

2014 Gymnastics Coaches Meeting

1. Entering gymnasts for regular season meets
 - keep them in numerical order
2. State registrations in earlier
 - to head coach of
3. Recruiting gymnast officials
 - try to get your former gymnasts and older gymnasts registered
4. Changing the Team Day warm up (see attached). **(passed unanimously)**
 - it will go Vault Open, Bars Open (so you don't have to go straight from vault to setting up Bars)
5. Keeping the "1 Title" winners in the program
 - right now only multiple winners in
6. Google Docs
 - they would like each individual team to have a page
7. Future State Meets
 - WDA is in Jamestown next year, they don't want the State Meet the next year
 - too much work moving twice
 - move to Minot
8. Team seeding tie breakers **(passed unanimously)**
 - head to head
 - add team scores of meets where both teams competed. Highest total wins.
9. Coaches dues
10. Team meet set up – compete as a team and be done
11. Advisory members:
 - Amber Diemert At Large 2012-2015
 - Robbie Werchau West Rep 2013-2016
 - Courtney Gripentrog East Rep 2014-2017
12. Scheduling

Gymn.

Tie break for team seeding.

Starting with number one and stop when the tie is broke (if the first tie break works don't go on to #2. Etc.)

Skip #1 and #2 if 3 or more teams are tied.

1. One on one record where both teams competed. Best record gets tie break.
2. Add team scores of meets where both teams competed. Highest total gets tie break.
3. Average top 4 scores (instead of 5) for tied teams.
4. Average top 3 scores for tied teams.
5. Average top 2 scores for tied teams.
6. Top score for tied teams.
7. Flip a coin.

Gymn.

8 Team Double Grouping

Team "A" is the first seed. Team "B" is the second seed. Etc.

9 Min. Warm up

TEAM DAY WARM UP ROTATIONS RIGHT NOW

Rotations V UB BB FX

Rot #1 F C E H

Rot #2 A B D G

Rot #3 H A G F

Rot #4 C D B E

Rot #5 B G A D

Rot #6 E F H C

Rot #7 D E C B

Rot #8 G H F A

TEAM

A:	Open	Vault	Bars	Open	Beam	Open	Open	Floor
B:	Open	Bars	Open	Beam	Vault	Open	Floor	Open
C:	Bars	Open	Open	Vault	Open	Floor	Beam	Open
D:	Open	Beam	Open	Bars	Floor	Open	Vault	Open
E:	Beam	Open	Open	Floor	Open	Vault	Bars	Open
F:	Vault	Open	Floor	Open	Open	Bars	Open	Beam
G:	Open	Floor	Beam	Open	Bars	Open	Open	Vault
H:	Floor	Open	Vault	Open	Open	Beam	Open	Bars

9 min. Warm up

TEAM DAY WARM UP CHANGES

Rotations V UB BB FX

Rot #1 A C E H

Rot #2 F B D G

Rot #3 H A G F

Rot #4 C D B E

Rot #5 E G A D

Rot #6 B F H C

Rot #7 D E C B

Rot #8 G H F A

Team:

A:	Vault	Open	Bars	Open	Beam	Open	Open	Floor
B:	Open	Bars	Open	Beam	Open	Vault	Floor	Open
C:	Bars	Open	Open	Vault	Open	Floor	Beam	Open
D:	Open	Beam	Open	Bars	Floor	Open	Vault	Open
E:	Beam	Open	Open	Floor	Vault	Open	Bars	Open
F:	Open	Vault	Floor	Open	Open	Bars	Open	Beam
G:	Open	Floor	Beam	Open	Bars	Open	Open	Vault
H:	Floor	Open	Vault	Open	Open	Beam	Open	Bars