

BRIGHAM YOUNG UNIVERSITY
GYMNASTICS VISITING TEAM INFORMATION



Dear Coach,

I hope this visiting team guide finds you well as you are preparing for the 2018 Gymnastics season. Brigham Young University is excited to welcome you to Provo for your match against the Cougars this year.

The meet will take place either at the George Albert Smith Fieldhouse or the Marriott Center. Enclosed is a packet that will assist you with your team's travel preparations.

If you have any questions, feel free to contact me at (801) 422-3304 or mnix@byu.edu as it gets closer to the game. We look forward to your visit.

Best of luck this season to you and your team!

Sincerely,

Matt Nix

Assistant AD, Facilities and Events
BYU Athletics

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GENERAL BYU INFORMATION

School Name.....Brigham Young University
Location.....Provo, Utah 84602
Campus Phone.....(801)422-4636
Athletics Phone.....(801)422-2096
University Internet Address.....www.byu.edu
Athletic InternetAddress.....www.byucougars.com
National Affiliation.....NCAA Division I
Conference.....Mountain Rim Gymnastics Conference
Nickname.....Cougars
Colors.....Blue & White
President.....Kevin J. Worthen
Athletic Director.....Thomas Holmoe
Religious Affiliation.....Church of Jesus Christ of Latter Day Saints

GYMNASTICS PERSONNEL DIRECTORY

Administrative Staff

Thomas A. Holmoe	Director of Athletics	801.422.7649	tom_holmoe@byu.edu
Brian Santiago	Sr. Associate AD	801.422.9059	brian_santiago@byu.edu
Liz Darger	Associate AD/SWA	801.422.7306	liz_darger@byu.edu
Matt Nix	Assistant AD Facilities/Events	801.422.3304	matt_nix@byu.edu

Coaching Staff

Guard Young	Head Coach	801.422.4769	guard_young@byu.edu
Natalie Broekman	Assistant Coach	801.422.2681	natalie_broekman@byu.edu
Brogan Evanson	Assistant Coach	801.422.1681	brogan_evanson@byu.edu
Phillip Hartog	Athletic Trainer	801.400.2806	phillip_hartog@byu.edu
Susan Brimley	Administrative Assistant	801.422.8734	susan_brimley@byu.edu
Liz Darger	Gymnastics Sport Administrator	801.422.7306	liz_darger@byu.edu

Equipment Room

Nancy Jensen	Equipment Manager	801.422.7872	nancy_jensen@byu.edu
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Facilities/Events Management

Matt Nix	Assistant AD Facilities/Events	801.422.3304	matt_nix@byu.edu
Marianne Squires	Gymnastics Meet Director	801.836.1683	87marianne@gmail.com
Elaine Jarvie	Assistant Ticket Manager	801.422.1214	elaine_jarvie@byu.edu
Ticket Office		801.422.BYU1 800.322.BYU1 www.byutickets.com	

Sports Medicine

Carolyn Billings	Director of Sports Medicine	801.422.8781	carolyn_billings@byu.edu Sports
Medicine Fax		801.422.0917	

Media Relations

Lauren Holbrook	Gymnastics SID	801.422.8999	gymnastics_sid@byu.edu
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Visiting Gymnastics Team Information

Locker Room

When you arrive for the meet, a member of the Game Management staff will meet you and show you to your locker room.

Parking

For Smith Fieldhouse meets, there will be 3 stalls reserved for each match directly west of the Smith Fieldhouse adjacent to the 4-way stop between the large practice facility and the Smith Fieldhouse. Upon arrival, please remove the cone blocking the space and park. If you are arriving by bus, the bus can drop off in front of the Smith Fieldhouse and then park in the large lot north of the Indoor Practice Facility near the Zions Bank. There is ample parking at the Marriott Center lots for vans or busses.

Complimentary Admissions

Tickets are available upon request to each visiting team. Upon arrival at the meet, please give your list to a member of the Game Management staff or e-mail the list ahead of time to Matt Nix at mnix@byu.edu. All persons on the list must have photo ID and only those on the list will be admitted.

Credential Requests

Please send credential requests to Lauren Holbrook at gymnastics_sid@byu.edu.

Television Coverage

Most BYU gymnastics meets will be televised live on BYUTV throughout the country. Please contact your local provider for visit byutv.org for information. Matches can also be streamed live on the BYUTV app (available through the App Store) or by visiting byutv.org.

