



UNIVERSITY OF MINNESOTA 10.0 CLUB
Women's Gymnastics Booster Club

2010 PARENT'S SURVIVAL GUIDE AND HANDBOOK

Welcome to the University of Minnesota Women's Gymnastics Family!

Yes, a family. The Women's Gymnastics team has a very strong following of alumnae, alumnae families wherever they reside, local boosters, coaches, professional staff, and friends and family of all our gymnasts. This is a passionate group of fans who are "Gopher Fans Forever!" We're virtually certain that everyone can pull some maroon-and-gold attire from their closet and routinely visit www.GopherSports.com.

This Survival Guide was inspired by a similar handbook provided to family members by the **Fast Lane Fans**, the University of Minnesota Men's and Women's Swimming & Diving Booster Club. Though a much larger club, they recognized the need to orient newer Gopher families to some of the basics of having a Division I student-athlete in the family. Like them, many of our new Gopher gymnasts and their families need similar transition information - we certainly did when we joined the Gopher Gymnastics program as a new Freshman family! We thank the **Fast Lane Fans** and the gopher women's gymnastics parents and fans for their inspiration, insights and wisdom that we share in this Survival Guide.

Regardless of your experience, as parents and family of Division I athletes you belong to a unique group. Your daughter is now facing challenges of a student-athlete – good grades, practice and going off to college! So, you may have situations that come up that are not covered in simple "Send-Your-Kid-To-College" handbooks! But you have a very important resource available to you... our historical experience.

In this handbook we have gathered the collective knowledge of families of our gymnasts to find out what they wish they would have known before they sent their athletes off to college. Most of this knowledge was learned through experience, and perhaps you may be able to gain some insight from it.

In some small part, we hope that you can contribute to this collective knowledge in the future. This handbook is a work in progress, so each year we hope to get more and more valuable information added to it. Don't hesitate to let us know what new information is needed, and to help correct or edit current information.

Your First-Time College Student

Let's begin with the advice that was received from our parents pertaining to first-time college students in general - athlete and non-athlete alike. In no particular order...

- Your student is now an adult in an adult world. She may look like your "child" but she is now an Adult, Student, Athlete, Citizen, and many other descriptors. Trust your own training and development of values to carry the day. Remember your own days as a young adult.
- Encourage your daughter to take vitamins, drink plenty of water, eat well (high quality protein with fruits and vegetables) and get plenty of sleep.
- Remind students to "Remember the Basics." For example, always wash hands before eating. Twenty-second wash and 10 second rinse. (Recite the "A-B-C's" or sing the "Happy Birthday" song to get the timing right.) New school and new germs can be challenging. Welcome to hardy Minnesota bacteria!
- Yes, Sanford Hall has great food with some careful selection. So eat a good diet. Low-fat snacks like fruit and some granola bars are cheap and nutritious. It is important for them and the whole team to stay healthy.
- A great "care package" idea! Mail items athletes tend to run out of: toothpaste, shampoo, soaps, laundry detergent, pencils/pens, printer paper, printer ink (this only runs out when a paper is due), or batteries.



At a Glance...

Motto

Omnibus artibus commune vinculum
"a common bond for all the arts."

Established

1851

President

Robert H. Bruininks

Students

40,572 undergraduate students
25,527 graduate, professional, and other students

Faculty

4,088 full-time faculty

Alumni

400,000 alumni

Research

\$619.2 million in sponsored research awards



Jim STEPHENSON in the House

Jim is on leave but continues to play a critical role as volunteer coach for our team. Expect to see him in Peik Gym and the Sports Pavilion as always wearing maroon-and-gold! An invaluable resource of our gymnastics program!

A new face! In 2010, we expect to have a new Assistant Coach on staff. Watch for updates on the search!

