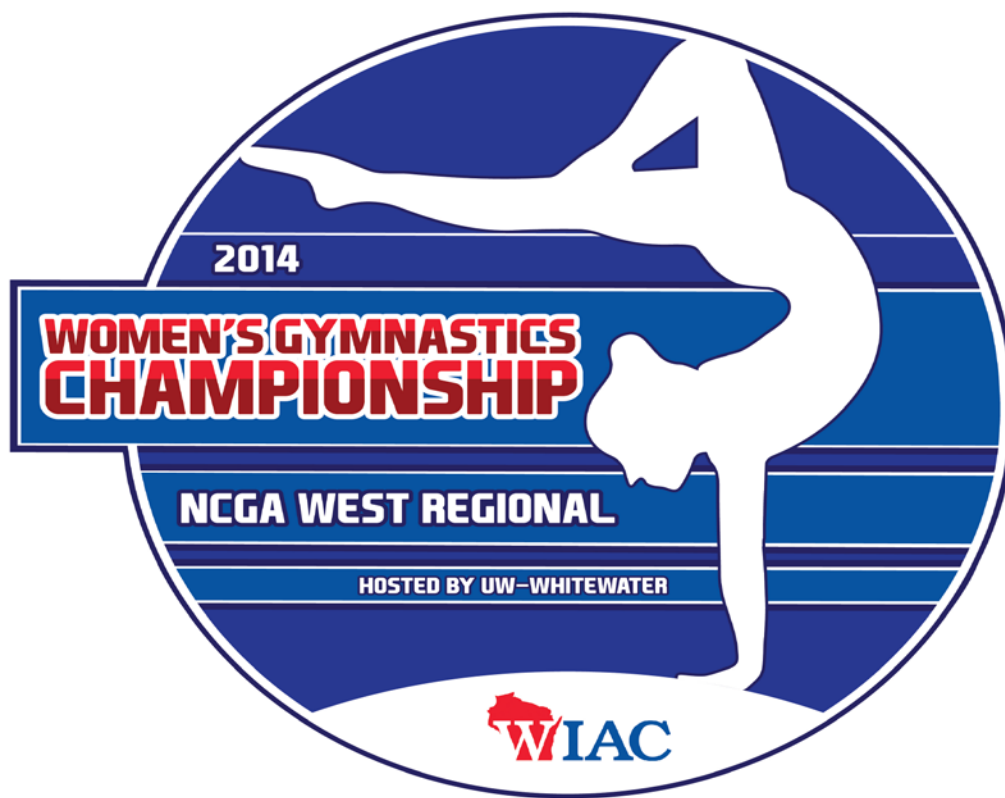


**2014 National Collegiate Gymnastics Association
WIAC Championship/NCGA West Regional**

Coaches Packet



**Hosted by University of Wisconsin-Whitewater
March 2, 2014**

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Dates to Remember

Date	Time	Item
Wednesday, February 19	12:00 PM	Flower Order due
Friday, February 28	12:00 PM	Line-up Form due
Friday, February 28	12:00 PM	March-in Order Form due
Sunday, March 2	12:15 PM	Open Gym/Training Room
Sunday, March 2	2:00 PM	West Regional/WIAC Championships Begin

[*Please email the March-in Form, Line-up Forms, & Flower Orders to Tim Preletzt at Preletzt26@uww.edu](mailto:Preletzt26@uww.edu)

*Flower orders will be handled directly with Flora Villa

Championships Personnel

Director of Athletics/Championship Director

Amy Edmonds
Director of Athletics
edmondsa@uww.edu
262-472-5646

Head Gymnastics Coach

Jennifer Regan
Head Gymnastics Coach
whitej@uww.edu
262-472-5647

Assoc. Director of Athletics

Bob Lanza
Assoc. Director of Athletics
lanzar@uww.edu
262-472-3190

Sports Information Contact

Angela Kelm
Sports Information Director
Kelmam16@uww.edu
262-472-1147

Athletic Training

Erin Clark
Assistant Athletic Trainer
Office: 262-472-1138
athletictrainer@uww.edu

Event Management Coordinator

Tim Prelletz
Event Management Coordinator
Prelletztr26@uww.edu
262-472-1543

Marketing Coordinator

Leah Harms
Marketing Coordinator
harmsl@uww.edu
262-472-1655

Championships Facilities

Facilities

Kachel Gymnasium 1
907 West Schwager Drive (2nd Floor)
Whitewater, WI 53190

Williams Center Gymnastics Gymnasium
907 West Schwager Drive (2nd Floor)
Whitewater, WI 53190

