

# **CENTRAL REGIONAL CHAMPIONSHIP**



**2006  
NATIONAL COLLEGIATE  
WOMEN'S  
CHAMPIONSHIPS**

**25th ANNIVERSARY**

**Hosted by  
Louisiana State University  
Friday, April 7, 2006  
6:00 PM**

***PARTICIPANT MANNUAL***



February 23, 2006

To All Participants:

On behalf of the University and the LSU Athletics Staff, let me welcome you to Baton Rouge and the campus of Louisiana State University for the 2006 NCAA Central Region Gymnastics Championship. My staff and I are at your disposal, and it is our hope to provide for you the best possible atmosphere as you prepare to compete in this most prestigious event.

The following participant manual is to be utilized in conjunction with the NCAA Gymnastics Handbook. It will provide information for you regarding the facilities at LSU, the event schedule, the Baton Rouge area and other information that we hope will help make your stay with us an enjoyable one.

Please feel free to contact anyone on my staff if we may be of further assistance. Congratulations on a successful regular season and best of luck throughout the gymnastics championship competition!

Sincerely,

Skip Bertman  
Director of Athletics

## *TABLE OF CONTENTS*

Athletic Training .....	12
Championship Entry Form/Credentials.....	10-11
Cheerleaders, Mascots, Bands, Banners.....	11
Coaches Meeting/Coaches Sounding Board .....	9-10
Competition Schedule.....	8-9
Drug Testing.....	13
Equipment.....	13
Financial Penalties .....	13
Locker Rooms .....	12
Lodging .....	9
Media Interviews/Media Relations/Media Credentials .....	10
Misconduct.....	14
Officials.....	13
Practice Schedule .....	7-8
Qualification Deadlines .....	6
Results .....	13
Schedule of Events.....	7
Ticket Information.....	11
Tournament Personnel .....	4-5
Transportation .....	9
Uniforms/Numbers .....	12-13
Videotapes/Films/Still Photographers .....	12
<i>Appendices</i> .....	<i>15-24</i>

*A - Equipment List*

*B - Floor Lay Out*

*C - Facility Lay Out*

*D - Hotel Rooming List*

*E – Championships Entry Form*

*F – Student-Athlete Championships Evaluation*

*G - Hotel Directory*

*H - Restaurants/Dining*

*I - Miscellaneous*

*J - Travel*

*K – Directions*

## TOURNAMENT PERSONNEL

Meet Director & LSU Promotions Manager	Nicki Woodward Office: 225-578-8960 Fax: 225-578-2385 Cell: 225-326-9423 E-Mail: <a href="mailto:narnst1@lsu.edu">narnst1@lsu.edu</a>
Director of Athletics:	Skip Bertman Office: 225-578-3600
Associate Athletics Director for Gymnastics	Herb Vincent Office: 225-578-1863 Cell: 225-235-9999
Chair, NCAA Women's Gymnastics Committee:	Christie Purks Associate Director of Events Management University of Georgia 100 Smith Street Athens, Georgia 30603 Office: 706/542-7848 Fax: 707/542-7776 E-Mail: <a href="mailto:cpurks@sports.uga.edu">cpurks@sports.uga.edu</a>
NCAA Assistant Director of Championships:	D'Ann Keller P.O. Box 6222 Indianapolis, Indiana 46206-6222 Office: 317/917-6222 Cell: 317-966-6442 Fax: 317/917-6826 <a href="mailto:dkeller@ncaa.org">dkeller@ncaa.org</a>
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Sports Information Director:	Laurie Cannon Office: 225-578-7947 Cell: 225-241-3949
Director of Promotions & Marketing	Jenni Peters Office: 225-578-3917
Trainer:	Andy Barker Office: 225-578-8315 Cell: 225-268-1310

Graduate Assistant Trainer:	Mike Nicola Office: 225-578-2050 Cell: 402-598-3474
Orthopedic Physician:	Dr. Brent Bankston Office: 225-924-2424 Cell: 225-931-9889 Pager: 225-377-5285 Home: 225-769-4965
Family Practice Physician:	Dr. Derek Anderson Cell: 225-405-6574 Pager: 225-234-1876
Ticket Manager:	Eric Hummel Office: 225-578-1088 Fax: 225-578-3344
Transportation:	Mary Jane Merrill Office: 225-578-1459 Cell: 225- 241-0242 Fax: 225-578-3895

## **QUALIFICATION DEADLINES**

**Monday, March 13** -- Deadline for institutions to submit a regional qualifying score sheet to their region's regional advisory committee chair.

**Saturday, March 25** -- Cut-off date for scores that will be used for qualification purposes.

**Sunday, March 26** -- Deadline for institutions to report scores from meets conducted between March 15 and 20. **An updated RQS must be submitted, accompanied by an updated RQS sheet, to their region's regional advisory committee chair.**

**Monday, March 27** -- Selection and notification of teams and individuals to the regional championships.

**Tuesday, March 28, 12:00 Noon** -- Deadline for institutions that have qualified for the regional championships to submit championships entry form to Nicki Woodward. Declines must be made in writing to D'Ann Keller, NCAA Assistant Director of Championships ([dkeller@ncaa.org](mailto:dkeller@ncaa.org) or fax: 317-917-6826).

**Friday, April 7** -- Central Region Championship

**Sunday, April 9** -- Selection and competitive rotations for the national championships announced.

**Monday, April 10, 12:00 Noon** -- Deadline for institutions that have qualified for the national championships to accept or decline the invitation to participate.