Dual Meet Information

1. We will be running one event at a time. We will alternate competitors on vault and bars then beam and floor. Please have your gymnast be ready for television broadcasting purposes.
2. Maximum of one exhibition per event (per head coach discretion).
3. Final line-ups must be turned into the head table by the beginning of the warm-up session. Minor adjustments can take place as per NCAA regulations.
4. Changes and substitutions must be made prior to the start of the event by notifying the head judge of the event and BYU TV representative as meets are live broadcast.
5. There will be a 4 minute touch warm-up prior to each rotation.
6. Any inquiries must be given to the meet director, Marianne Squires.
7. Open scoring will be adhered to as closely as possible. There will be a seating problem on vault in the Smith Fieldhouse, as we cannot separate the judges on each side of the beam and vault. They will however be on separate tables.

Tri Meet Information

1. We will be running one event at a time. We will alternate competitors on vault and bars. Please have your gymnast be ready for television broadcasting purposes.
2. No exhibitions due to live television broadcast.
3. Final line-ups must be turned into the head table by the beginning of the warm-up session. Minor adjustments can take place as per NCAA regulations.
4. Changes and substitutions must be made prior to the start of the event by notifying the head judge of the event and BYU TV rep. as meets are live broadcast.
5. There will be a 4 minute touch warm-up prior to each rotation.
6. Any inquiries must be given to the meet director, Marianne Squires.
7. Open scoring will be adhered to as closely as possible. There will be a seating problem on vault in the Smith Fieldhouse, as we cannot separate the judges on each side of the beam and vault. They will however be on separate tables.

Quad Meet Information

1. All four events will run simultaneously. Please have your gymnast be ready for television broadcasting purposes.
2. One exhibition for vault and bars only due to live television broadcast.
3. Final line-ups must be turned into the head table by the beginning of the warm-up session. Minor adjustments can take place as per NCAA regulations.
4. Changes and substitutions must be made prior to the start of the event by notifying the head judge of the event and BYU TV rep. as meets are live broadcast.
5. There will be a 4 minute touch warm-up prior to each rotation.
6. Any inquiries must be given to the meet director, Marianne Squires.
7. Open scoring will be adhered to as closely as possible. There will be a seating problem on vault in the Smith Fieldhouse, as we cannot separate the judges on each side of the beam and vault. They will however be on separate tables.

General Meet Format (Subject to Change)

Event	11:00 am Start	7:00 pm Start
Training Room Opens	8:00 am	4:00 pm
Open Warm-ups Begin	9:00 am	5:00 pm
Timed Warm-ups Begin	9:25 am	5:25 pm
March in and Introductions	9:50 am	6:50 pm
4 minute touch warm-up	11:00 am	7:00 pm
First rotation begins	11:05 am	7:05 pm