Kris Russell Volleyball Arena
907 West Schwager Drive (1st Floor)
Whitewater, WI 53190

Directions to Williams Center

Physical Address: 907 West Schwager Drive Whitewater, WI 53190

FROM CHICAGO: (AVERAGE TRAVEL TIME 2 HOURS 10 MINUTES)

Take I-90 West to Exit 171A (Janesville/Milton exit). Take Hwy 26N to Milton. At stoplight, turn right onto Hwy 59 East to Whitewater. Turn left on Main St, right on Prairie St, and then left on Starin Road. Park in Lot 7 (on the right).

or, I-94 West to Hwy 50 W to Lake Geneva. Hwy 12 West to Whitewater.
or, Hwy 12 West to Hwy 59E/Business Hwy 12 to Whitewater
or, Hwy 14 West to Hwy 89 N; then left onto Main Street

FROM JANESVILLE: (AVERAGE TRAVEL TIME 30 MINUTES)

Hwy 26 N to Milton. At stoplight, turn right onto Hwy 59 E to Whitewater. Turn left on Main Street, right on Prairie Street then left on Starin Road. Park in Lot 7 (on the right).

FROM MADISON: (AVERAGE TRAVEL TIME 60 MINUTES)

I-90 East to Exit 163 (Milton/Edgerton exit). Hwy 59 East, then left onto County "N" to Whitewater. After you cross Hwy 89S/12E, you will turn left at Indian Mound Parkway, then right on Main St. At stoplight in front of McDonald's, turn left onto Tratt St, then right onto Starin Road to parking Lot 7 (on left).

FROM MILWAUKEE (AVERAGE TRAVEL TIME 1 HOUR 5 MINUTES)

I-43 South. At East Troy, take Hwy 20 W, then Hwy 12 W to Hwy 59E/Business Hwy 12 to Whitewater. Continue on Main Street. Turn right on Prairie St, then left on Starin Road to Lot 7 (on right). (Alternate route is Hwy 59 W. from Waukesha to Whitewater)

OR...Use our website to type in exact addresses. <http://www.uww.edu/campus-info/map-and-directions>

Facility Evacuation Plans

FIRE EVACUATION:

CALL 9-911 as the alarm is only internal and will NOT automatically be directed to the Fire Department.