**Monday, April 10, 12:00 Noon** -- Deadline for institutions that have qualified for the national championships to submit and entry form to the meet director.

**April 20-22** -- National Collegiate Women's Gymnastics Championships at Oregon State University.

## SCHEDULE OF EVENTS

### Thursday, April 6:

2:00 - 3:40 PM	Practice Session I	Maravich Assembly Center
3:40 - 4:00 PM	Media Interviews	Maravich Assembly Center
4:00 - 5:40 PM	Practice Session II	Maravich Assembly Center

### Friday, April 7:

9:00 AM	Coaches Meeting	Baton Rouge Marriott
10:30 AM	Coaches Sounding Board	Baton Rouge Marriott
2:30 PM	Officials Meeting	Courtyard Marriott Hotel
3:45 PM	Warm-up Session	Maravich Assembly Center
4:00 PM	Gates Open	
4:30 PM	Line-up Turned In	
6:00 PM	Competition	Maravich Assembly Center

## PRACTICE SCHEDULE

### Thursday, April 1 (Day prior to competition)

1. The competitive gym will be set up for teams to begin practicing on Thursday. **Teams and individuals will be assigned to a practice session according to their competitive starting event.**

#### Practice Session

- #1 (2:00 - 3:40 PM)
- #2 (4:00 - 5:40 p.m.)

#### Competitive Starting Event

- Vault, Bars, Bye before Floor
- Bye before Bars, Beam, Floor

Per NCAA Bylaw 17.1.5.6.1, student-athletes of host institutions may not miss class for practice sessions; therefore, the schedule may be adjusted to accommodate the class schedule for LSU student-athletes.

2. Two practice sessions will be conducted, and each will be one hour and 40 minutes in length (20 minutes for stretching and 20 minutes per event). An announcement will be made with five minutes, two minutes, etc., left in each rotation. The schedule is:

#### Practice Session I

2:00 - 2:20 PM	Stretching
2:20 - 2:40 PM	Rotation I
2:40 - 3:00 PM	Rotation II
3:00 - 3:20 PM	Rotation III
3:20 - 3:40 PM	Rotation IV

#### Practice Session II

4:00 - 4:20 PM
4:20 - 4:40 PM
4:40 - 5:00 PM
5:00 - 5:20 PM
5:20 - 5:40 PM

3. The five all-around competitors and the four event specialist competitors will practice Thursday with her/their assigned team.

**WARM UPS, COMPETITION SCHEDULE, MARCH IN,  
COMPETITION ROTATION**

**WARM UPS**

**Bars**

Team = 3:15  
All-around = :30  
Specialist = :30  
Team = 3:15  
All-around = :30  
Specialist = :30  
Team = 3:15  
All-around = :30  
Specialist = :30  
Team = 3:15  
All-around = :30  
Specialist = :30

**Beam**

Team = 6:25  
All-around = 1:05  
Specialist = 1:05  
Team = 6:25  
All-around = 1:05  
Specialist = 1:05

Time required to adjust the bars between team and individual event specialist/all-around competitor as well as the time required to prepare the balance beam area is not included in the timed warm-up.

As competitors arrive at each event for competition, each team will be allotted a three-minute touch warm-up with a minimum of two vaults per gymnast (including an alternate); the all-around competitor will take her own 30-second touch warm-up after the teams. On the vault and floor only, the all-around competitor may add her own 30-second touch to the team's three minutes and warm-up with the team. In addition, any event specialist may take her 30-second touch warm-up after the all-around competitor.

**COMPETITION WARM-UP SCHEDULE**

3:45 - 4:00 p.m.	Stretching
4:00 - 4:17 p.m.	Rotation I
4:17 - 4:34 p.m.	Rotation II
4:34 - 4:51 p.m.	Rotation III
4:51 - 5:08 p.m.	Rotation IV
5:08 - 5:25 p.m.	Rotation V
5:25 - 5:42 p.m.	Rotation VI
6 p.m.	Competition

**MARCH IN**

Teams will march in and line up in alphabetical order by institution, followed by the all-around competitor and/or event specialist assigned to rotate with the team. During the march in, the name of the institution as well as each athlete's name and the head coach's name may be announced expeditiously.

**COMPETITION ROTATION**

A random draw will be conducted by the NCAA office to determine the competitive rotation of the team, all around competitors and individual event specialists. The six rotations will be as follows:

Vault --- Bye before bars --- Bars --- Beam --- Bye before floor --- Floor

## LODGING

Fifteen (15) rooms have been reserved for each team at the Embassy Suites Hotel (information below). Each institution is obligated to confirm or cancel the accommodations. An institution is not obligated to stay at a designated property; however, it is financially responsible for canceling its reservations and then securing its own accommodations. If an institution wants to stay at another hotel, it must (a) obtain a release for the rooms (in writing) from the hotel manager, or (b) use the rooms for persons accompanying the official travel party. If an institution fails to make satisfactory arrangements for use of the rooms with the hotel, full charges for the rooms will be billed to the institution. A rooming list form (Appendix C) has been provided at the back of the manual. **Please complete the list and forward via fax to the hotel as soon as possible.**

Team Hotel: Embassy Suites Hotel  
4914 Constitution Ave.  
Baton Rouge, LA 70808

Contact: Dena Gill, Sales Manager  
Phone: 225-924-6566

For the convenience of friends, family and other fans, a complete listing of area hotels (Appendix D), restaurants (Appendix E), area attractions and entertainment (Appendix F) may be found at the back of this manual.