- Send your student gift cards periodically. It is fun for them to get mail and they will also be able to get a break from the dorm. Target gift cards are the best (seems like a Target run every week), and close food places on campus (chains restaurants) where you can purchase gift cards from your home town include Applebee's, Bruegger's, Chipotle, Ben and Jerry's, Dairy Queen, and Noodles and Company. The Purple Onion, across the street from Sanford Hall, has great coffee and affordable luncheon items. (Gift cards are available, too.)
- Flex Dine accounts can be great for upperclassmen that live off-campus but need great food conveniently at a University-operated dining facility (including Coffman Union). You can order Flex Dine dollars online, too, in \$25 increments. Flex Dine dollars don't expire, either.
- Personal grooming, including a good color and haircut, can be a challenge in a new location. Ask teammates for references and suggestions - there are several good salons near campus including the Aveda Academy down Fourth Street.
- Send regular US mail, even if you live in Minnesota. Emails, texts and calling are good, but it is fun for the kids to get mail. And it is a memorable and tangible piece of "home." The University Dining Services have a great online store to order special gifts for special occasions, including finals!

- Remaining connected to your daughter -- but not too connected -- is a challenge and we'd encourage you to err on the side of less communication and offering freedom and personal growth. Remember your own college days and letting go of your parents? Let your daughter call you, but not the other way around. Encourage her to call you as often as she'd like but suggest that you won't call them. Try to stick to that agreement. That way, they feel they can call home when necessary and when the time is right for them.
- Texting can be a great compromise! After your daughter acclimates to college life, don't expect them to remember to email or call you back as soon as you think they should. Be reasonable in your expectations for communications especially since this adult transition is so important! Short texts ("All ok?" or [even better] "Have a great day! I love you :)") are a great way to be a part of the transition experience.
- Spend time with a campus map and get oriented with transit services. Most students are used to driving and, once they arrive on campus, there seems to be anxiety about how to get around campus. Pick up a map and help your daughter get to know where everything she may need is before she starts. Encourage your student to locate their classrooms before the class begins -- it's a great way to see the campus, and a great activity for new roommates in the dorms.
- The University is situated in an urban setting, so become familiar with the campus area grocery stores and other convenient, quick stop supply stores to pick up spur of the moment items. Several Metro buses run along University Avenue right outside Sanford Hall. And the Mall of America is a bus-then-train ride away! (Our gymnasts seem to really enjoy those visits!)
- Bike riders! Help students know the bike routes and storage rules. Do not padlock your bike to trees or other shrubbery. **Inexpensive Bike - Expensive Lock!** Bike and scooter theft is epidemic! Do not have a great bike on campus and do attend to its safety.
- Freshmen, keep your cars at home! Parking is difficult (a lottery system) and walking or taking the bus is a much better way to feel at home on campus. Tell your student to never leave any car unlocked or something inside visible, even if it is locked. Put valuable items in the trunk - even for a short time.
- Take new students on a local Metro Transit bus - go downtown (Routes 2 and 6), ride up University Avenue to the Rainbow Foods and Target in the Midtown area (Routes 2, 6 and 16), or over to the Target and Cub Foods in The Quarry area in Roseville off I-35W (Routes 2, 4 and 118). The ice will then be broken and it will be easier for them to use public transportation later. Bus schedules are online at <http://www.MetroTransit.org>. Semester-long bus passes can be purchased for student's U-Card for any Metro Transit bus or rail line at the Coffman Union.



