



Women's Collegiate National Championships

April 6-8, 2023



Hosted by
Texas Woman's University

CHAMPIONSHIP SCHEDULE

TUESDAY, APRIL 4, 2023

Practice sessions are available in our practice facility (DGL) before 3 pm. Please contact Lisa by March 24th if you are interested in practicing that day.

WEDNESDAY, APRIL 5, 2023

10:00 am Athletic Training Room opens

12:00 pm Practice Session #1 Begins

12:00 – 12:20 pm Open Stretch

	<u>12:20 - 12:40 pm</u>	<u>12:42 - 1:02 pm</u>	<u>1:04 - 1:24 pm</u>	<u>1:26 - 1:46 pm</u>
<i>Team A</i>	VAULT	BARS	BEAM	FLOOR
<i>Team B</i>	BARS	BEAM	FLOOR	VAULT
<i>Team C</i>	BEAM	FLOOR	VAULT	BARS
<i>Team D</i>	FLOOR	VAULT	BARS	BEAM

2:30 pm Practice Session #2 Begins

2:30 – 2:50 pm Open Stretch

	<u>2:50 – 3:10 pm</u>	<u>3:12 – 3:32 pm</u>	<u>3:34 – 3:54 pm</u>	<u>3:56 – 4:16 pm</u>
<i>Team A</i>	VAULT	BARS	BEAM	FLOOR
<i>Team B</i>	BARS	BEAM	FLOOR	VAULT
<i>Team C</i>	BEAM	FLOOR	VAULT	BARS
<i>Team D</i>	FLOOR	VAULT	BARS	BEAM

THURSDAY, APRIL 6, 2023

8:00 – 10:00 am Coaches' Meeting- Embassy Suites Denton

10:00 am Training Room opens

Team Preliminary Session #1

12:00 – 1:30 pm Officials Meeting

11:55 am – 12:15 pm Open Stretch

12:17 – 1:35 pm Timed Warm-up (4- 18 minute rotations with 2 min. transitions)

	<u>12:17 – 12:35 pm</u>	<u>12:37– 12:55 pm</u>	<u>12:57 – 1:15 pm</u>	<u>1:17 – 1:35 pm</u>
<i>Team A</i>	VAULT	BARS	BEAM	FLOOR
<i>Team B</i>	BARS	BEAM	FLOOR	VAULT
<i>Team C</i>	BEAM	FLOOR	VAULT	BARS
<i>Team D</i>	FLOOR	VAULT	BARS	BEAM

1:55 pm Line-up for March-in

2:00 pm March-in and competition begins

Team Preliminary Session #2

4:55 -5:15 pm Open Stretch

5:17 – 6:35 pm Timed Warm-up (4- 18 minute rotations with 2 min. transitions)

	<u>5:17 – 5:35 pm</u>	<u>5:37 – 5:55 pm</u>	<u>5:57 – 6:15 pm</u>	<u>6:17 – 6:35 pm</u>
<i>Team A</i>	VAULT	BARS	BEAM	FLOOR
<i>Team B</i>	BARS	BEAM	FLOOR	VAULT
<i>Team C</i>	BEAM	FLOOR	VAULT	BARS
<i>Team D</i>	FLOOR	VAULT	BARS	BEAM

6:55 pm Line-up for March-in

7:00 pm March-in and competition begins

Post-Competition Announcement of final four teams & Individual Event Finals Qualifiers

FRIDAY, APRIL 7, 2023

8:00 – 10:00 am Coaches' Meeting- Embassy Suites

Team Finals

3:30 pm Training Room opens

5:30 – 6:30 pm Officials' Meeting

5:10 – 5:30pm Open Stretch

5:32 – 6:26 pm Timed Warm-ups (4- 15 minute rotations with 2 min. transitions)

	<u>5:32 – 5:47 pm</u>	<u>5:49 – 6:04 pm</u>	<u>6:06 – 6:21 pm</u>	<u>6:23 – 6:38 pm</u>
<i>Team A</i>	VAULT	BARS	BEAM	FLOOR
<i>Team B</i>	BARS	BEAM	FLOOR	VAULT
<i>Team C</i>	BEAM	FLOOR	VAULT	BARS
<i>Team D</i>	FLOOR	VAULT	BARS	BEAM