## TRANSPORTATION

Information regarding travel to and around Baton Rouge, LA appears in Appendix G. Directions and a map of the LSU campus may be found in Appendix H. Additional questions may be directed to Mary Jane Merrill, Travel Manager for the LSU Athletics Department at 225-578-1459.

## COACHES/ADMINISTRATORS MEETING

A coaches/administrators meeting will be held Friday, April 7 at 9:00 AM. At this meeting, coaches will review the format of the meet, opening ceremonies, meet procedures, etc. The meeting will take place at the Embassy Suites Hotel. **Coaches are reminded that this meeting is mandatory, subject to financial penalty.**

## COACHES SOUNDING BOARD

The regional representative or designee of the National Association of Collegiate Gymnastics Coaches (Women) will conduct a general discussion to provide coaches the opportunity to discuss concerns and make recommendations for future competition. This meeting will take place immediately following the coaches meeting (approximately 10:30 AM).

## **MEDIA INTERVIEWS**

Media interviews will be scheduled on Thursday, April 6, as requested by the media. Media interviews may be conducted either before or after a team's practice or between practice sessions from 3:40 - 4:00 PM. Laurie Cannon, LSU Associate Sports Information Director, will coordinate requests for interviews with the head coach or the designated sports information representative. Interviews will be conducted in a designated room off the competition floor in the Southwest portal on the lower level of the Pete Maravich Assembly Center.

## **MEDIA RELATIONS AND MEDIA CREDENTIALS**

**Credentials:** Media credentials should be requested at least 24 hours in advance of the event by contacting Laurie Cannon at 225-578-7947. Credentials may be picked up at the Press Will Call located in the Northeast Corridor of the Maravich Assembly Center or in advance at the LSU Sports Information Office located on the fifth floor of the LSU Athletics Administration Building. Credentials must be worn at all times and are non-transferable.

**Meet Results:** Complete books, including final box scores, will be provided at least 15 minutes after the conclusion of the championship.

## **CHAMPIONSHIPS ENTRY FORM & CREDENTIALS**

The championships entry form is available on the NCAA Web site at <http://www1.ncaa.org/membership/champadmin/gymnastics/index.html>. This form must be returned to Nicki Woodward, Central Region Meet Director, by March 28. Changes to the 15 student-athletes designated on the entry form must be made in writing to the meet director and in no event later than the institution's departure from campus.

**Team:** An issued credential may not be given to another team member or individual. Teams will receive up to 24 credentials as follows:

- Student Athletes: 15 student-athletes will receive credentials that must be worn to gain entry to the arena and for access to the floor.
- Coaches: Three (3) coaches will receive a credential that must be worn to gain entry to the arena and remain on the floor.
- Support Staff: Two floor-access credentials (SID, trainer, physician, manager, etc.)
- Administrator: One temporary floor-access credential for the institution's administrator. The administrator's temporary floor-access credential is for purposes of fulfilling responsibilities at press conferences and post-meet activities only (non-transferable).
- Sports Information Director: One all access/non-transferable
- Photographer: One floor access - restricted to designated photo areas
- Videographer: One limited access – no admittance/no floor access

**Individuals:** Each individual participant will receive a credential, which must be worn to gain entry to the arena and for access to the floor. Institutions with one or two participants will receive three non-participant credentials. Institutions with three or more participants will

receive four non-participant credentials. In addition, one credential may be issued to an administrator.

Coaches and trainers of individual participants only may "trade-out" credentials so that the appropriate coaches and/or trainer have access to the floor. At no time will there be more than the allotted number of non-athletes on the floor at any one time.

Note: If two student-athletes from an institution qualify into the SAME SESSION, an additional credential may be given for another assistant coach.

### **TICKET INFORMATION**

Each participating team is guaranteed a minimum of 30 tickets all of which shall be at courtside. Sixty additional tickets will be available elsewhere in facility. A random draw will be used to determine the location of each institution's block of seats. A block of tickets will also be reserved courtside for individuals qualifying for the event.

<b><i>Ticket Prices:</i></b>	Adult (13 & older):	\$7.00
	Youth/ Student (with college ID):	\$4.00
	Adult GA/Group Sales:	\$5.00
	Youth GA/Group Sales:	\$3.00

### **CHEERLEADERS, MASCOTS, BANDS AND BANNERS**

Band members, not to exceed 25, who are in uniform and performing at the championships, will not be charged admission to the competition. The host institution must designate seating off the competitive floor. Bands, or any component thereof, may play only during the 15 minutes before the competition when the floor is cleared, the 3-minute touches, and 15 minutes following the awards ceremony.

In the event there is more than one band, the meet director will divide the 15 minutes and the 3-minute touches equally among the bands. The host will play last with all others performing in alphabetical order. The band MAY NOT interfere with the announcer.

#### ***FIGHT SONGS MAY NOT BE PLAYED DURING THE 3-MINUTE TOUCHES.***

Any banners other than the approved NCAA and television and radio banners may not be posted on arena walls without the permission of the NCAA Women's Gymnastics Committee or its designated representative. Hand-held team banners are permissible as long as they do not interfere with the competition or view of spectators. Banners advertising equipment or manufacturers are prohibited.

**It is imperative that LSU receive notification no later than April 2 if any participating institution will be bringing a band and/or cheerleaders to the competition.**

## **VIDEOTAPES, FILMS AND STILL PHOTOGRAPHS**

Institutions are permitted to videotape championships competition of their teams or individual student-athletes for archival, coaching or instructional purposes. Each institution is permitted to use one camera and may videotape only that portion of the competition in which it participates from either the designated area provided by the host institution or from their respective corral. Institutions may videotape from inside their corral provided the camera is hand-held or on a stationary tripod and does not obstruct fan viewing. The videotapes may not be used for commercial purposes. An institutional representative should contact Nicki Woodward at 225-578-8960 **no later than Monday, April 2** if you desire space in the area designated for videotaping. Filming by spectators **will be allowed** in the Pete Maravich Assembly Center.