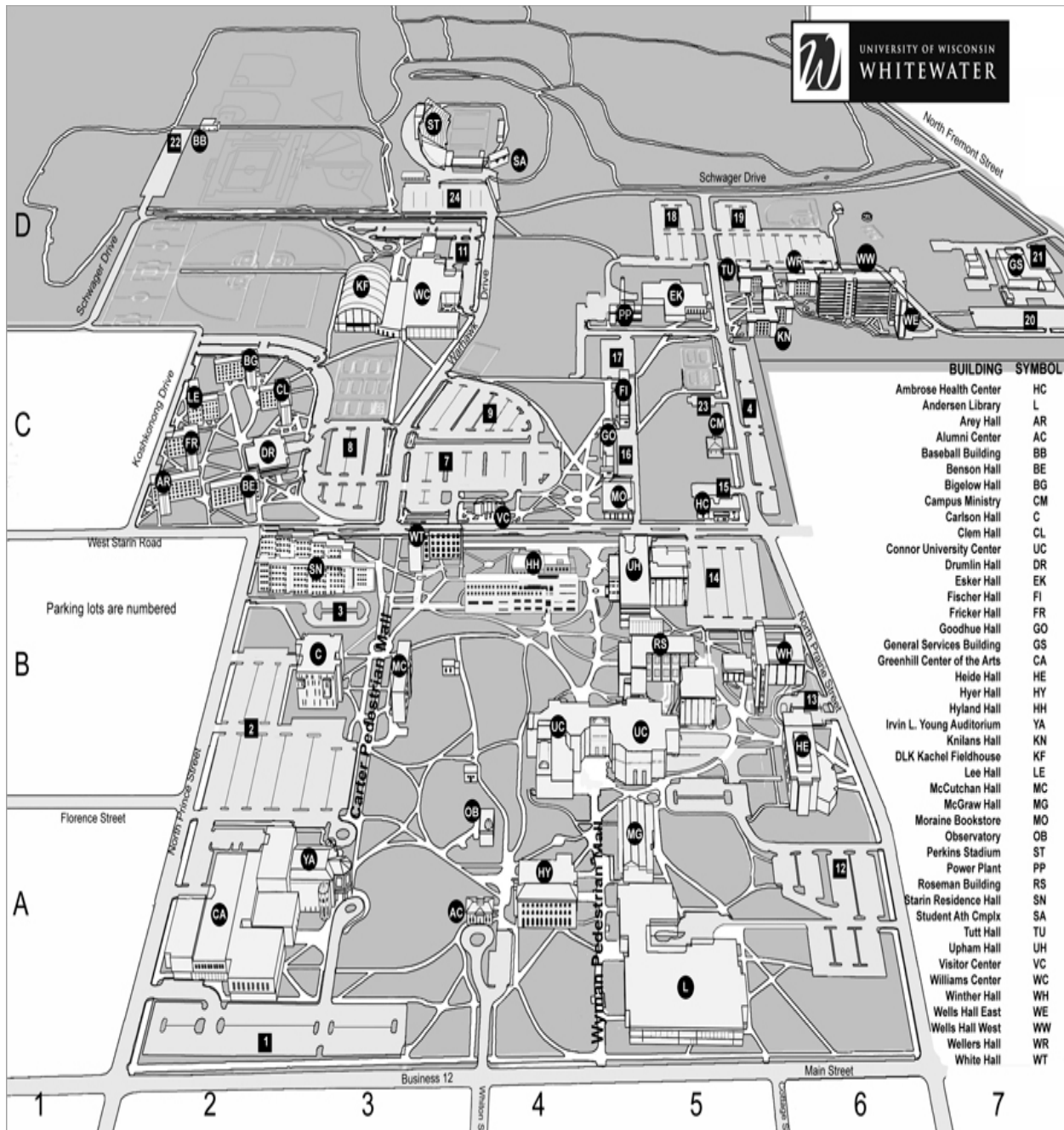
SEVERE WEATHER/TORNADO:

Severe Weather/Tornado Watch: A watch is an indication of where and when weather conditions may present severe weather or tornadoes. The National Weather Service will issue a bulletin to local authorities as well as local television and radio stations.

Severe Weather/Tornado Warning: When severe weather or tornadoes are approaching Walworth/Jefferson County, the National Weather Service will notify local authorities, radio, television stations and the Whitewater Siren System will be activated.

UW-Whitewater Campus Map

Additional Maps Can be found at uww.edu



Schedule

Sunday March 2, 2014

11:00am:	Athletic Training Room Opens for Flight A
11:30am:	Athletic Training Room Opens for Flight B
11:30am-12:00pm:	Coaches Meeting, Room 183BC/Judges Meeting, Chick Agnew Conference Room
12:15-12:45pm:	Flight A: Open Stretch, Warm up Area (Multi-Purpose Room)
12:50-1:15pm:	Flight A: Line Tumble, Competition Gym
12:45-1:15pm:	Flight B: Open Stretch, Warm Up Area (Multi-Purpose Room)
1:20-1:35pm:	Flight B: Line Tumble, Competition Gym
1:20-1:38pm:	Flight A: Warm up First Rotation (Multi-Purpose Room)
1:45-1:55pm:	Prepare for March-in
2:00-2:15pm:	March-in
2:15-2:20pm:	5 Minute Touch for Flight A
2:20pm (approx):	Flight A begins competition
	Flight B begins Warm-Up – 18 minute warm-up first event, (Multi-Purpose Room)
6:00pm:	Awards Ceremony

Warm Ups: 18 minutes per rotation in order of competition

Competition: 3-4:00 minute touch prior to competition on each event.