Directions to Gymnastics



Directions to BYU from Salt Lake City International Airport

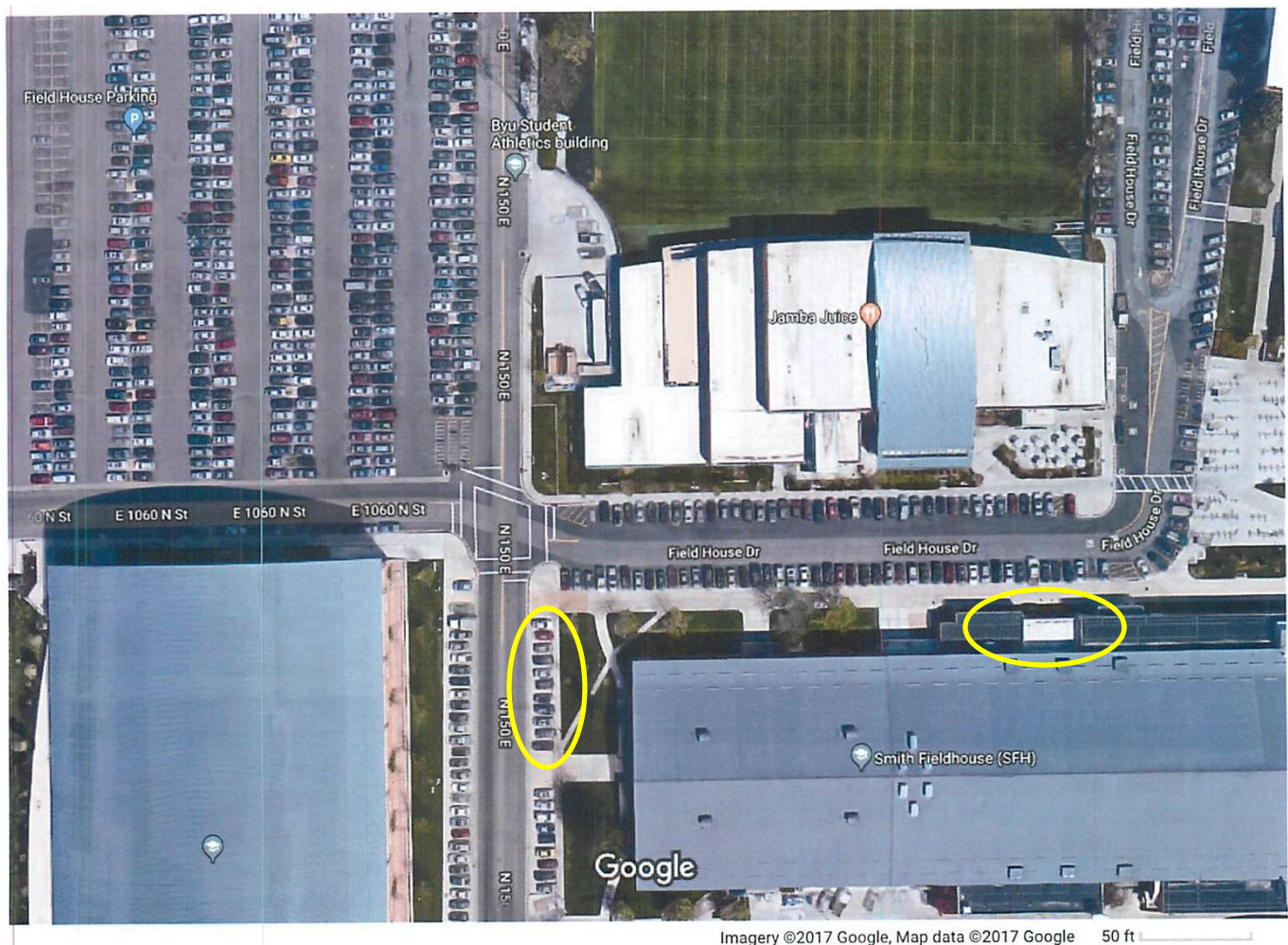
- Exit Airport and go east on I-80 towards Salt Lake City/Provo
- Merge onto I-15 Southbound towards Provo
- Stay on I-15 Southbound until reaching Orem
- Exit I-15 at Exit 269, University Parkway in Orem
- Turn left crossing over I-15 heading east on University Parkway

Stay on University Parkway through Orem and into Provo until reaching BYU campus

To George Albert Smith Fieldhouse

- Drive east on University Parkway (I-15 exit 269)
- Turn right heading south at University Avenue
- After passing Bulldog Blvd go through the next trafficlight
- Turn left at 1060 North Street (Across from Provo High School and by Zion's Bank)
- At the 4-way stop, you will see the coned off parking spaces across the street on the right. Remove the cones and park.