## **ATHLETIC TRAINING**

The Athletic Training Room on the west corridor in the Maravich Assembly Center will serve as the host facility for any taping and minor treatment needs. In addition, the Broussard Center for Athletic Training, located on the northeast corner of Tiger Stadium (between Gates 9 & 10), will also be available for use by the teams throughout the event. The Broussard Center offers a large hydrotherapy area, which includes in-ground hot and cold whirlpools, as well as the latest modalities and rehabilitative exercise equipment. This athletic training facility will be open from 7:00 AM to 7:00 PM on the practice day, and from 12:30 PM until 4:00 PM during the day of competition. Special needs will be addressed by the athletic training staff and can be arranged for by calling Andy Barker at 225-578-8315. A physician will be on call throughout the championship and will be on site during all competition.

## **LOCKER ROOMS**

Locker rooms in the Maravich Assembly Center will be provided for each team. A key will be provided to the designated representative of each institution. Towels will be available upon request. Locker Room assignments will be made by random draw.

## **UNIFORMS AND NUMBERS**

All competitors must wear exclusively the official uniform of their institution during the competition, warm-ups and during the awards ceremonies. Gymnasts on the competition floor for practice and warm-up are required to wear one-piece leotards that include matching trunks and may include matching sports bra. Swimwear is prohibited during competition. For NCAA regional and national competition, long-sleeve, short-sleeve or sleeveless one-piece leotards with matching (i.e., color of leotard or skin tone color) trunks are required. Gymnasts must wear leotards with straps no smaller than 2 cm. There will be no deduction for a matching sports bra that is exposed.

For practice, shorts and t-shirts are not acceptable unless they are the institution's official uniform (e.g., all gymnasts have the same color and style). When a team (or individual qualifiers from the same school) is on the competition floor, the competitors must be in identical team uniform. During the individual competition, individual leotards may be worn.

Competition numbers assigned to each gymnast are considered a part of the official uniform and must be worn without alteration (e.g., folded over, cut, etc.) on the backs of all gymnast's practice and competition leotards and other apparel during all practices, timed warm ups and competitive sessions. Two sets of numbers will be provided and MAY NOT BE ALTERED IN ANY WAY.

A gymnast who does not conform to the uniform policies will be considered "out of uniform" and will be required to conform to the uniform rule prior to competing.

### **EQUIPMENT**

A list of all equipment provided for the event appears in Appendix A. A lay-out of the competition floor is provided in Appendix B.

### **OFFICIALS**

All officials will be selected by the NCAA Women's Gymnastics Committee. The meet referee will be present at all practice sessions on Thursday.

### **RESULTS**

The results of the meet will be verified by the meet referee and NCAA scoring director immediately following the meet. The results will be declared official 12 hours after the start of the meet. Coaches' signatures are not required on the score sheets.

### **DRUG TESTING**

Student-athletes who compete in these championships may be subjected to drug tests in accordance with Bylaws 18.4.1.5 and 31.2.3, and may be determined to be ineligible as a result thereof. Only student-athletes who have consented in writing to such testing are initially eligible for these championships; and thereafter, student-athletes who are tested shall remain eligible only if they test negative.

Student-athletes will be selected for testing on the basis of place finish, playing time, position and/or random selection. The goal of the drug-testing program is to provide fair and equitable competition for student-athletes competing in NCAA championships. The program involves urine collection and laboratory analysis for substances on a list of banned drugs.

Persons who test positive at one championship automatically will be tested at the next championship at which they appear and at which drug testing is conducted.

## **FINANCIAL PENALTIES**

The NCAA Women's Gymnastics Committee may assess a financial penalty against an institution for failure of its representatives to adhere to the policies and procedures governing the administration of the competition. This includes failure to comply with the procedures and deadlines for submitting score sheets, schedules and entry forms for qualification and other materials necessary for the efficient administration of the competition.

## **MISCONDUCT**

Misconduct in an NCAA Championship is any act of dishonesty, unsportsmanlike conduct, unprofessional behavior or breach of law occurring incident to, en route to, from or at the locale of the competition or practice that discredits the event or intercollegiate athletics.

***Criticism of Officials*** – Members of the coaching staff or other representatives of participating institutions or conferences shall not make public statements critical of officiating in any NCAA championship event. Failure to comply with this policy may subject the individual, institution or conference to the misconduct provisions of Bylaw 31.1.10.

***Coaches Meeting*** – Each games committee shall hold a pre-tournament meeting with the coaches of participating institutions to review and explain the policies related to misconduct.

***Hearing Opportunity*** – An act of misconduct may be found upon an administrative hearing granted to the student-athlete or the institutional representative involved by the governing sports committee or the games committee authorized to act for it.

***Misconduct Incident to Competition*** – If the act of misconduct occurs during the competition, under normal circumstances the individual shall be allowed to complete the competition in which he or she is participating at the time of the incident. An administrative hearing shall be held at the conclusion of the day's competition, during a break in the continuity of the championship when no competition is being conducted or at the conclusion of the championship. However, if the act of misconduct is so flagrant that it obviously violates the principles of fair play and sportsmanship, the games committee may immediately withdraw the student-athlete or institutional representative from the competition and conduct the hearing after this action. Other acts of misconduct may be dealt with at the governing sports committee's convenience.

