution. The following is a simplified suggested guideline that offers general principles to guide conduct. It does not supplant the national publication and in no way should be considered complete or inclusive.

- 1. Maintain a paid membership in the national governing body.**
- 2. Maintain and upgrade educational accreditations in order to fully participate in the state regional and national educational and competition environment.**
- 3. Develop a personal ethical behavior pattern that may include the following:**
 - a. Contribute to the gymnastic environment of the sport to produce a positive and rewarding result.**
 - b. Engage in sportsmanlike conduct in all elements of participation.**
 - c. Conduct relationships within the sport with positive practices that are respectful and responsible and that do not discriminate, intimidate, embarrass, abuse, or improperly influence.**
 - d. Set a good example for athletes by displaying a positive attitude and exemplary conduct.**
 - e. Follow safety guidelines established by USA Gymnastics**
 - f. Be mentally and physically prepared and rested in order to provide the safest environment for the gymnast.**
 - g. Protect minors at all times from influences and situations that may be deemed detrimental to their mental and physical health and welfare.**
 - h. Refrain from any activity that may be considered criminal in nature.**
 - i. Ensure that the sport is conducted in an environment free of drug and alcohol abuse.**
 - j. Be informative and cooperative in the presentation and dissemination of information to officials, coaches, parents and athletes.**
 - k. Dress in professional attire reflective of the athletic nature of the sport.**
 - 1. Athletic warm-up**
 - 2. Collared shirt representative of your gym or business**
 - 3. Athletic footwear for safety and performance**
 - 4. Attempt to avoid the following:**
(Jeans, Sandals, bare feet, halter tops, bare mid-drifts, open shirts or restrictive clothing)

Gym Switching

Gym switching occurs for a variety of reasons; some legitimate... some not. The following is a suggested course of action that the South Carolina State Board recommends all club owners and head coaches to consider when a parent from another gym approaches you about switching their competitive athlete to your club. The following is a guideline, not an enforceable rule. It is, however a tried and true way of insuring that parents respect you, your program and your professionalism, while also protecting your relationships with the other gym clubs in your area. Again this is only a recommended course of action, but from years of experience (doing this the right and the wrong way) this works.

1. IMPORTANT: Encourage the parent to try to work out their problem(s) with their current coach. We know it sounds crazy, but explaining that you would only consider adding them to your team if you were sure they had taken this step goes a long way towards establishing respect for you and your professionalism should the athlete eventually switch to your gym. It also says to the athlete's current coach that you respect them as well. A second thought here is that this may be a problem parent or problem child. Are you sure you want your competitor's problems in your gym? Once this has been tried and you are sure the problems are legitimate and cannot be worked out, sell your program! Be sure that the problem(s) will not be replicated in your gym. For example, is she a level 10 who needs to be challenged intensely while the highest level in your gym is a level 6 who only works out 12 hours a week? Sometimes doing what is best means recommending another gym.

2. VERY IMPORTANT: Be sure to tell the parent that you will call the former coach before you allow her to join your team. I suggest allowing the athlete only one practice with your team before you make this call. This establishes that YOU are in charge of the situation, not the parent. You are the gymnastics professional and this is a critical step in building respect for you and your program. Also tell the parent you will ask her former coach if they have completed their financial obligations to that gym. The worst mistake you can make is to accept a family into your gym that does not pay their tuition because they will do the same to you. This is also a matter of fairness to the former club.

3. MOST IMPORTANT: Humbly call or contact the other coach! (Gloating will ruin all the good work you have done up until now... don't do it!) This simple phone call solidifies your professionalism with your colleagues. Remember that you will likely have a longer relationship with that coach than you will with the athlete. You can avoid future uncomfortable situations or grudges with a simple respectful phone call. Also, remember that it is likely that you will have an athlete leave your gym some day. When that day comes, you will want the other coach to call you.