- Inter-campus buses (the Campus Connector) are free, easy to use and a great resource for the student. Help students get to know the bus schedules, routes and bus stops. This is especially important if students have classes on our St. Paul Campus.
- Teach students laundry "do's-and-don'ts." Separate light and dark clothing. Yes, grey is white!
- Rolls of quarters for laundry make great stocking stuffers and are appreciated any time of year. Quarters go fast with big episodes of laundry, and there is nothing worse than begging for quarters or trying desperately to find some on laundry day. Start of "quarters jar" and decorate it for your kid!
- New roommates are an important part of the college transition, and can be the first time that our daughters actually have a roommate. (Certainly was for our daughters!) Encourage your student to sit down with roommates and develop some "house rules" about visitors, late night TV watching, music volume, borrowing things, sharing food, etc. Roommates is a part of growing up, but as NCAA student-athletes this transition can be challenging. Suggest a "pro-active" approach to this communication.
- Tell student-athletes to **ATTEND CLASS!** Going to class is the major part of the college experience and the only way to earn a passing grade, graduate and remain eligible for competition.
- Tell students to get to know their professors by introducing themselves and their sport. The University is a big place and it makes a difference if the professor can put a face with a name.
- Remind your daughter about urban safety. Don't walk anywhere alone at night and be aware of your surroundings when you're walking on campus. Events and items on "Craig's List" can be dangerous so don't ever go to a party or see something on Craig's List alone.
- While at parties, remind your daughters to use personal safety (e.g., getting their own beverage). Don't let someone else offer you a drink in case of drug additives. Travel safely in well-lighted pathways and do ask for escorts. Work together to remain alert, aware of surroundings, and safe together.
- Students are now adults, not minors. Remind your student that downloading music and videos is illegal and monitored regularly on the college intranet. Pirating music and video is against the law and in violation with the University Of Minnesota Student Code Of Conduct.

The Student-Athlete

The following advice deals with your daughter as a student-athlete:



Welcome to the Big Ten Conference!

Yes, there are **ELEVEN** schools in the Big Ten! Can you name them?

One of the most prestigious conferences in the nation! And certainly one of the most competitive gymnastics conferences with seven Top 20 teams!

In our conference, support from the fans is important, and the athletes appreciate our attendance at the meets! Families and fans: Be **PROUD** and **LOUD!** And wear Maroon-and-Gold! The Minnesota Rouser is included in the end of this handbook.

Our favorite team to defeat: **Michigan!**

- Encourage your student to ask for academic help **EARLY** if they are falling behind or have concerns about their homework. Make appointments with professors, use tutors, get Chelsie Schafer (our Academic Counselor) involved, etc. Don't be shy about asking for help!
- Get ready to be much less informed about the everyday "tweaks" or minor injuries your daughter might have in training. Your student-athlete is an adult and the University will honor personal privacy for her. This includes any medical information from the team trainer or athletic doctor that cannot be shared with you unless your daughter gives prior authorization.
- Remind your athlete to tell the trainer, Erika Esterby, if she gets sick. They should NOT just tough it out and stay in bed. If your student has any kind of chronic condition, be sure to inform the trainer early.
- Encourage your student to get flu shots every Fall. This can be done at Boynton Health Services or our trainer, Erika Esterby, can set it up.
- NCAA athletes will be randomly drug tested so be sure that Erika Esterby know about any supplements that you may be self-administering. Do not risk your eligibility!
- Your student has a community to join - the Women's Gymnastics team and alumnae! Nonetheless, homesickness sets in right away, and then settles down a bit before hitting again after mid-term exams. Week 2 and Week 6 seem to be key times for a quick connection. For their first Freshman semester, try to pick a fall

weekend to come see your daughter if it works in your schedule and budget. If you can't come for a visit, try to send care packages or call during this period. Uploading a video message on www.YouTube.com is a new and fun means of remaining connected - especially for those special occasions like birthdays or exams.

- Being a new student-athlete is like having three full-time jobs - school, athletics and social development. There's so much more than just practice and competing. Your student-athlete now represents the University at clinics, charity events, the Minnesota State Fair, local dinners, banquets and school events. Your student also is involved in recruiting new Minnesota athletes. Develop an appreciation for what they do and their time away from campus. Their schedules are extremely busy.
- Athletes' Facebook and MySpace pages are monitored for content. Remind your daughter to use really good judgment on the posts and links used on your web pages. The Athletic Department has an on-going program to keep student-athletes in compliance. Remind your student that pictures of them might be posted on another Facebook page so be diligent in policing inappropriate photographs.
- In most cases, books received as a part of an athletic scholarship must be returned to the department. Remind your student-athlete that all supplemental materials - including CD's, maps, handouts - must be returned with the textbook. In some cases student-athletes will want to keep a textbook for future reference (especially as an upper classman) so work with Chelsie Schafer, our Academic Counselor, to purchase these items.
- Not all gymnasts are on scholarship. Help your student-athlete work within a budget. Remember, scholarship monies do not provide spending cash and your daughter will have out-of-pocket expenses.