**2006 NCAA GYMNASTICS CENTRAL REGION CHAMPIONSHIP**

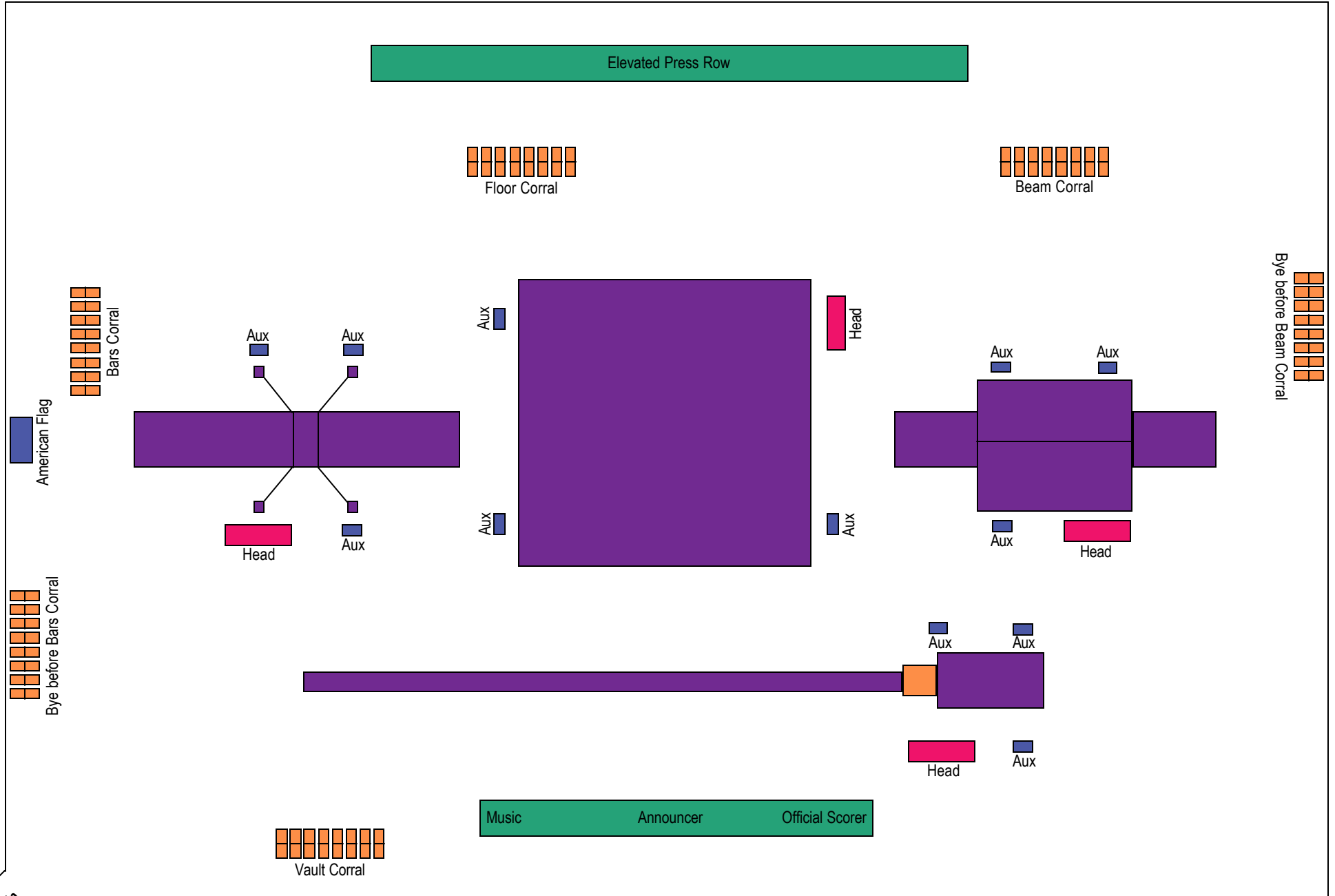
**HOSTED BY LOUISIANA STATE UNIVERSITY**