6:55 pm Line-up for March-in

7:00 pm March-in and competition begins

Post Competition Team Awards

SATURDAY, APRIL 8, 2023

Individual Event Finals

9:30 am Training Room opens

11:30 am – 12:30 pm Officials Meeting

11:00 – 11:15 am Open Stretch

11:15 am – 12:44 pm Open Warm-ups

12:50 pm Line up for March-in (INDIVIDUAL FINALISTS ONLY)

1:00 pm March-in

1:10 pm Touch Warm-up and competition begins

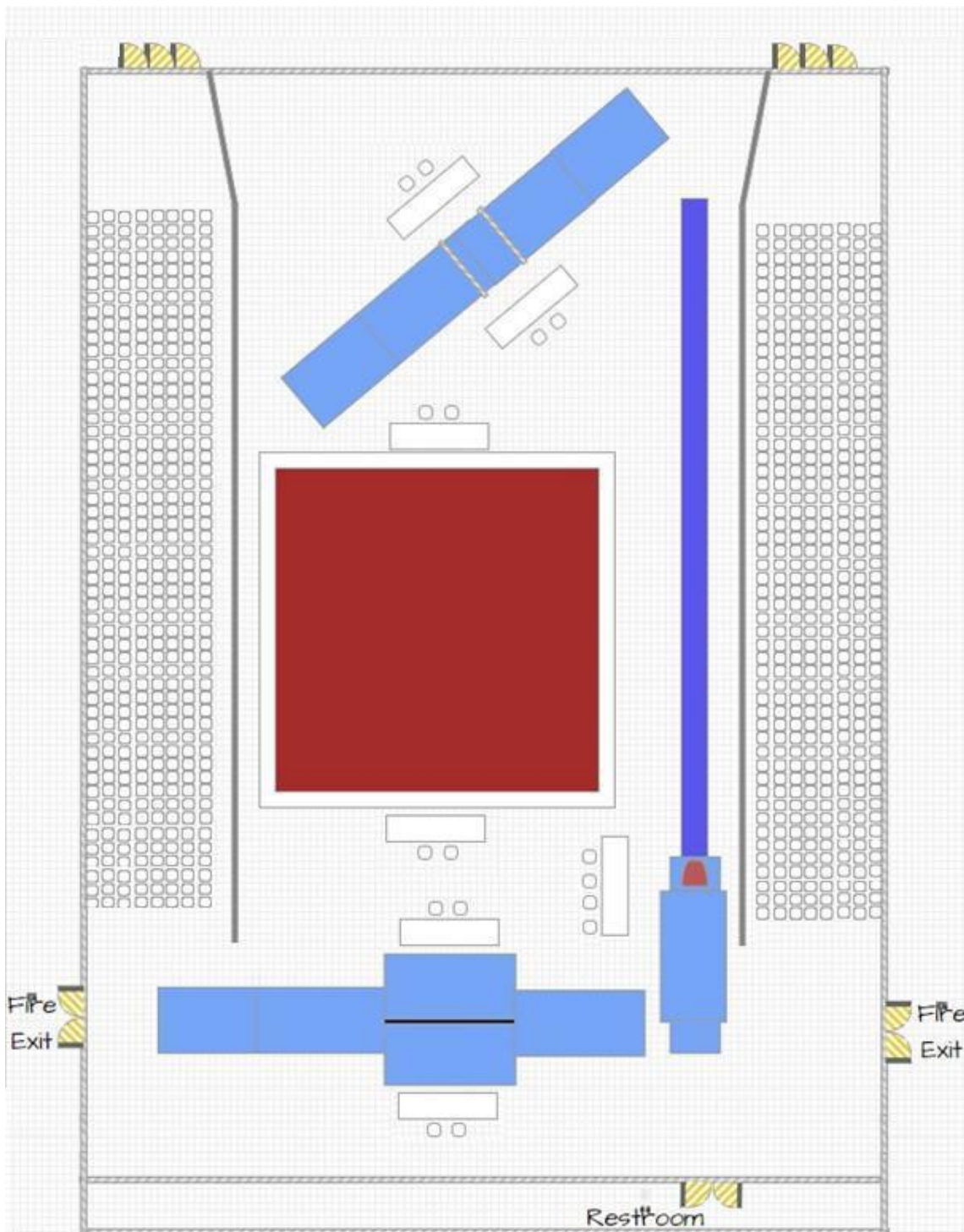
Grand March-in for all athletes will take place immediately following the event finals competition. At this time all event and All Around awards will be given along with recognition of yearly awards that were previously presented at the banquet.