Your Student as a Golden Gopher Gymnast

The following advice deals with your student-athlete as a Golden Gopher gymnast.

- Your daughter's dreams have come true - they are on a team in a Division I school - a major lifetime achievement! Funding for the Women's Gymnastics program comes from meet attendance, athletic program funding, and individual contributions to the gymnastics program (called the Women's Gymnastics Service Fund). All the expenses for your daughter to practice, travel and compete in Division I competition are covered by the University.
- Your daughter will be making friends for life, and you can encourage it by suggesting your Freshmen stay on campus for several weeks - even, perhaps, much of the Fall semester. Your student will get socialized to one of the best campuses, meet friends in the dorm and on the team (including the Men's Gymnasts), and become more confident to navigate on their own. Your daughter also gets to become good friends with teammates, learn great study habits that will last their entire college career, and use the resources available at a Big Ten university. Most importantly, your daughter will become a Gopher Gymnast and belong at Minnesota!
- During the holiday break (when school is out of session in December and January), the 10.0 Club provides some NCAA-sanctioned dinners for the student-athletes. This helps them out immensely since the dining halls in the dorms are closed and, frankly, the girls get tired of eating out. Even though your student may have a stipend for meals, it can get very expensive eating out all the time. So, the booster club provides a number of meals for the team during that period.



You'll receive a list of dates for meals and you can volunteer to: provide one at your home if you're local; provide the supplies to make a meal at your daughter's apartment or another athlete's apartment if you aren't local; or come into town to cook a meal for the team (and visit your daughter). All help is greatly appreciated, but don't feel bad if you don't get to provide a meal in a particular year - there will be plenty of opportunities during your daughter's time with the team!

- Your student-athlete will be told at the team orientation meeting that only University of Minnesota or plain work-out clothing are allowed when working out in the University of Minnesota athletic facilities. This includes high school or club attire. Your athlete will be given work-out, travel and performance clothing (including shoes). Consider maroon-and-gold attire for gifts and other occasions.
- As representatives of the University of Minnesota, our Golden Gopher gymnasts will be asked to attend certain special occasions and, of course, travel as a team. For example, after our Home Meets gymnasts are required to attend the Post-Meet reception as a team requirement. (Parents, be prepared to "share" your daughter with the entire booster club and younger fans!) Specific attire will be required for many different functions so keep watch for requests for different degree of nice clothing. Our Gopher Gymnasts dress beautifully for the Post-Meet Receptions as required by the team -- dresses and great shoes!

Gymnast Parents and the 10.0 Club

Here's some information for parents and 10.0 Club boosters, families and fans... yes, we all need training, too!