800 ELITE SERIES					800 ELITE SERIES				
EVENT	ITEM DESCRIPTION	CATALOG NO.	QTY.	CHECK IF HAVE	EVENT	ITEM DESCRIPTION	CATALOG NO.	QTY.	CHECK IF HAVE
<b>Vaulting</b>	Domestic Vault Table	407-520	1	x	<b>Floor Ex.</b>	Elite Spring Floor System (Palmer)	432-350	1	x
N = Nationals	Padded Vaulting Runway (1-1/4") OR	416-039	1	x	N = Nationals	Working Area = 39.4 7/16 X 39.4 7/16 (12m X 12m)			
	Padded Vaulting Runway (5/8")	416-049				(variance of 2 cm permitted)			
	Stratum Coil Board	407-228	1	x		Extra Floor Panels		2	x
	Vault Safety Zone	416-238	1	x		Reflex Border - 45' X 45'	432-891	1	x
	FIG 8' X 15.5' Firm V2 20 cm	416-639	1	x		Elite Carpet - 45' X 45' (note color in blank column)	416-245	1	x
	FIG 4' X 8' Firm V1 20 cm Cutout	416-550	1	x		Cross-Link Polyethylene Roll Foam - 2" X 6' X 42'	416-750	7	x
	8" Skill Cushion - min. 5'X10'	416-663	1	x		8" Skill Cushion - min. 5' X 10'	416-663	1	x
	Sting Mat - min. 7' X 10'	416-084	1	x		Sting Mat - min. 5' X 10' OR 7' X 10'	416-083/084	1	x
	Sting Mat - 1m X 2m X 5 cm (for round-off entry vault)	416-082	1	x		4" Throw Mat - min. 5' X 10' OR 7' X 10' preferred	416-667/668	1	x
	Round-Off Pad - 36" X 36"	416-106	N - 1	x					
	4" Throw Mat - min. 7' X 10' OR 8' x 15.5' preferred	416-019/020	1	x					
	Low Height Spotting Block	416-048		x	<b>Misc.</b>	Start Value Flip Charts		16	x
					R = Regionals	Variable Speed Tape Recorder (backup)		2	x
					N = Nationals	Variable Speed CD Player - 1 competition/ 1backup		2	x
<b>Uneven Bars</b>	Elite UTB-844 w/ Graphite X Bars w/ 175 cm width	407-080	1	x		2' X 4' X 1/2" plywood mounting boards w/ non-skid surface			x
N = Nationals	Extra Graphite X Bar	407-152	2	x		on both sides (non-varnish; non-logo) - 1 at bars; 1 at beam		2	
	Elite UTB Adapters (if no floor plates); pre-filled wght	407-361/349	1	x		Block Chalk		Case	x
	FIG 8' X 15.5' Firm V2 20 cm	416-639	2	x		Green Start Flags		4	x
	FIG 8' X 12' Firm V2 20 cm	416-637	2	x		Yellow Flags		2	x
	FIG 5' X 7.5' Firm V2 20 cm (insert mat)	416-648	1	x		Wire Brush (securely attached to bars chalk tray)		1 - 2	x
	8" Skill Cushion - min. 5' X 10'	416-663	1	x		Bell (beam warning in addition to voice warning)		1	x
	Sting Mat - min. 5' X 10' OR 7' X 10'	416-083/084	1	x		Timers/Stop Watches (5 + 3 backups)		8	x
	4" Throw Mat - min. 7' X 10' OR 8' x 15.5'	416-019/020	1	x		100 ft. US Tape Measure		1	x
	Stratum Coil Board	407-228	1	x		20 meter Tape Measure		1	x
	Low Height Spotting Block	416-048	1	x		Collegiate Vault Values Chart		1	x
						Additional Panel Mats (2 bye areas)		2 - 4	x
						High Chalk Trays	407-012	4	x
<b>Bal. Beam</b>	Elite Reflex Adjustable Beam OR	407-440	1			Chalk Pans	417-010	N - 4	x
N = Nationals	Elite Reflex Non-adjustable Beam	407-430		x		Score Flasher - 3 digit (panel judges)	418-002	12	x
	Elite Reflex Beam Upright Leg Pad System	416-320	1 set	x		Score Flasher - 4 digit (chief judges & vault number)	418-003	5	x
	Elite Reflex Beam Leg Pad System	416-310	1 set	x		Spray Water Bottles for Bars		2-4	x
	FIG 8' X 15.5' Firm V2 20 cm	416-639	4	x					
	FIG 8' X 12' Firm V2 20 cm	416-637	1	x					
	FIG 5' X 7.5' Firm V2 20 cm - extra insert from bars	416-648	1	x					
	8" Skill Cushion - min. 5'X10'	416-663	1	x					
	Sting Mat - min. 5' X 10' OR 7' X 10'	416-083/084	1	x					
	4" Throw Mat - min. 7' X 10' OR 8' X 15.5'	416-019/020	1	x					
	Stratum Coil Board	407-228	1	x					
	Panel Mats (for warm-up area)		2	x					
	7' X 3.5' (1m X 2m) sting OR suede beam pad	416-051	N - 1	x					

MEET DIRECTOR'S SIGNATURE AND DATE: \_\_\_\_\_

# LSU GYMNASTICS

## NCAA REGIONALS - FOUR JUDGES



March 4h

# LSU GYMNASTICS

## NCAA REGIONALS

### COMPETITION FLOOR



**Hotel Rooming List**

Institution: \_\_\_\_\_ Head Coach: \_\_\_\_\_ Phone: \_\_\_\_\_

Room #1 \_\_\_\_\_ Room #2 \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Room #3 \_\_\_\_\_ Room #4 \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Room #5 \_\_\_\_\_ Room #6 \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Room #7 \_\_\_\_\_ Room #8 \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Room #9 \_\_\_\_\_ Room #10 \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Room #11 \_\_\_\_\_ Room #12 \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Room #13 \_\_\_\_\_ Room #14 \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Room #15 \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Fax completed rooming list no later than Thursday, March 30, 2006**

**Attention:** Dena Gill, Sales Manager  
Embassy Suites

**Fax #: 225-927-2816**

**2006 NCAA Women's Gymnastics Championships  
Entry Form**

*\*Complete this form upon qualifying for regionals and again upon qualifying for nationals.*

**Team Participants:**

The maximum number of credentials allotted are:

- 15 – Student-athletes (18 if approved)
- 3 – Coaches
- 2 – Support staff (temporary floor pass)
- 1 – Administrator (non-transferable/temporary floor pass)
- 1 – Sports Information Director (non-transferable)
- 22 Total = Credentials per team

**Individual Participants:**

One or two participants from same institution – list each participant and maximum three non-participants. Three or more participants from same institution – list each participant and maximum four non-participants. If two or more participants from an institution qualify into the same session, an additional credential may be issued for another assistant coach.