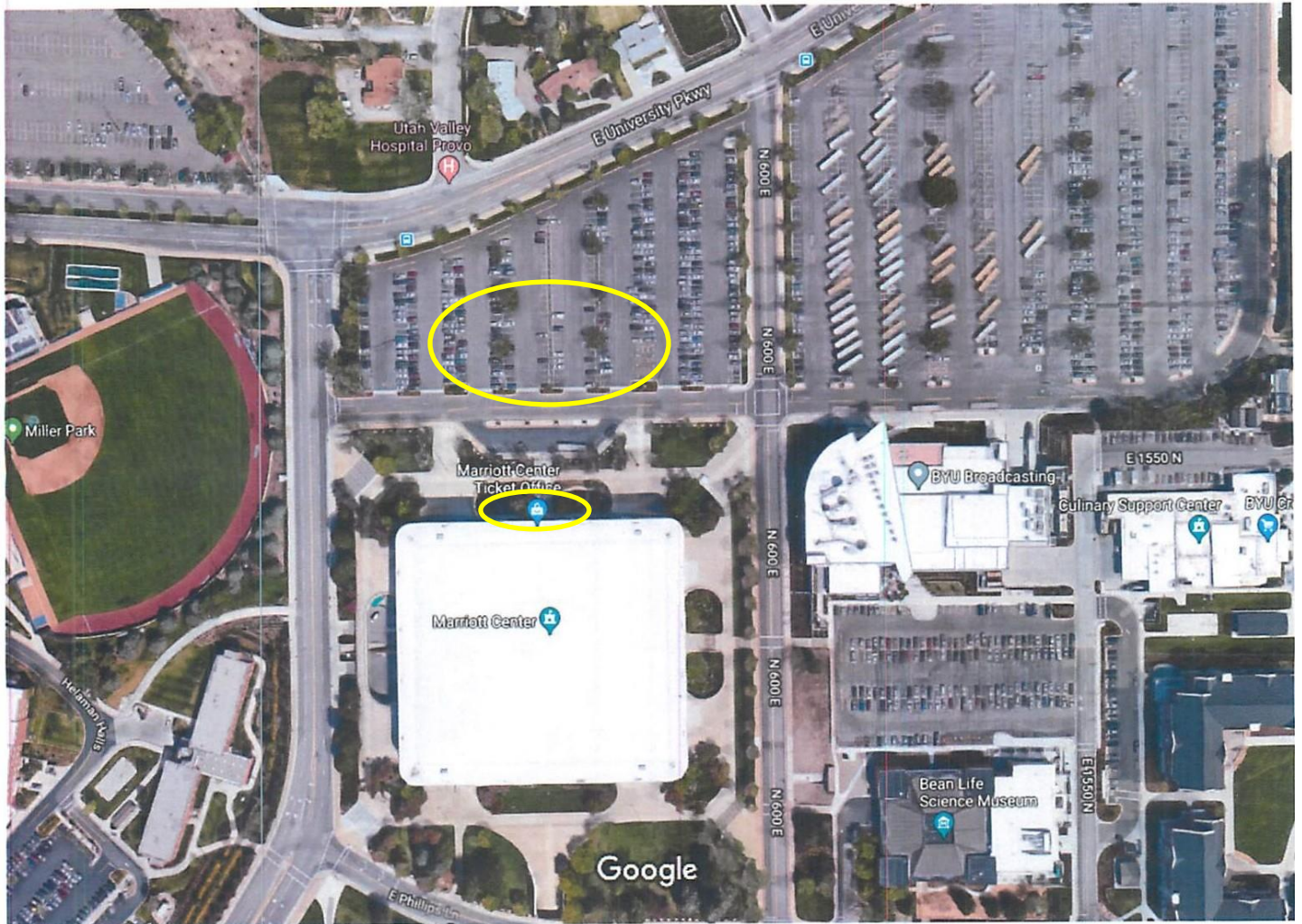
George Albert Smith Fieldhouse Parking



To the Marriott Center

- Drive east on University Parkway (I-15 exit 269)
- As you drive down the hill to Provo, you will pass the football stadium, outdoor track and baseball/softball complex. Just past these facilities is the Marriott Center on the right. You can park in front of the Marriott Center and enter on the north side by the ticket office.

Marriott Center Parking



MEDIA RELATIONS

SID

Lauren Holbrook

30 SFH, Provo, UT 84602

(801) 422-8999

gymnastics_sid@byu.edu

PRINT MEDIA

Provo Daily Herald(daily, a.m.)

P.O. Box 717 Provo, UT 84603

(801) 373-5050

Jason Franchuk,

Jared Lloyd, Sportswriter

Deseret News(daily, a.m.)

55 North 400 West, Salt Lake City, UT 84101

(801) 237-2161

Jeff Call, Sportswriter

Dick Harmon, Feature Writer/Columnist

Brad Rock, Columnist

Salt Lake Tribune(daily, a.m.)

90 South 400 West Ste. 700

Salt Lake City, UT 84101

(801) 257-8900

Jay Drew,

Kurt Kragthorpe, Columnist

Associated Press

30 East 100 South #200

Salt Lake City, UT 84111

(800) 453.3005

Lynn DeBruin, Sportswriter

BYU Daily Universe (weekdays, a.m.)