MUSIC- *An audio specialist will be available to assist with music should you need assistance. iPods & CD's are encouraged.*

Rotations

2014

Team	Flight A	Flight B
Gustavus Adolphus	Vault	
La Crosse		Vault
Winona State	Bars	
Oshkosh		Bars
Hamline	Beam	
Whitewater		Beam
Stout	Floor	
Eau Claire		Floor

	ROTATION 1	ROTATION 2	ROTATION 3	ROTATION 4	ROTATION 5	ROTATION 6	ROTATION 7	ROTATION 8
Vault	Gustavus	La Crosse	Stout	Eau Claire	Hamline	Whitewater	Winona	Oshkosh
Bye	Oshkosh	Gustavus	La Crosse	Stout	Eau Claire	Hamline	Whitewater	Winona
Bars	Winona	Oshkosh	Gustavus	La Crosse	Stout	Eau Claire	Hamline	Whitewater
Bye	Whitewater	Winona	Oshkosh	Gustavus	La Crosse	Stout	Eau Claire	Hamline
Beam	Hamline	Whitewater	Winona	Oshkosh	Gustavus	La Crosse	Stout	Eau Claire
Bye	Eau Claire	Hamline	Whitewater	Winona	Oshkosh	Gustavus	La Crosse	Stout
Floor	Stout	Eau Claire	Hamline	Whitewater	Winona	Oshkosh	Gustavus	La Crosse
Bye	La Crosse	Stout	Eau Claire	Hamline	Whitewater	Winona	Oshkosh	Gustavus

Athletic Training Services

Athletic Training/Sports Medicine Information:

The University of Wisconsin-Whitewater Athletic Training Services and Medical staff would like to welcome you and your team to the 2014 NCGA/WIAC Women's Gymnastics Meet. The following document pertains to athletic training and medical coverage that will be provided throughout the championship event. If you have any special needs or requests please contact Erin Clark (Assistant Athletic Trainer) 262-472-1138

Medical Coverage:

A Certified Athletic Trainer will be on site for all practices and competitions. During the competitions and practices, a Certified Athletic Trainer will also be located in the Athletic Training Room/Treatment area. A team physician and local EMS will be on call during the competition and practices.

Athletic Training Services:

The athletic training facility housed in the Williams Center will serve as the primary location for services and pre-competition preparation. It will be available for teams prior to all games and practices as listed in the championship schedule. This facility will include the following modalities that will be available for use during the tournament:

- Heat
- Ice
- Ultrasound
- Electrical stim
- Taping

In order to serve your athletes better please send a written order and description from your team physician or athletic trainer of any electrical modalities with the settings and parameters for application with your traveling party. This facility will be monitored and supervised by a Certified Athletic Trainer during the competition.

The following will be provided to you on the competition floor during the competition:

- Water with cups
- Ice chest with bags & wrap
- Biohazard bags/cleaning supplies
- Emergency first aid equipment

On site athletic training staff and students will also be available with splints, an AED, and emergency equipment to assist with any emergency situations.

Athletic Training Contacts

Team Physician Contacts:

Dr. Dennys Maldonado
Office: 608-756-7100; Fax: 608-756-8488

Athletic Training Staff Contacts:

Steve Hillmer
Head Athletic Trainer
Office: 262-472-1150
Cell: 262-844-9854
Email: hillmers@uww.edu

Erin Clark
Assistant Athletic Trainer
Office: 262-472-1138
Cell:
Email: athletictrainer@uww.edu

Courtney Stefanski, Assistant Athletic Trainer	262-472-1138
Courtney Palubicki, Graduate Assistant Athletic Trainer	262-472-1138
Christina Biddle, Graduate Assistant Athletic Trainer	262-472-1138
Athletic Training Fax Number	262-472-2791

Local EMS Information:

City of Whitewater Fire & Rescue
312 W. Whitewater St
Whitewater, WI 53190

DIAL 9-1-1

Local hospital Information:

Fort Healthcare Fort Memorial Hospital
611 Sherman Ave E,
Fort Atkinson, WI 53538
General # 920-568-5000
Emergency Room 920-568-5330

Ticket Information

\$10 per adult
\$7 for students, seniors (65+), and children
Children 5 and under are free

Hotel & Restaurant Information

Recommended Hotels:

Lodging in Whitewater

Super 8 Motel	917 E. Milwaukee Avenue	262-473-8818
Baymont Inn	1355 W. Main Street	262-472-9400

Lodging in Fort Atkinson

Americas Best Value Inn	1225 Janesville Avenue	920-563-6444
Holiday Inn Express Hotel & Suites	1680 Madison Avenue	920-563-3600
Super 8	225 South Water Street East	920-563-8444