**Deadlines to Submit Entry Form to Meet Director:**

- Regionals      March 28, 2006
- Nationals      April 11, 2006

It is the **responsibility of the head coach** to ensure the accuracy of the entry form. Changes to the 15 student-athletes designated on the entry form must be made in writing to the meet director and in no event later than the institution's departure from campus.

GYMNASTS ONLY (Maximum - 15)	CREDENTIALLED NON-PARTICIPANTS (Maximum - 7) (coaches)
1.	1.
2.	2.
3.	3.
4.	<b>Support Staff (trainers, managers, physicians)</b>
5.	4.
6.	5.
8.	<b>Sports Information Director</b>
9.	
10.	
11.	
12.	
13.	<b>Administrator</b>
14.	7. _____
15.	

Institution: \_\_\_\_\_

Date: \_\_\_\_\_

Director of Athletics: \_\_\_\_\_

Coach: \_\_\_\_\_

**Signature**

**Signature**

**2006 NATIONAL COLLEGIATE WOMEN'S GYMNASTICS CHAMPIONSHIPS**

**STUDENT-ATHLETE CHAMPIONSHIP EVALUATION**

Site: \_\_\_\_\_

Please rate the following aspects of the championship as excellent (E), good (G), average (A), poor (P) or not applicable (NA).

1. GAME MANAGEMENT AND FACILITIES.

a. Quality of competition site.	E	G	A	P	NA
b. Access to training room facilities.	E	G	A	P	NA
c. Physical condition of locker room.	E	G	A	P	NA
d. Facility size appropriate for event.	E	G	A	P	NA
e. Security during event and/or practice.	E	G	A	P	NA

Suggestions/Comments: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

2. HOST INSTITUTION.

a. Was the host institution staff helpful in taking care of practice arrangements?	Yes	No	NA
b. Was the host institution staff easily accessible if/when needed?	Yes	No	NA
c. Was the host institution staff helpful in assisting with equipment needs?	Yes	No	NA
d. Were you pleased with the "general atmosphere" of the event?	Yes	No	NA

Suggestions/Comments: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

3. HOTEL ACCOMMODATIONS.

- |    |                              |   |   |   |   |    |
|----|------------------------------|---|---|---|---|----|
| a. | Quality of hotel.            | E | G | A | P | NA |
| b. | Courtesy of hotel staff.     | E | G | A | P | NA |
| c. | Location of hotel from site. | E | G | A | P | NA |

Suggestions/Comments: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

4. LOCATION OF EVENT.

Please comment on how you felt about the appropriateness of the city as a host for the championships.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

5. MEDIA COVERAGE.

- a. Please circle below the MAIN type of media coverage your event received. If “other,” describe below. If none, go to number 7.

Press Conference	Newspaper	Radio
Television	None	Other _____

- |    |   |     |    |    |
|----|---|-----|----|----|
| b. | Was the focus of the media coverage on the participants?  | Yes | No | NA |
| c. | Was your event televised on a tape-delayed basis?<br>(If you saw it, answer “d.” If you did not see it, go to “e.”) | Yes | No | NA |
| d. | Were you pleased with the telecast?   | Yes | No | NA |

- e. Did you participate in a press conference? Yes No NA  
(If yes, answer "f." If no, go to number 7.)
- f. Were you comfortable with it? Yes No NA

Suggestions/Comments: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

6. THIS QUESTIONNAIRE WAS DESIGNED TO GATHER YOUR OPINIONS ABOUT YOUR EXPERIENCES AS A STUDENT-ATHLETE. WE WOULD APPRECIATE YOUR FEEDBACK ABOUT WHAT YOU THINK COULD BE DONE TO IMPROVE THE CHAMPIONSHIP EXPERIENCE FOR STUDENT-ATHLETES.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

EVENT: \_\_\_\_\_ INSTITUTION: \_\_\_\_\_

Please return to:

D'Ann Keller  
Assistant Director of Championships  
NCAA  
P.O. Box 6222  
Indianapolis, IN 46206-6222