5538 ELWC Provo, UT 84602

(801) 422-7111

Rich Evans, Editor

TELEVISION MEDIA

KSL-TV(NBC, Ch. 5)

Broadcast House 5 Triad Center

Salt Lake City, UT 84110

(801) 575-5555

Rod Zundel, Sports Reporter/Anchor

Jerimiah Jensen, Sports Reporter/Anchor

Tom Kirkland, Sports Director/Anchor

KTVX-TV(ABC, Ch. 4)

2175 West 1700 South

Salt Lake City, UT 84104-4200

(801) 975-4444

Wesley Ruff, Sports Director/Anchor

Dana Greene, Reporter/Anchor

Emerson Lotzia, Reporter/Anchor

KUTV-TV(CBS, Ch. 2)

299 South Main Street, Suite 150

Salt Lake City, UT84111

(801) 973-3232

Dave Fox, Sports Director/Anchor

David James, Reporter/Anchor

KSTU-TV(FOX, Ch. 13)

5020 West Amelia Earhart Drive

Salt Lake City, UT 84116

(801) 536-1313

Rick Aaron, Director/Anchor

Adam Mikulich,

Reporter/Anchor

RADIO

KSL Radio/Cougar Sports Network

P.O. Box 1160

Salt Lake City, UT84111-1160

(801) 575-5535

Greg Wrubell, Play-by-Play

Marc Lyons, Game Analyst

KZN Radio, 1280 AM

Trolley Corners Building

515 S. 700 E. Ste #1C

Salt Lake City, UT 84102

(801) 524-2600

LOCAL MOVIE THEATERS

AMC Classic Provo 12	4925 N. Edgewood Drive, Provo	(801) 764-9345
Cinemark University Mall	1010 S. 800 E., Orem	(801) 224-7428
Cinemark 16 Provo Towne	1200 Town Center Blvd., Provo	(801) 852-2872

SHOPPING

University Mall	575 University Pkwy., Orem	(801) 224-0694
Provo Towne Centre Mall	1200 Town Centre Blvd., Provo	(801) 852-2400
The Shops at Riverwoods	4801 N. University Ave., Provo	(801) 802-8430
Thanksgiving Point	2095 W. Frontage Rd., Lehi	(801) 768-2300
South Towne Mall	10450 S. State St., Sandy	(801) 572-1517

LODGING

Provo Marriott	101 W. 100 N., Provo	(801) 377-4700
Courtyard Marriott	1552 N. Freedom Blvd., Provo	(801) 373-2222
Springhill Suites by Marriott	1580 N. Freedom Blvd., Provo	(801) 373-0073
Hampton Inn	1511 South 40 East, Provo	(801) 960-3950

AREA TRANSPORTATION

Bus Lines

		Phone
Lake Shore Motor Coach Lines*	Provo	1-800-628-6579
Lewis Brothers	Salt Lake City	801-359-8677
Le Bus		801-975-0202
Utah Trailways	Salt Lake City	801-938-4296

Taxicabs

"Yellow-Cab"	Salt Lake City, Provo	801-521-2100
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Airlines

Salt Lake International Airport (SLC) is 45 miles north of Provo

United, Continental, Delta, Northwest, Jet Blue, Southwest, American & US Air

PREFERRED RESTAURANTS

Bam Bams BBQ	1708 S St, Orem, UT 84058	(801) 225-1324
Brick Oven	111 E 800 N, Provo, UT 84606	(801) 374-8800
Carl's Jr	344 W 1230 N, Provo, UT 84606	(801) 370-9593
Chuck-A-Rama	1081 S University Ave, Provo, UT 84601	(801) 375-0600
Costa Vida	1200 N University Ave, Provo, UT 84604	(801) 373-1876
Firehouse Subs	538 East University Parkway	(801) 705-8500
Malawi's Pizza/La Jolla Groves	4801 N University Ave, Provo, UT 84604	(801) 224-5111
Papa John's	60 W 1230 N, Provo, UT 84604	(801) 356-7272
Red Robin	1200 Towne Centre Blvd #1100, Provo,	(801) 852-8093
Rodizio	4801 N University Ave #790, Provo,	(801) 224-4774
Which Wich	1077 S 750 E, Orem, UT 84097	(801) 224-9424

Directions to Local Medical Facilities

Utah Valley Regional Medical Center

1034 North 500 West Provo, UT 84604 801.357.7850

From BYU Campus - Start out going west on E Bulldog Blvd toward N University Ave/US-189.(Distance: 1 mi)

Turn left onto N State St/US-89. Continue to follow US-89.(Distance: 0 mi) 1041 N 500 W is on the right.(Distance: 0 mi)

Walgreens (24 Hour Pharmacy)

1315 North State St. Provo, UT 84604 801.616.5223

From BYU Campus - Head West on W 1230 N St/Bulldog Blvd toward N Freedom Blvd; Continue onto Columbia Ln; Turn Right onto N Grandview Ln; Turn Right onto N State St; Walgreens will be on your right.

CVS Pharmacy

1235 N University Ave Provo, UT 84604 801.377.3280

From BYU Campus – Head west on W1230 N/Bulldog Blvd toward University Ave. CVS in on the corner of University Avenue and 1230 N.