Lodging in Janesville

Holiday Inn Express	3100 Wellington Place	608-756-3100
Ramada Inn	3431 Milton Avenue	608-756-2341
Hampton Inn	2400 Fulton Street	608-754-4900
Best Western	3900 Milton Avenue	608-756-4511
Microtel	3121 Wellington Place	608-752-3121
Super 8 Motel	3430 Milton Avenue	608-756-2040
Baymont Inn	616 Midland	608-758-4545
Select Inn	3520 Milton Avenue	608-754-0251
Lannon Stone Motel	1524 E Racine Street	608-752-7441
Econo Lodge	3520 Milton Avenue	608-754-0251

Whitewater Area Restaurants (Area Code 262)

Jessica's	140 W. Main Street	473-9890
Pizza Hut	1107 W. Main Street	473-7887
Subway	1185 W. Main Street	473-7827
Culver's	1414 W. Main Street	472-9999
McDonald's	1069 W. Main Street	473-7811
Jade Buffet	1139 W. Main Street	473-1688
Cold Spring Inn	Highway N	920-563-2056
Topper's Pizza	325 W. Center Street	473-4343

Randy's Supper Club	841 E. Milwaukee Street	473-8000
China House	1128 W. Main Street	473-9788
Rocky Rococo's	1210 W. Main Street	473-2105
Gus' Pizza Palace	139 W. Center Street	473-3563
Jimmy John's Subs	1139 W. Main Street	473-6100
Taco Bell	Highway 12	473-1535
Cozumel Mexican Restaurant	1139 W. Main Street	473-0131
Rosa's Pizza	113 N. Second Street	472-9857
Rick's Pub and Grill	561 E. Milwaukee Street	473-9879
Qdoba	1114 W. Main Street	472-9200
Capn's of Whitewater	292 S. Wisconsin Street	473-3321
Fuzzy Pig	N8660 Clover Valley Rd.	473-4574

Fort Atkinson Area Restaurants

Salamone's	1245 Madison Avenue	920-563-9217
Culver's	1551 Madison Avenue	920-563-9000
Pizza Hut	1550 Madison Avenue	920-563-7353
McDonald's	225 N. Main Street	920-563-9593
Subway	1220 Janesville Avenue	920-563-3344
Ken & Betty's	41 W. Sherman Avenue	920-568-1582
China One Chinese	305 Madison Ave	920-568-0888
Kockkonong Mounds	W7670 Koshkonong Mounds	920-563-2823
Central Coast	1905 Central Coast Lane	920-568-9695
Papa Murphy's	1505 Madison Avenue	920-568-2603
Riverfront Family Restaurant	1317 N. High St.	920-563-5070
Capn's Steakhouse	855 Lexington Blvd	920-568-0909
El Patron Mexican	100 Madison Ave.	920-568-5817
Brickhouse Pizzeria and Pub	1501 Janesville Ave.	920-397-7640
Stagecoach Inn	11946 North Highway 26	608-868-3850
Jimmy John's	1010 Larsen Rd	920-563-9511
Pizza Villa	109 W. Sherman Avenue	920-563-6646
The Fireside Dinner Theatre	1131 Janesville Ave.	920-563-9505

Janesville Area restaurants:

Cracker Barrell	2430 Fulton Avenue	608-752-7750
Damon's	3111 Wellington Place	608-758-4440
Famous Dave's BBQ	3030 Milton Avenue	608-757-8100
Old Country Buffet	Hwy 14 E., Pine Tree Plaza	608-752-3242
Perkins	3315 Milton Avenue	608-755-1464
Olive Garden	516 Humes Road	608-758-2848
Prime Quarter Steak	1900 Old Humes Road	608-752-1881
World Buffet	2701 Milton Avenue	608-754-3663
Arby's	3333 Milton Avenue	608-754-0020
Burger King	2624 Milton Avenue	608-754-6520
Cousins Subs	2528 Highway 14 East	608-757-2733