4. CRITICALLY IMPORTANT: Accept the athlete on a trial basis. Establish your team rules and meet with the parent at the end of the trial period to discuss the problems the athlete was having and evaluate their progress. Remember, throughout this situation you are in charge, not the parent. If this new athlete is causing problems in your gym send her on her way.

Again this is how we recommend handling a parent who approaches you about gym switching. However, we would never approach a parent or gymnast about switching gyms, and we hope you or no one associated with your program would (including assistant coaches, athletes or parents) either. Furthermore, this will do damage to your reputation and cost you the respect of your peers. Other teams might not attend your meets and will not want to even be in the same rotation with you. Be careful and guard your reputation! In the end it is all you have.

Important South Carolina State Meet Information

All State Meet entries & payments must be completed on www.meetmaker.com

Any entry received after the deadline date **WILL** be fined a \$25 late fee per gymnast.

State Meet Name: SC USA Gymnastics Level 1-5 State Meet
State Meet Date: December 13-15, 2019
Meet Location: Myrtle Beach Sports Center
Host Club: Thomas Gymnastics at the Beach the Beach
Meet Director: Sally Thomas & Garrett Murray Gym #843-236-6630
E-mail: tgmeetsupply@gmail.com
Entry Fee: Level 1-2 \$70.00
Level 3-5 \$75.00
Team entry \$50-per level
Entry Deadline: **November 22, 2019**

State Meet Name: SC USA Gymnastics Level 6, 7 & Xcel Platinum & Diamond State Meet
State Meet Date: March 20-22, 2020
Meet Location: Myrtle Beach Sports Center
Host Club: Ultimate Gymnastics Academy
Meet Director: Lauren Foxworth Cell # 843-267-4419 Gym # 843-839-3547
E-mail: ultimategymnasticsacademy@gmail.com
Entry Fee: Level 6-7 & Xcel Platinum & Diamond \$90.00
Event Specialist \$90.00
Team entry \$50 -per level
Entry Deadline: **February 28, 2020**

State Meet Name: SC USA Gymnastics Level 8-10 & Xcel Gold State Meet
State Meet Date: March 27-29, 2020
Meet Location: Timmons Arena, Furman University, Greenville, SC
Host Club: Foothills Gymnastics
Meet Director: Kim Patterson Cell # 864-270-5940 Gym # 864-855-96600
E-mail: kimfgc@aol.com
Entry Fee: Level 8-10 \$90.00
Xcel Gold \$85.00
Event Specialist Same entry fee as level competing
Team entry: \$50 -per level
Entry Deadline: **March 6, 2020**

State Meet Name: SC USA Gymnastics Xcel Bronze & Silver State Meet
State Meet Dates: April 3-5, 2020
Meet Location: Greenville Convention Center
Host Club: Greenville Gymnastics & MGK Productions, LLC
Meet Director: Gary Knisley Cell # 864-320-8602864-320-8602
E-mail: garyknisley27@gmail.com
Entry Fee: Xcel Bronze \$75.00
Xcel Silver \$80.0000
Team entry \$50-per level
Entry Deadline: **March 13, 2020**

2019 Training Camp Information

Training Camp Registration & Volunteer Sign-Up will be completed digitally. A link to the forms will be sent via email. Payment will need to be mailed. Make Checks payable to SC USA Gymnastics.

SC State Compulsory & Xcel Bronze, Silver & Gold Training Camp Info:

Athlete Registration: **\$50.00 per gymnast (Includes a T-Shirt!)**

Coaches without Attending Athletes or Judges- Not volunteering \$40.00 (weekend)

Compulsory & Xcel Training Camp

Levels 1-5 & Xcel Bronze, Silver & Gold

September 7-8, 2019

Training Camp Site:

Palmetto Athletic Center

1193 North Lake Drive, Lexington, SC 29072

Coordinators:

Dani Berry berryh2@winthrop.edu & Patricia Faulkner pefaulkner@comcast.net

Mail Payments to:

Dani Berry

1591 Huntmoor Drive, Rock Hill, SC 29732

Registration Deadline: August 23, 2019

SC State Optional and Xcel Platinum & Diamond Training Camp Info:

Athlete Registration: **\$90.00 per gymnast**

Coaches without Attending Athletes or Judges- Not volunteering \$50.00 (weekend)

Optional & Xcel Training Camp

Levels 6-10 & Xcel Platinum & Diamond

September 21-22, 2019

Training Camp Site:

Terry and Don's Gymnastics

280 Hidden Woods Drive Myrtle Beach, SC 29588

Coordinator:

Ashley Lamborn team@beachteamgym.com

Mail Payments to:

Terry and Don's Gymnastics

280 Hidden Woods Drive Myrtle Beach, SC 29588

Registration Deadline: September 6, 2019



2019-2020 SC Tracking Registration

2019-2020 online tracking registration will be open on August 1st, 2019

All gymnasts need to be registered online at <http://www.MeetMaker.com>
MeetMaker will be used to register all gymnasts, as well as collect tracking fees.

Tracking fees are as follows:

Level 1-2 - \$5.00
Level 3-10 - \$10.00
All Xcel Levels - \$10.00

Tracking registration needs to be completed by the following deadlines:

Compulsory Levels 1-5 – October 31st, 2019

Late Fee:
November 1st-November 30th - \$100/team
December 1st & Beyond - \$150/team

Optional Levels 6-10 & All Xcel Levels – December 31st, 2019

Late Fee:
January 1st-January 31st - \$100/team
February 1st & Beyond - \$150/team

If a team does not pay their tracking fee, the club will not be allowed to participate in the team competition at all levels at the SC USAG State Meets.

Please visit MeetMaker.com to register your gymnasts.

Out of State Score Tracking

If you compete at a competition out of state and would like to add those scores to your SC Tracking please visit sc-gymnastics.org and click on the “Out of State Score Tracking” link.

This will load a form to add the scores to the SC Tracking database.

2020 XCEL AND OPTIONAL STATE MEET EVENT SPECIALIST

WHO: Any SC USA Gymnastics registered athlete:
Xcel Gold, Platinum and Diamond or Optional Level 8, 9, 10

WHAT: Compete at the Optional State meet or XCEL State meet as a
Specialist on one, two or three events

COST: \$85.00 for XCEL Gold
\$90.00 for Xcel Platinum and Diamond
\$90.00 for Level 8, 9, and 10
**Registration and payment for State Meet are made on MeetMaker.
Do not send money by mail.**

QUALIFYING SCORE: XCEL- Gold, Plat, Diamond- 8.75 per event
Level 8, 9 and 10- 8.75 per event

These athletes **will** receive awards and **may** count towards team competition.

Please complete the form below with your intent to compete at the XCEL or Optional State Meet as an event specialist.

Specialist Intent Due: January 31, 2020

Name: _____

USA # _____ DOB _____

Gym Club _____ Level _____

Events you plan to compete: _____

Send forms to: Mendi Knisley
34 Kinlock Lane
Travelers Rest, SC 29690
meknisley10@gmail.com



GRADUATING SENIOR FORMS

All graduating senior forms and Scholarship applications will be completed online for the 2019-2020 competition season. All forms will be due on January 31, 2020. If you have any questions about Senior Awards contact Abby Reid at abbyreidlmg@gmail.com.

“THE LOUISE PECK COLLEGE SCHOLARSHIP”

APPLICATION DUE January 31, 2020

The Louise Peck Scholarship was created to honor Louise Peck, a true pioneer of South Carolina Gymnastics and someone who has made gymnastics a priority in her life. Louise began coaching in 1967 at a YWCA in Columbia, SC. In just a few short years, she expanded her program and was offered a job with the City of Florence. She became the head coach and director of Florence Gymscamps and served in that role for 23 years.