AREA ATTRACTIONS

UTAH TOURISM INFORMATION

Utah Travel Council	300 N. State St. Salt Lake City, UT 84111 (800) 200-1160 (801) 538-1900
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Utah Valley Convention & Visitors Bureau:	(800) 222-8824 (801) 370-8393
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Provo-Orem Chamber of Commerce:	(801) 379-2555
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SKI AREAS

Provo

Sundance Resort	(800) 892-1600 (801) 225-4107
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Heber City

Homestead Resort (Cross Country)	(888) 327-7220 (435) 654-1102
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Park City

The Canyons	(800) 754-1636 (435) 649-5400
Deer Valley	(435) 649-1000 (435) 649-2000; snow report
Park City Mountain Resort	(435) 649-8111 (435) 647-5449; snow report
White Pines Touring Center (Cross Country)	(435) 649-8710
Utah Winter Sports Park at Bear Hollow	(435) 658-4200

Salt Lake

Alta Ski Area	(801) 742-3333
Brighton Ski	(800) 873-5512 (801) 532-4731
Snowbird Ski and Summer Resort	(800) 453-3000
Solitude Ski Resort	(801) 534-1400

BIKING/HIKING

Provo River Parkway Trail: A 13-mile hiking and biking trail, wide enough to allow two-way bike passage. The trail starts at Utah Lake and follows most of the scenic Provo River along the city of Provo and through many city parks. It continues from the mouth of Provo Canyon to its end near Bridal Veil Falls in Provo Canyon.

Rock Canyon Trail: Starting at Rock Canyon Trailhead, this dirt trail goes up Rock Canyon to the Squaw Peak Trail.

Squaw Peak Trail: Beginning at Highway 189 approximately seven miles north of Provo, this asphalt and dirt trail connects Provo Canyon with Hobbie Creek Canyon. The route winds through aspen and maple forests and, when in season, fields dotted with wildflowers. The final miles are downhill.

OTHER ATTRACTIONS

Deer Creek State Park: Popular for waterskiing, sailing, boating, fishing and camping. Picnicking and day-use facilities are available. Phone: (801) 654-0171

Provo LDS Temple: Built of white stone and topped with a golden Angel Moroni, framed by the cliffs of Rock Canyon. Visitors may tour the temple grounds. Phone: (801) 375-5775

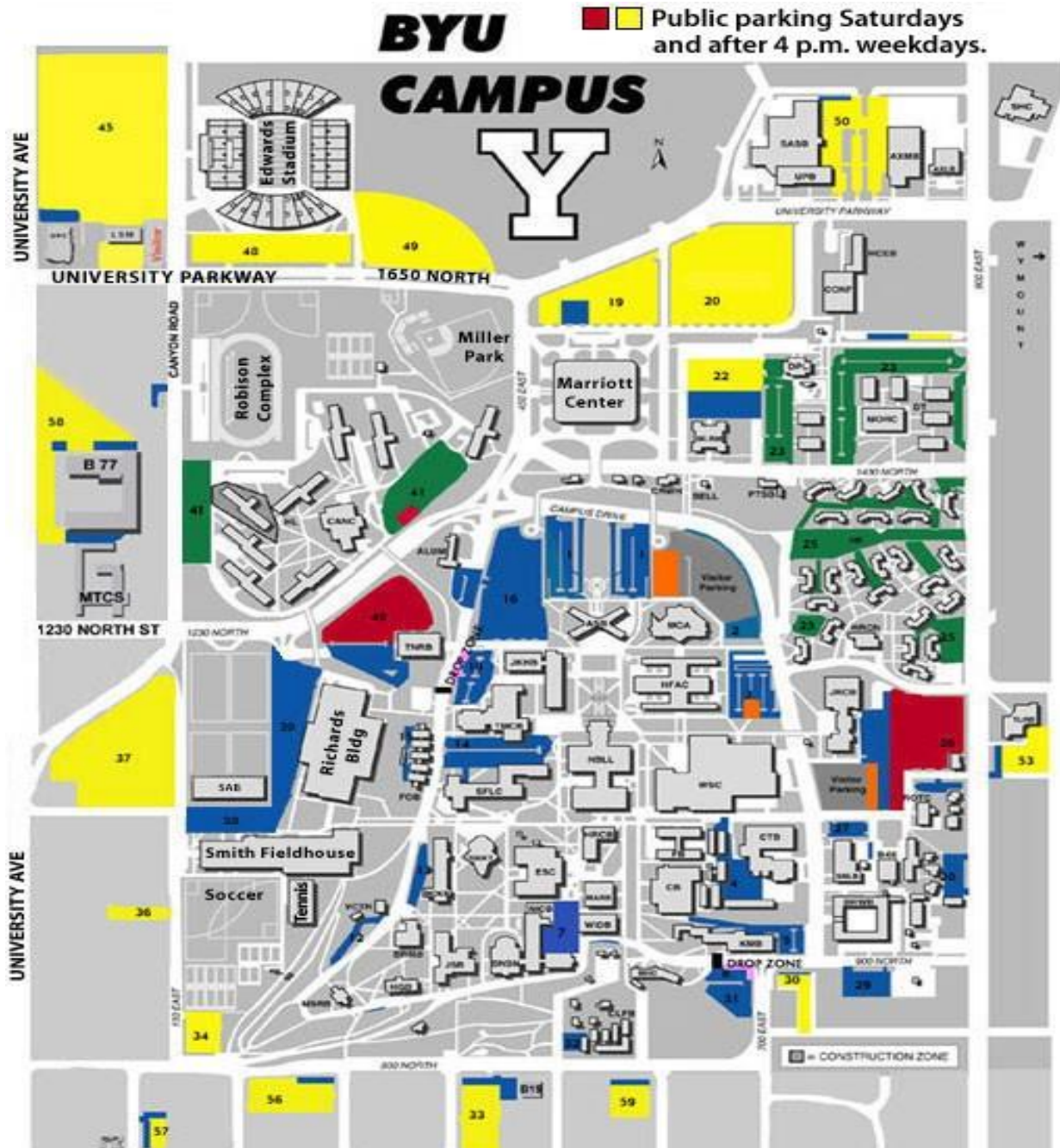
Springville Museum of Art: Founded in 1803, features 11 galleries and several permanent art exhibits. Phone: (801) 489-2727

