

2022 Emerald Coaches Guidelines

Please note that our venue is requiring very strict adherence to all COVID guidelines. We are doing our best to provide a fun and rewarding experience for all participants. The following information will help you navigate your time at the 2022 Emerald Team Challenge.

- Please only bring the number of coaches that you need for each session. We are trying to limit the number of people in each gym.
- You must wear your mask fully covering your mouth and nose the entire time you are in the facility.
- 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.
- 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 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.
- We are asking you to time your warmups using your own device. As we are limiting the number of people in each session.
- Disinfectant wipes and sanitizer will be provided at each event for your use. Please wipe off the surfaces as needed.

- As your team rotates from event to event, please make sure they take all their belongings with them to avoid backtracking through the gym.
- 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.
- 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.
- We will only be allowing 3 spectators per gymnast to watch the sessions. Except for graduating seniors. Please try to remember we are trying to limit the number of people in each session.
- Awards will be held in the awards area immediately following the conclusion of each session.
- Boy's warmup times are as follows:
 - Session 4C Level 3 – 9 minutes
 - Session 5C Levels 4/5 – 9 minutes
 - Session 6C Levels 6-8/GD – 8 minutes
 - Session 7C Levels 9/10 – 8 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.