Culver's	2633 Milton Avenue	608-758-8916
KFC	2449 Milton Avenue	608-754-0811
Taco Bell	1231 Milton Avenue	608-754-0623
Pizza Hut	2211 Milton Avenue	608-754-8800
Fuddruckers	3636 East US Highway 14	608-758-8700
Buffalo Wild Wings	2929 Milton Avenue	608-741-9464
Applebee's	3024 Milton Avenue	608-756-3559
Red Robin	2430 Humes Road	608-314-1344
Chinatown Buffet	1405 Creston Park Drive	608-756-1689
A & W Family Restaurant	Highway 51 South	608-754-0097
Chubby Bubba's Pizza	2517 Milton Avenue	608-741-0400
Papa John's	401 N. Parker Drive	608-758-7272
Tony & Maria's Pizzeria	1503 Milton Avenue	608-754-9543
Domino's Pizza	1260 Milton Avenue	608-758-8888
Sbarro Pizza	2500 Milton Avenue	608-758-1944
Little Ceasars	2233 Humes Road	608-754-5508
Milio's Sandwiches	1604 E Racine Street	608-743-2700
Quiznos	1264 Milton Avenue	608-757-9001
Subway	642 Midland Road	608-758-4560
Subway	2034 Milton Avenue	608-756-3770
Subway	1929 Center Avenue	608-754-4378
Jimmy John's	2200 W. Court Street	608-755-0055

2014 NCGA/WIAC Line-Up Form

Form Due Date: **Friday, February 28th @ 12:00 p.m.**

Complete and email to Tim Prelletz Prelletztr26@uww.edu

Team Name:

Vault

1

2

3

4

5

6

Alt:

Bars

1

2

3

4

5

6

Alt:

Beam

1

2

3

4

5

6

Alt:

Floor

1

2

3

4

5

6

Alt:

Equipment List

The competitive gym is Kachel Gymnasium 1 (2nd Floor) and the warm-up gym is the Williams Center Gymnastics Room. The meet will be competed in Capital Cup format. The uneven bars will be free standing in **both** the competition gym and the warm up gym. There is also a stratum deck floor in **both** the warm up gym and the competition gym. For further questions in regards to equipment, please contact Head Coach Jen Regan.

COMPETITION FACILITY:

Floor (1) Stratum Deck
Misc (1) Chalk Tray
(1) 45' x 45' fem carpet
(5) Score Flashers
(7) 2" x 6' x 42' Roll Foam
(2) Wire Brushes
(1) Foam Boarder
(2) Water Bottles
(2) 7'x10'x4" Throw Mat
(1) Tape Measure
(2) 5'x10'x8" Skill Cushion
(1) case of chalk
(1) 4.5'x10' Sting Mat

Bars
(1) Elite bars
(1) 5 x 7.5 x 20 cm.
(2) 8 x 15.5 x 20 cm.
(1) LZT board
(2) 5 x 10 x 8"
(2) 7 x 10 x 4" throw mat
(1) 4.5 x 10' Sting
(1) Free Standing leg package/bottles
(1) Uneven bar adapter
(2) 8x12x20cm

Beam
(1) Elite beam
(1) 20 cm. Leg pad system
(1) Elite beam upright pads
(4) 8 x 15.5 x 20 cm mats
(2) 5 x 10 x 8" Skill cushion
(1) 4.5 x 10 Sting mat
(2) 7 x 10 x 4" Throw mat
(1) LZT Board
(1) 8x12x20cm mat

Vault
(1) Elite LZT Vault Table
(1) 1 3/8" Padded runway
(2) Vault Boards (1 LZT, 1 Stratum)
(1) 20cm Vault anchor system
(1) 8X15.5X20cm
(2) 5 x 10 x 8" Skill cushion
(1) 5 x 10 Sting mat
(2) 7 x 10 x 4" Throw mat
(1) Safety Zone
(1) Round off pad
(1) 8 x 12 x 20 cm

PRACTICE FACILITY:

Floor (1) 8 X60 Stratum Deck Tumble Strip w/ 8 X 60" fem carpet and roll foam
OR 2011 Plastics Spring Floor w/ 2" EVA Carpet Bonded Foam

(2) 7'x10'x4" Throw Mat

(2) 5'x10'x8" Skill Cushion

(1) 4.5'x10' Sting Mat

Beam (1) Elite beam

(1) 20 cm. Leg pad system

(1) Elite beam upright pads

(4) 8 x 15.5 x 20 cm mats

(2) 5 x 10 x 8" Skill cushion

(1) 4.5 x 10 Sting mat

(2) 7 x 10 x 4" Throw mat

(1) LZT Board

(1) 8x12x20cm mat

Bars

(1) Elite bars

(1) 5 x 7.5 x 20 cm.

(2) 8 x 15.5 x 20 cm.

