



Welcome to the 2023 WOGA Classic/ Liukin Invitational



February 16-19, 2023
The Ford Center at the Star
9 Cowboys Way
Frisco, TX 75034

Coaches Information

Coaches Registration:

- Coaches' registration will be located directly inside the main entrance of the Ford Center at the Star. Please use designated coach/athlete entrance to the right of the main entrance.
- Registration will begin at 11:30AM Thursday, 7:00AM on Friday, Saturday, and Sunday.
- All coaches must sign in to receive their coach credentials. You will also receive your athletes' credentials. **These must be worn at all times to access the venue.** The coach that first signs in will receive credentials for all athletes competing. Please coordinate distribution with your athletes/parents. **There will be no access on the competition floor without credentials. NO EXCEPTIONS**
- **Please note that all coaches must be on your USAG reservation. Coaches that are not pre-registered through USAG, will not be able to sign in.** If you would like to edit your coaching staff, you can do so by emailing us at wogaclassic@woga.net. Deadline to update registration is February 10, 2023.
- Coach & Athlete credentials **grant access to all sessions.**

Hospitality:

- Located on the 3rd floor.
- Although **breakfast will not be served**, coffee and water will be available throughout the day. We will offer lunch and dinner meals.

Coaches Meeting:

- Held at the beginning of each session, near the operation table.
- Rotation schedules and competition cards will be available at the operation tables for men's gyms and women's gym 7. Competition score cards for gyms 1, 2, 3 & 4 will be available in the hallway between gym 2 and 3 as you walk out into the arena.
- Please send us your scratches/corrections as soon as possible.

Women's Rotation Information:

*NOTE: The National Anthem is very important to WOGA Gymnastics. Due to staggering session times in each of the 7 gyms across the arena floor, **the National Anthem will be played daily at the start of the first session.***

All Developmental levels in Gym 1, 2, 3, 4 Warm-up procedure

- Continuous rotations – When your team has finished competing, rotate to your next event immediately. We need your help to keep the meet moving smoothly. THANK YOU!
- Squad Order – Stay in your squad order to allow enough rest time for the team competing at the end of the rotation.

- Squad Split – If your squad is 8 or less, do not split for warm up.
- Athlete Order – Put your athletes in any order within your team. Take your athlete score cards from event to event and arrange them in competition order.
- Bar Settings – “Bar settings are NOT included in warm up time; however, if a club or group of athletes chooses to block time, the clock will not stop within the block time.”
- **B Flight – Start your timed warm up when the A flight begins competing or when the event coordinator lets you know it is time to start.**

Gym 7 Warm-up procedure

Modified Capital Cup

Elite Qualifier

- **Optional-** Traditional Format
- **Compulsory-** Modified Capital Cup

Men’s Rotation Information:

*NOTE: The National Anthem is very important to WOGA Gymnastics. Due to staggering session times in each of the 7 gyms across the arena floor, **the National Anthem will be played daily at the start of the first session.***

- Announcer will time and call rotations for our men’s competition.

Gymnast Information:

- Have your gymnasts use the designated coach/athlete entrance, to the right of the main entrance.
- Gymnast credentials will allow entry to ALL sessions.
- Have your gymnasts meet you at the front entrance to receive their credentials. Please coordinate distribution with coaches. **Coaches and gymnasts will not be allowed on the competition floor without credentials.**
- JO athletes age groups will be determined as of February 19, 2023, for Girls and December 31, 2023, for Boys.
- Elite athletes and Nastia Liukin Cup qualifiers will follow FIG determination date of December 31, 2023. Gymnasts will be divided into age groups within each session.

Equipment:

All equipment will be provided by our sponsor, Spieth America

Nastia Liukin Qualifier:

Level 10 competitors are eligible to compete for both Junior and Senior spots in the 2023 Nastia Liukin Cup. **Junior competitors will be born 2008 or later and Senior competitors will be born 2007 and earlier. Age determined as of December 31, 2023. Current National Team Members athletes are not eligible for qualification.** Best of luck!

Thank You to WOGA’s sponsors: Ozone, Spieth America, Nastia Liukin Enterprises, Scottish Rite Children’s Hospital and Crown Trophy!

We look forward to a great weekend of competition and appreciate you joining us!