FAX: 317/917-6826

**Best Western Richmond Suites**

5668 Hilton Ave.  
225/924-5500

**Chase Suites**

5522 Corporate Blvd.  
225/927-5630

**Comfort Suites**

3045 Valley Creek  
225/923-3377

**Courtyard by Marriott**

2421 S. Acadian Thruway  
225/924-6400

**Embassy Suites**

4914 Constitution Ave.  
225/924-6566

**Fairfield Marriott**

7959 Essen Park Ave.  
225/766-9493

**Hampton Inn**

4646 Constitution Ave.  
225/926-9990

**Holiday Inn Express**

4924 Constitution Ave.  
225/930-0600

**Holiday Inn Select**

4728 Constitution Ave.  
225/925-2244

**Holiday Inn South**

9940 Airline Highway  
225/924-7021  
6 miles from LSU

**Homewood Suites**

5800 Corporate Blvd.  
225/922-1700

**La Quinta Motor Inn**

2333 South Acadian Thruway  
225/924-9600

**Marriott Baton Rouge**

5500 Hilton Avenue  
225/924-5000

**Marriott Fairfield Inn**

7959 Essen Park South  
Baton Rouge, LA  
225/766-9493

**Sheraton Baton Rouge**

102 France Street  
Baton Rouge, LA 70802  
225/242-2600

**Sleep Inn**

10332 Plaza Americana Dr.  
225/926-8488

## **RESTAURANTS & DINING**

### **American Market**

5251 Nicholson Drive; Ste Q  
767-7531

### **Brew-Bachers**

5251 Nicholson Dr.  
766-8491

### **Chili's**

4550 Constitution Ave.  
927-0035

### **The Chimes**

3357 Highland Road  
383-1754

### **Chinese Inn**

1710 Nicholson Dr.  
383-1460

### **Drusilla Seafood Restaurant**

3482 Drusilla Lane  
923-0896

### **Fuddrucker's**

5720-A Corporate Blvd.  
216-3833

### **International House of Pancakes**

3006 College Drive  
218-8467

### **Jason's Deli**

2351 Citi Place Ct.  
926-7788

### **Lone Star Steak House**

3014 S. Acadian Thruway  
346-0870

### **Mike Anderson's Seafood**

1031 West Lee Dr.  
766-7823

### **Ninfa's**

4737 Constitution Ave.  
924-0377

### **On the Border**

2552 Citi Place Ct.  
924-7400

### **Outback Steak House**

2415 S. Acadian Thruway  
927-9488

### **Piccadilly Cafeteria**

5474 Essen Lane  
769-8027

### **Portobello's**

1072 West Lee Dr.  
761-5005

### **Ralph and Kakoos**

6110 Bluebonnet Blvd.  
766-2113

### **Semolina's**

4506 James Town Ave. (off College Dr.)  
924-4506

### **T.J. Ribs**

2324 S. Acadian Thruway  
383-7427

### **Walk-Ons**

3838 Burbank  
225/757-8010

## **MISCELLANEOUS INFORMATION**

### **GROCERY STORE**

**(Convenient to LSU)**

#### **Winn Dixie**

5555 Burbank Rd.  
Corner of Burbank and S. Lee Dr.  
757-8757

### **PHARMACIES**

#### **Rite Aid**

3080 College Dr.  
231-2370

#### **The Medicine Shoppe**

5241 Highland Road  
769-2585

#### **Winn-Dixie**

5555 Burbank Rd.  
Corner of Burbank and S. Lee Dr.  
757-8757

#### **Wal-Mart**

3535 Perkins Rd.  
343-9922

## **& SHOPPING**

#### **The Mall of Louisiana**

6401 Bluebonnet  
About 8 miles from LSU

#### **Cortana Mall**

Airline Highway and Florida Blvd.  
About 10 miles from LSU

#### **Siegen Village Cinema 10**

7166 Siegen Lane  
292-6195

#### **Tinseltown USA**

10955 N. Mall Drive  
295-3300

#### **United Artist CitiPlace Theatre**

2610 CitiPlace Blvd  
216-0056

#### **USS KIDD and Nautical Center**

305 South River Road Down Town  
9:00 a.m. - 5:00 p.m. daily  
Admission charge

#### **Plantation Homes**

Plantation Home tours are available.  
For information call the Baton Rouge  
Visitor Information Center  
225-383-1825 or 800-527-6843

#### **Catfish Town**

Mississippi River at South Boulevard  
344-8943  
Riverboat gaming, dining, music, &  
entertainment

## **TRAVEL TO AND AROUND BATON ROUGE**

Appendix G

## **ENTERTAINMENT, ATTRACTIONS**

## **AIRLINE SERVICE**

- **Baton Rouge Airport**  
15 miles from LSU Campus  
American Eagle  
Continental  
Delta  
Northwest

## **AUTOMOBILE RENTALS**

- **Avis Rent-A-Car**  
225-355-4702
- **Budget**  
(Has 15 passenger vans)  
225-355-0312
- **Hertz Rent-A-Car**  
225-357-5222
- **National Rent-A-Car**  
225-355-5651
- **Enterprise** (5 area locations)  
(Has 15 passenger vans)  
800-736-8222  
225-929-7560 (local)

## **BUS TRANSPORTATION**

- **Dixieland Tours**  
10520 S. Choctaw Dr.  
225-273-9119
- **Great American Coach**  
9680 St. Choctaw  
225-923-2396
- **Hotard Coaches**  
10464 S. Choctaw Dr.  
225-273-0080

- **Dealers**  
6675 Airline Highway  
356-0126

## **BUS REPAIR**

- **Baton Rouge Bus Maintenance**  
928-1840
- **Baton Rouge Diesel**  
925-9683
- **Margot**  
927-3700
- **Commercial Tire**  
775-1035

## **OTHER**

- Pop-O-Lock**  
292-6736

Appendix H

Appendix I

## **TOWING SERVICES**

## **DIRECTIONS**

**From the Baton Rouge Metropolitan Airport to the Embassy Suites:** Leave the main terminal of the airport and turn left (south) on Veteran's Memorial Blvd. Go to the first light (about a mile or more) and turn right (to I-110 South). Stay in the right lane to merge onto I-110 South. I-110 will merge into I-10. Stay on I-10 to the College Drive Exit (#158). Exit at College Drive and stay in the center lane. At the stoplight at the end of the exit ramp go across College Ave. to Constitution Ave. Stay on Constitution past the Radisson Hotel. The Embassy Suites will be on your right. **Driving time: 15-20 Minutes**

**From the Embassy Suites to LSU:** Leave the hotel and go left on Constitution to College Avenue. Turn right onto College Avenue and go through the light and under the interstate overpass. Merge onto I-10 west via the ramp to the right. Take the Dalrymple Drive exit (#156B) toward LSU. Turn right onto Dalrymple Drive. Follow Dalrymple Drive all the way into campus. Curve left around the Indian Mounds and take the next right (at the Cox Communication Academic Center for Student Athletes) onto North Stadium Drive. The Pete Maravich Assembly Center is at the bottom the hill on the right. **Driving Time: 10-15 Minutes**