FACILITY INFORMATION

Gymnastics competition venue: Kitty Magee Arena (located inside Pioneer Hall)

Physical address for GPS purposes: 1600 N. Bell Ave. Denton, TX 76209

Competition Floor Layout



EQUIPMENT LIST

- VAULT:
- AAI LZT Vault table with surround 20 cm mats and weights
 - AAI 84' padded Vault runway
 - AAI 8'x16'x20 cm Base landing mat + additional 8'x4'x20cm extender
 - AAI 8'x12'x4" Folding landing mat
 - AAI 7'x10'x4" Mesh bottom throw mat
 - AAI 6'x10'x8" landing mat (2)
 - AAI Large sting mat
 - AAI Vault Safety Zone
 - AAI LZT Vault Round-off pad (long)- we do not have a short one
- BARS:
- AAI Uneven Bars set anchored into the Floor
 - AAI Reflex X Graphite rails
 - AAI 8'x16'x20 cm Base landing mat (2)
 - AAI 8'x12'x20 cm Base landing mat (2)
 - AAI 8'x12'x4" Folding landing mat
 - AAI 7'x10'x4" Mesh bottom throw mat
 - AAI 6'x10'x8" landing mat
 - One piece of ½' thick plywood with non-skid material
 - Chalk, Water bottle, scraper
- BEAM:
- AAI Elite Series Balance Beam
 - AAI 8'x16'x20 cm Base landing mat (4)
 - AAI 8'x12'x20 cm Base landing mat (1)
 - AAI 7'x10'x4" Mesh bottom throw mat
 - AAI 6'x10'x8" landing mat
 - One piece of ½' thick plywood with non-skid material
- FLOOR:
- AAI Stratum Palmer Spring Floor with foam border
 - 45'x45' Elite maroon carpet with Pioneer Logos on borders
 - AAI 7'x10'x4" Mesh bottom throw mat (2)
 - Music sound system that is I-pod/I-pad compatible

SPORTS MEDICINE INFORMATION

Personnel: A certified Athletic Trainer will be on site for all competitions. A team physician will be either on call or on-site for competition.

Equipment: The Pioneer Hall Athletic Training clinic is located in room 133 (southeast corridor). The clinic has available for use hydroclatters, e-stim/ultrasound units and whirlpools. Taping and treatment benches are also available. During practice and competitions a hydrocollator, water/ice carts and emergency equipment (splint bag, AED, oxygen, PPE), and stationary bike will be located on the competition floor. If additional supplies are needed, please contact TJ Schmidt at tschmidt4@twu.edu or 940-898-2593.

ATC Contact Information:

TJ Schmidt, Assistant Director of Athletics for Sports Medicine

Office: 940-898-2946

Cell: 817-917-1059

Email: tschmidt4@twu.edu

Visiting Team Traveling without Athletic Training Support: If a licensed/certified Athletic Trainer is not traveling with your team, TWU Sports Medicine will be happy to provide treatments for your team. Please provide advanced notice, written instructions, and any taping supplies your team may require. Arrangements can be made by contacting TJ Schmidt at tschmidt4@twu.edu or 940-898-2593.

Local Drug Stores

Walgreens

Walgreens
101 West University Drive
Denton, TX 76201
(940) 384-0240
Store and Pharmacy open 24 hours
9:00a - 6:00p

Walgreens
1700 S. Loop 288
Denton, TX 76205
(940) 220-0574
Store 8:00a - 12:00a; Pharmacy

CVS pharmacy™

CVS
116 University Drive
Denton, TX 76201
(940) 387-9549
Store and Pharmacy open 24 hours

CVS
3200 Teasley Ln
Denton, TX 76210
(940) 382-1810
Store and Pharmacy open 24 hours

TWU ATHLETICS LOCAL MEDICAL RESOURCES

Emergency Rooms/Urgent Care



Wise Health Emergency Room and Urgent Care
7214 Crawford Rd
Argyle, TX 76226
940-293-2888
(Emergency Care 24/7, Urgent Care hours 8am-8pm daily)

Imaging Center



WHS Imaging Services at Argyle
7218 Crawford Rd
Argyle, TX 76226
940539-8000

Family Practice/Sports Medicine



Dr. Ryan Matthiesen, DO
WHC Family and Sports Medicine-Argyle
7222 Crawford Rd Ste 150
Argyle, TX 76226
940-600-4145