Louise began her judging career in 1969 becoming the first rated gymnastics judge in the state of South Carolina. She was also one of the original members of NAWGJ established in 1971. She became an Elite (National) level judge in 1993 and continues to hold that high level rating to this day. Louise was one of the original members of the SC State administrative committee serving as the chairman of the fund raising committee since 1990. Louise has also served on the SC NAWGJ board in a similar role for more than ten years. Louise has served our State in a variety of other ways too. She has been the AAU District Chairman for 30 years. She led the first coaching clinics in Columbia, SC. She was instrumental in starting High School Gymnastics in the Columbia area. Louise has served as the Meet Director to Regional AAU Competitions. She was also awarded National AAU Volunteer of the Year in 2007. She was inducted into the Region 8 Hall of Fame in 2014. She is credited with bringing gymnastics to South Carolina.

Spirit of Pam Award



The SC State Administrative Committee would like to continue to honor the memory, life, and fighting spirit of our dear friend Pam Mobley, who lost her battle with breast cancer in September 2016. Pam was a fighter whose positivity was relentless and she inspired so many lives around her. It is our hope that the Spirit of Pam Award will honor her memory and allow her to continue to inspire youth in South Carolina gymnastics. We would like every club in the state to nominate one athlete on their team that has a strong fighting spirit, who never gives up, and is a true inspiration to her teammates and coaches. Someone that has the "Spirit of Pam." Pam demonstrated amazing strength while also demonstrating perseverance, humility, dignity, and kindness in the face of adversity. We are looking for a gymnast who has been strong, inspiring to her teammates, and has been kind and respectful in their actions to others through the difficult moments.

Athletes of any age from any level are eligible to be nominated for the Spirit of Pam Award.

All nominations will be considered, evaluated, and voted on by the SC State Administrative Committee. The winner of the Spirit of Pam Award will be announced and recognized at their state meet.

All nominations will be completed online for the 2019-2020 competition season and will be due January 31, 2020. If you have any questions about the Spirit of Pam Award contact Abby Reid at abbyreidlmg@gmail.com.

SOUTH CAROLINA PROGRAMS OF THE YEAR

The Compulsory Program of the Year, Xcel Program of the Year, & Optional Program of the Year Awards will recognize the programs in South Carolina that have been successful in each division of USA Gymnastics. These three awards will be based on a point system derived from SC State Meet results and a SC Club voting system. Clubs will earn points based on the results of the state team competition & will earn bonus points for Regional & National accomplishments. See the charts below that outline specifically the Programs of the Year point system.

Clubs will receive bonus points for the following qualifications:

1. 5 bonus points for athletes that qualify for Level 6-10 Regionals
2. 5 bonus points for athletes that qualify as Xcel Regional team members
3. 10 bonus points for athletes that qualify as Level 6-8 Regional team members
4. 12 bonus points for Level 9 gymnasts who qualify for Easterns (**carried over to the next season**)
5. 15 bonus points for Level 10 gymnasts who qualify for Nationals (**carried over to the next season**)
6. 15 bonus points for Level 9 and 10 gymnasts who place on an event at Easterns or Nationals (**carried over to the next season**)
7. 20 bonus points for Level 9 and 10 gymnasts who place in the all-around at Easterns or Nationals (**carried over to the next season**)
8. 10 additional bonus points for Level 9 and 10 gymnasts who place 4th-6th on an event or in the all-around at Easterns or Nationals (**carried over to the next season**)
9. 20 additional bonus points for Level 9 and 10 gymnasts who place 1st-3rd on an event or in the all-around at Easterns or JO Nationals (**carried over to the next season**)

The top 5 gym clubs in each division with the highest point totals will be eligible for the 3 Program of the Year Awards. Once the top 5 teams are determined, a vote by SC USA Gymnastics professional members will take place. Each current SC Professional Member in the women's discipline will be permitted one vote. These awards will be presented in addition to the SC State Program of the year award at the beginning of the following season at the SC Annual State Meeting.