Sundance: Besides winter sports, this community founded by actor Robert Redford hosts concerts, and is home of the Sundance Summer Theater, Children's Theater, the Sundance Film Festival, and the Sundance Theater for independent filmmakers and writers. Phone: (800) 222-8824 or (801) 225-4107

Utah Lake State Park: Spans the length of Utah County. Offers sites for camping, picnicking, and water sports and marinas. Ice-skating and ice-fishing in the winter. Phone: (801) 375-0731

*For additional information, visit www.utahvalley.org

CAMPUS MAP/PARKING





SAMPLE DUAL MEET PROTOCOL – 7 PM START

TIME	SCHEDULED EVENT		
4:00 pm	Training room opens – gym available		
5:00 pm	Open warm-ups – aerobics & stretch		
5:25 pm	Timed warm-ups – 15 minute countdown per rotation		
		<u>BYU</u>	<u>Visiting Team</u>
	5:25-5:40 pm	Vault	Bars
	5:42-5:57 pm	Bars	Vault
	5:59-6:14 pm	Beam	Floor
	6:16-6:31 pm	Floor	Beam
6:31 pm	End timed warm-ups – Athletes report to assigned dressing rooms		
6:50 pm	Invocation & National Anthem Teams lined up in tunnel for march-in (No cheering during anthem or prayer, please)		
6:53 pm	Athlete march-in Visiting Team introductions, Visiting Team march to first event Intro Video BYU Introductions, BYU march to first event		
6:58 pm	Gymnasts prepare for first event		
7:00 pm	*4:00Minute Touch Warm-up Begins per coach’s signal		
7:05 pm	Competition Begins		
		<u>BYU</u>	<u>SUU</u>
	Rotation 1	Vault	Bars
	Rotation 2	Bars	Vault
	Rotation 3	Beam	Floor
	Rotation 4	Floor	Beam
	*Touch Warm-up will begin when each coach signals the scorer’s table to begin. For TV purposes, touch warm-up should start no later than 7:00 pm.		
9:00 pm	Cougar of the meet recognition & team scores		