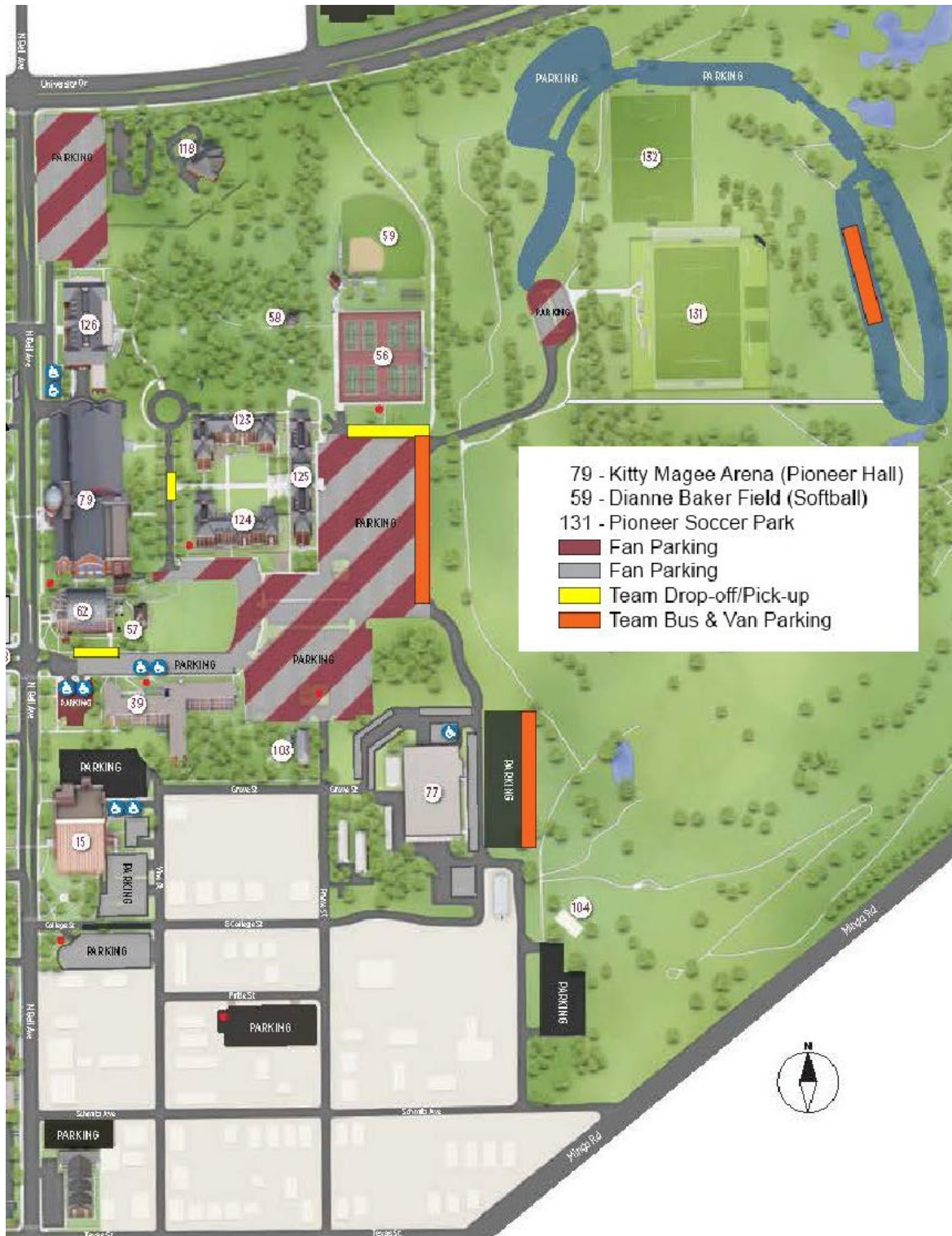
Orthopedics



Dr. Damon Alavekios, M.D.
Amber Marlett, PA-C
Dr. Lyn Ward, M.D.
2535 W Oak Street
Denton, TX 76201
940-382-1577

TEAM BUS AND VAN PARKING

Please drop off and pick up in the designated location behind Pioneer Hall. After drop off, please park in designated zones marked on the map below.



ADDITIONAL GENERAL INFORMATION

Banners

If teams wish to have a banner hung please bring your banner to your practice session and TWU staff will hang them from the track level prior to the start of Team Prelims session #1.

Credentials

Credentials for all members of your travel party will be in your team packet, which will be picked up at your hotel upon check-in.

