Region 2 Congress

When: August 13 – 15, 2021

Where: OMEGA in Beaverton, Oregon

Be there!

COMPULSORIES WITH TOM KOLL

Friday Athletes

Arrive 15 min early for check in:

Level 5:

8:30 Warm up

9 – 11 Floor

11 – 12 Beam

12 – 12:30 Bar Demo/Lecture

Level 4:

12:30 Warm up

1 – 2:30 Floor

2:30 – 3:30 Beam

3:30 – 4:00 Bar Demo/ /Lecture

Level 3:

4:00 Warm up

4:30 – 5:30 Floor

5:30– 6:30 Beam

6:30 – 7:00 Bar Demo/ /Lecture

Friday: **Athletes $60** each

Coaches – register your Athletes on USAG and Send $ to PO Box 2137 Boise, ID 83701. You are not fully registered until paid. Registration date will be when fully registered.

Numbers will be limited.

Athletes need to have been introduced to the routines already.

Tom Koll will work with all athletes as well as several clinicians who are trained in the new compulsories.

Athletes need to have a coach attend with them.

Coaches and Judges for the whole weekend $100 each! Group Rates:

More than 5 per club – $75 each!

Saturday Schedule: Tom Koll

Each level also includes a live demonstration, and judging for coaches and judges

8 – 9 Updates DP, Xcel

9 – 10:30 L5 BB

10:30 – 12:15 L5 FX

12:15 – 1 Lunch

1 – 2:30 L4 BB

2:30 – 4:15 L4 FX

4:15 – 5:00 Bar Lecture L4 and 5

5 – 6 Lecture/Discussion Ann Heppner – Let's be Fair…Coaches and Judges working together

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Sunday Schedule:
8 -1 Open practice on all Floor and Beam Routines
8:00 Denise Green lecture Working together: Tips for Being the Best at judging and testing

9- 10 4/5 BB films – Linda Mulvihill

10 – 11 4/5 FX Films – Linda Mulvihill

11-12 4/5 Bar Films – Linda Mulvihill

12 – 1 NCAA Update - Priscilla Hickey

REGION 2 Rocks!

Athlete Name	Level	USAG number

ATHLETES MUST HAVE A MEMEBRSHIP FOR THE 2021 – 2022 SEASON!

Number of athletes _____ X $60 = _____
CLUB_____
Send Check to: Region 2
PO Box 2137
Boise, ID 83701

Coaches/ Judges: CLUB_____

Name	USAG Number	$ 100 per person or group rate $75 per person

Total Due_____

SEND CHECKS TO REGION 2

PO Box 2137

Boise, Idaho 83701