(1) LZT board

(2) 5 x 10 x 8"

(2) 7 x 10 x 4" throw mat

(1) 4.5 x 10' Sting

(1) Free Standing leg package/bottles

(1) Uneven bar adapter

(2) 8x12x20cm

Vault

(1) Elite LZT Vault Table

(1) 1 3/8" Padded runway

(2) Vault Boards (1 LZT, 1 Stratum)

(1) 20cm Vault anchor system

(1) 8X15.5X20cm

(2) 5 x 10 x 8" Skill cushion

(1) 5 x 10 Sting mat

(2) 7 x 10 x 4" Throw mat

(1) Safety Zone

(1) Round off pad

(1) 8 x 12 x 20 cm

2014 NCGA/WIAC Championships Floral Order Form

Due Date: WEDNESDAY, February 19th at 12:00 PM CST

Team Name and Phone Number _____

Contact Person _____

***All hand-held bouquets come arranged with accent flowers and greens.**

Step One: Choose the bouquet and enter the number ordered

	# of bouquets	total price		
One hand-held carnation	\$4.00 each	_____	_____	_____
One hand-held rose	\$5.00 each	_____	_____	_____
Three hand-held carnations	\$7.00 each	_____	_____	_____
Three hand-held roses	\$12.00 each	_____	_____	_____
Five hand-held carnations	\$10.00 each	_____	_____	_____
Five hand-held roses	\$18.00 each	_____	_____	_____

TOTAL DUE _____

Step Two: Choose your *flower* color

<i>Carnation Colors</i>	White _____ Burgundy _____ Yellow _____ Red _____ Purple _____	<i>Rose Colors</i>	White _____ Yellow _____ Pink _____ Red _____
-------------------------	----------------------------------------------------------------------------	--------------------	--------------------------------------------------------

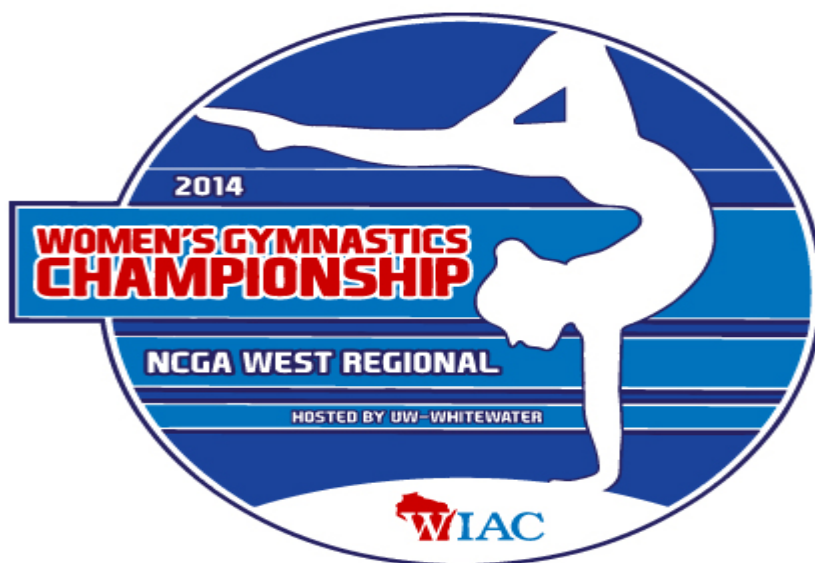
Step Three: Choose your *ribbon* color

For Carnations or Roses

Red _____	Navy Blue _____
Burgundy _____	Yellow _____
Black _____	White _____
Green _____	Purple _____
Orange _____	

Checks payable to: UW-W Athletics

Save as: School Name, Floral Order Form and email to prelletztr26@uww.edu



UW-Whitewater Gymnastics

→ *Ordering Information* ←

Spirit Wear items can be ordered at Burghardt Sporting Goods' website
www.burghardtsportinggoods.com

Ordering will take place through Thursday, March 6th

To order please log onto the Burghardt webpage www.burghardtsportinggoods.com and click the Team Spirit Wear/Uniforms icon which is located directly below the Burghardt Sporting Goods logo, scroll down until you see your group.

Please follow on-line ordering instructions. If you have problems entering an order, please contact the web department at Burghardt Sporting Goods 262-790-1170.

Notes:

- All orders must be placed via the website.
- ***There will be no late sales after the sale closes on Sunday, February 9th.***
- All orders are final – there are no changes, returns or exchanges on custom team items.
- Items will **not** ship directly to your house; they will be delivered at the tournament.