Flowers

Flowers for this competition will be provided by Holly's Florist

If you wish to place an order for your team please contact 940-382-1548. They are located at 700 E Sherman Dr. Denton, TX 76209.

Championship Apparel

Exclusive championship apparel will be available for purchase by presale- more details to come.

Hotel Accommodations

The host hotel is the Embassy Suites Denton.

The rate is \$129 /night, which includes a hot breakfast.

Embassy Suites Denton

3100 Town Center Trail

Denton, TX 76201

940-243-3799

Locker Rooms

All locker rooms are located down the hallway near the Athletic Training room. A TWU staff member will provide you with a key to your assigned locker room when you arrive.

**Locker rooms will be available on practice day if needed.

Ticketing Information

Tickets will be sold exclusively online at www.twuathletics.com/tickets and through the "HomeTown Fan" App, available for free on both the Apple App Store and Google Play. Texas Woman's University will no longer be accepting on-site cash or credit card payments for any ticketed athletic events. Fans are encouraged to purchase tickets online or through the app on their mobile devices prior to arrival, however, tickets can be purchased on the day of the event in the same fashion. After purchasing tickets, fans will have the ability to print their purchased ticket at home, store them on the app itself or add them to their Apple Wallet or Google Pay, through the HomeTown Fan app. If you have any questions about the tickets, please contact Morgan Lair at mlair@twu.edu.

Tickets will go on sale February 6, 2023

All Event Pass: Adults- \$30.00

Children 12 & under and Seniors (62 and up)- \$20.00

Single Session Tickets: Adults- \$15.00 per session

Children 12 & under and Seniors (62 and up)- \$10.00 per session

***Children 5 and under are free*

TWU Fan Code of Conduct

- Fans are entitled to enjoy our family-friendly environment free from disruptive, inconsiderate or illegal behaviors.
- Fans are encouraged to be loud, proud, and positive by cheering for their team and not against the opponents or officials.
- Fans shall refrain from engaging in unruly conduct of any sort including profanity, abusive language, obscene gestures, racist comments, offensive remarks of a sexual nature, trash-talking, taunting, heckling, fighting, intimidating actions, or verbal or physical harassment directed at officials, student-athletes, coaches, team representatives, or other spectators.
- Fans appearing intoxicated or showing other signs of impairment that result in irresponsible behavior will be denied entry and/or removed from the facility.
- Fans shall not smoke or use tobacco products of any kind.
- Fans shall refrain from throwing objects and/or possessing prohibited items, including but not limited to: Alcohol, animals (only working service dogs allowed, no emotional support animals), laser pointers, artificial noisemakers including air horns, weapons or firearms, illegal drugs or controlled substances, fireworks or other explosives, glass containers, signs or clothing with offensive or obscene messages, grills or open flames of any kind.
- Fans are not allowed inside the competition area unless escorted by authorized personnel.
- Fans shall comply with all requests from game day personnel and public safety officials regarding facility operations and emergency procedures. If you choose not to respect our code, you can expect the following: a verbal warning and/or removal from the facility by an administrator or public safety official without a ticket refund.

RESTAURANT / GROCERY SUGGESTIONS

Partnership Restaurants



115 Industrial St.
Denton, TX 76201
940-380-8226

5412 S I-35E
Denton, TX 76205
940-488-4779



520 S. I-35E
Denton, TX 76205

Additional Local Options

Tropical Smoothie Café	1807 W University Dr.	940-331-0066
Live Nutrition TX	601 Sunset St. #998	940-243-0762
Coco Shrimp	1716 S Loop 288 Ste 110	940-218-1490
Chipotle (Rayzor Ranch)	2735 W University Dr.	940-243-0762
Panera Bread (Rayzor Ranch)	2510 W University Dr.	940-387-6109
Chili's (Rayzor Ranch)	2825 W University Dr.	940-566-2314
Dickey's BBQ (Rayzor Ranch)	2530 W University Dr.	940-228-1151
Hawaiian Bros Island Grill	2220 S Loop 288	817-231-0116
BJ's Restaurant and Brewhouse	3250 S I-35E	940-222-4020
Texas Roadhouse	2817 S I-35E	940-243-7427
Olive Garden	2809 S I-35E	940-381-2549
Schlotsky's	416 W University Dr.	940-565-1900
Barley and Board	100 W Oak St.	940-566-3900
Grafitti Pasta	118 W Oak St.	940-323-9489
Walmart Supercenter	2750 W University Dr.	
Sams Club	2850 W University Dr.	
Kroger	500 W University Dr.	