Programs of the Year Point System: For all SC State Championship Competitions

Level 1-10 Team Points

	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9	Level 10
1 st Place Team	5	5	5	5	5	5	5	5	5	5
2 nd Place Team	4	4	4	4	4	4	4	4	4	4
3 rd Place Team	3	3	3	3	3	3	3	3	3	3
4 th Place Team	2	2	2	2	2	2	2	2	2	2
5 th Place Team	1	1	1	1	1	1	1	1	1	1

Xcel Team Points

	Bronze	Silver	Gold	Platinum	Diamond
1 st Place Team	5	5	5	5	5
2 nd Place Team	4	4	4	4	4
3 rd Place Team	3	3	3	3	3
4 th Place Team	2	2	2	2	2
5 th Place Team	1	1	1	1	1

Region 8 State Program of the Year

The State Program of the Year is to be presented to the Region 8 USA Gymnastics Committee to represent SC for the Region 8 Program of the Year.

In SC, the State Program of the Year award will be determined by providing a list of all clubs that had an athlete **compete** at JO Nationals or Easterns from the previous season to the SC USA Gymnastics Administrative Committee.

The SC USA Gymnastics Administrative Committee will then vote to determine the SC State Program of the Year from the clubs submitted. The SC State Program of the Year will then be submitted to the Region 8 Program of the Year for consideration.

This award will be presented at the Annual August State Meeting.



SOUTH CAROLINA USA GYMNASTICS QUALIFYING MEET TAX

NAME OF MEET: _____

DATE OF MEET: _____

MEET DIRECTOR: _____

USA PROFESSIONAL NUMBER: _____

ATHLETES _____ **X \$2.00 Meet Tax =** _____

All meets listed on the calendar and in the competition booklet will be considered Qualifying meets for State meets! If your meet is listed as a qualifier you must adhere to the following guidelines:

- 1) Be open to any gym in SC**
- 2) Pay \$2.00 meet tax per gymnast to SCUSAG**
- 3) Follow admission guidelines listed in the quick reference guide**
- 4) Follow awards guideline set in the competition format found on the quick reference guide. As always, you may exceed the guidelines.**

Failure to comply with the above will result in your meet not counting as a qualifier to the state meets.

Please send check within 2 weeks of meet date.

Make checks payable to: SC USA Gymnastics

**Mail to:
Mendi Knisley
34 Kinlock Lane
Travelers Rest, SC 29690
meknisley10@gmail.com**



South Carolina Request for Judges

All requests for judges will now be done online at <https://gymjas.com/sc/>

Select the Meet Directors Menu and fill in the blanks. At the time of your request the meet location and number of gymnasts may be left blank, that information is not imperative for assigning judges. Once a meet referee is assigned to your meet they will contact you for that information. Gymnast fee and the team fee may also be left blank.

If you need to revise the meet later, your USAG number will be your entry into your request.

Once you click “SUBMIT,” a copy of the form is emailed to Sue Dolinar, the NAWGJ Assignor. **Please mail the assigning fee (\$3 per judge) made out to SC NAWGJ to:**

Sue Dolinar
16 Hickory Chip Court
Simpsonville, SC 29681

Cell: 864-906-1388

If you have any questions about assigning please contact Sue Dolinar directly at susan.dolinar@gmail.com.

2020 Regional Qualification Criteria

Levels 6-8

Top Eight on Regional State Team
Percentage given to each State for Regional All Stars
No petitions

Level 9- 35.00 AA

Petition Score 36.00 AA
Event Specialists 9.5 at State Meet (up to 3 events)
No petitions for event specialists

Level 10- 35.00 AA

Petition Score 36.00 AA
Event Specialists 9.3 at State Meet (up to 3 events)
Specialist Petition Score 9.55 from current season

Xcel

Top Eight on Regional State Team
Percentage given to each State for Regional All Stars
No petitions