SAMPLE TRI MEET PROTOCOL – 7 PM START

TIME	SCHEDULED EVENT			
4:00 pm	Training room opens – gym available			
5:00 pm	Open warm-ups – aerobics & stretch			
5:25 pm	Timed warm-ups – 15 minute countdown per rotation			
		<u>BYU</u>	<u>Team 1</u>	<u>Team 2</u>
	5:25-5:40 am	Vault	Bars	Beam
	5:42-5:57 am	Bars	Beam	Floor
	5:59-6:14 pm	Beam	Floor	Vault
	6:16-6:31 pm	Floor	Vault	Bars
6:31 pm	End timed warm-ups – Athletes report to assigned dressing rooms			
6:50 pm	Invocation & National Anthem Teams lined up in tunnel for march-in (All cheering needs to be done by 6:50 pm, please)			
6:53 pm	Athlete march-in Team 1 Introductions, Team 1 march to first event Team 2 Introductions, Team 2 march to first event Intro Video BYU Introductions, BYU march to first event			
6:58 pm	Gymnasts prepare for first event			
7:00 pm	*4:00 Minute Touch Warm-up Begins per coach’s signal			
7:05 pm	Competition Begins			
		<u>BYU</u>	<u>Team 1</u>	<u>Team 2</u>
	Rotation 1	Vault	Bars	Beam
	Rotation 2	Bars	Beam	Floor
	Rotation 3	Beam	Floor	Vault
	Rotation 4	Floor	Vault	Bars
	*Touch Warm-up will begin when each coach signals the scorer’s table that they are ready to begin.			
8:50 pm	Cougar of the meet recognition & team scores			



SAMPLE QUAD MEET PROTOCOL – 7 PM START

TIME	SCHEDULED EVENT				
4:00 pm	Training room opens – gym available				
5:00 pm	Open warm-ups – aerobics & stretch				
5:25 pm	Timed warm-ups – 15 minute countdown per rotation				
		<u>BYU</u>	<u>Team 1</u>	<u>Team 2</u>	<u>Team 3</u>
	5:25-5:40 pm	Vault	Bars	Beam	Floor
	5:42-5:57 pm	Bars	Beam	Floor	Vault
	5:59-6:14 pm	Beam	Floor	Vault	Bars
	6:16-6:31 pm	Floor	Vault	Bars	Beam
6:31 pm	End timed warm-ups – Athletes report to assigned dressing rooms				
6:50 pm	Invocation & National Anthem Teams lined up in tunnel for march-in (All cheering needs to be done by 6:50 pm, please)				
6:53 pm	Athlete march-in Team 1 Introductions, Team 1 march to first event Team 2 Introductions, Team 2 march to first event Intro Video BYU Introductions, BYU march to first event				
6:58 pm	Gymnasts prepare for first event				
7:00 pm	*4:00 Minute Touch Warm-up Begins per coach's signal				
7:05 pm	Competition Begins				
		<u>BYU</u>	<u>Team 1</u>	<u>Team 2</u>	<u>Team 3</u>
	Rotation 1	Vault	Bars	Beam	Floor
	Rotation 2	Bars	Beam	Floor	Vault
	Rotation 3	Beam	Floor	Vault	Bars
	Rotation 4	Floor	Vault	Bars	Beam
	*Touch Warm-up will begin when each coach signals the scorer's table that they are ready to begin.				
8:50 pm	Cougar of the meet recognition & team scores				



SAMPLE DUAL MEET PROTOCOL – 11 AM START

TIME	SCHEDULED EVENT		
8:00 am	Training room opens – gym available		
9:00 am	Open warm-ups – aerobics & stretch		
9:25 am	Timed warm-ups – 15 minute countdown per rotation		
		<u>BYU</u>	<u>Visiting Team</u>
	9:25-9:40 am	Vault	Bars
	9:42-9:57 am	Bars	Vault
	9:59-10:14 am	Beam	Floor
	10:16-10:31 am	Floor	Beam
10:31 am	End timed warm-ups – Athletes report to assigned dressing rooms		
10:50 am	Invocation & National Anthem Teams lined up in tunnel for march-in (No cheering during anthem or prayer, please)		
10:53 am	Athlete march-in Visiting Team introductions, Visiting Team march to first event Intro Video BYU Introductions, BYU march to first event		
10:58 am	Gymnasts prepare for first event		
11:00 am	*4:00 Minute Touch Warm-up Begins per coach’s signal		
11:05 am	Competition Begins		
		<u>BYU</u>	<u>Visiting Team</u>
	Rotation 1	Vault	Bars
	Rotation 2	Bars	Vault
	Rotation 3	Beam	Floor
	Rotation 4	Floor	Beam
	*Touch Warm-up will begin when each coach signals the scorer’s table to begin. For TV purposes, touch warm-up should start no later than 11:05 am.		
12:50 pm	Cougar of the meet recognition & team scores		