- Your daughter is now at the University and all you need to do is relax and attend meets... Right? **Wrong!** Unlike football, basketball, and hockey, the women's gymnastics program is a non-revenue sport. As a result, the booster club provides some additional NCAA-sanctioned benefits to our gymnasts throughout the year - approved by our coaches and the University of Minnesota Compliance Office, of course.
- The 10.0 Club is the booster club for the Women's Gymnastics program. As a group of devoted family, friends and fans, we raise money to provide enhancements to the overall collegiate experience. The enhancements include small team-building items, holiday cards, a special NCAA Regional competition award, and a fabulous year-end Awards Banquet. The 10.0 Club is a 503(c) non-profit organization and all donations are tax-deductible. Visit our website, www.MinnesotaGymnastics.org, for updates and latest news.
- As a parent of a Division I athlete, you have been involved with the sport in the past at a level that would be helpful to the team. Vault in - join the 10.0 Club and volunteer for everything that comes your way. It is FUN and you will meet great people from all over the country who are as interested in the sport as you are. After all, it's only four more years and then it's all over! Volunteering to help make this program effective for all the gymnasts is important.
- Get involved right away. The Welcome Back Dinner, sponsored by the Women's Gymnastics program, is a great way to meet the incoming freshman and their families, coaches and other athletic staff. The coaches and staff of the Women's Gymnastics program will invite you sometime early in August to the event. Members of the 10.0 Club will be introduced and personal contacts with many gymnastics families can be established.
- As parents of a Minnesota student-athlete, welcome to the world of NCAA compliance! This is a new experience for parents, and there are rules that you need to follow to be sure your daughter and the team aren't sanctioned by NCAA. We've compiled a basic list for you in your parent packet. Please read it carefully. You can also use resources about NCAA Compliance on the 10.0 Club website (www.MinnesotaGymnastics.org), the University of Minnesota Compliance webpage (at www.GopherSports.com), other experienced parents or boosters and, especially, the coaches as resources. ***The best advice is if you don't know whether it breaks an NCAA rule or not, ASK first!***

UNIVERSITY OF MINNESOTA 10.0 CLUB
Women's Gymnastics Booster Club

The mission of the 10.0 Club is simple:

To support and promote the sport of women's gymnastics at the University of Minnesota.



Visiting the University of Minnesota - Twin Cities Campus

- The University of Minnesota Athletic Department has preferred hotels that are recommended. Be sure to ask for special rates through the Athletic Department when making reservations.

Radisson University Hotel - Minneapolis

615 Washington Ave SE
Minneapolis, Minnesota 55414
Phone Number: (612) 379-8888
Fax Number: (612) 379-8682

Comfort Suites Minneapolis - Downtown

425 South Seventh Street
Minneapolis, Minnesota 55415
Phone Number: (612) 333-3111
Fax Number: (612) 333-7425

The Depot Minneapolis, A Renaissance Hotel

225 3rd Avenue South
Minneapolis, Minnesota 55401
Phone Number: (612) 375-1700
Fax Number: (612) 375-1300

- As an out-of-town parent, staying in Minneapolis for the weekend can turn out to be an expensive proposition. The **Radisson University Hotel** is closest to the Sports Pavilion and many dorms, but can be pricey. Try internet rates and call early. Remember, most athletic teams stay at the Radisson so, for meets when other sports are also going on, it fills fast. Make reservations early!

- Two other options might be considered.

Days Inn Hotel Minneapolis - University of Minnesota

2407 University Avenue SE
 University Avenue & Washington Avenue (about six blocks from the Sports Pavilion)
 Minneapolis, Minnesota 55414
 Phone Number: (612) 623-3999
 Fax Number: (612) 331-2152

Holiday Inn Minneapolis Metrodome

1500 Washington Avenue South
 Minneapolis, Minnesota 55454
 Phone Number: (612) 333-4646
 Fax Number: (612) 333-7910

If you stay at an off-campus hotel, you may be able to save on parking costs by bringing lots of quarters and a good wrist watch. You'll have to feed the meter every two hours, but you can get closer than the ramps and it is cheaper. Keep in mind that the area is WELL patrolled and you will get ticketed and towed if you are in violation. There is a public parking ramp across from the Sports Pavilion on University Avenue, and surface parking lots are adjacent to the Sports Pavilion (but fill up fast). Watch for men's and women's hockey and swimming events on the same day as Home Meet competition.

Traveling to Away Meets

- The coaches **LOVE** having parents, boosters and fans in the audience at Away Meets. They'd really love to have you at all of them; however, if you have to pick and choose, one of the most important meets of the season would be Big Ten Championships. It is competitive, exciting and fan support can make a big difference in the outcome. The other major meets are NCAA Regional and Nationals, of course. It's amazing to see what these kids can do when fired up by a loud crowd! You will see huge attendance numbers at these meets. We need you there to be LOUD and PROUD and wearing MAROON and GOLD! (You can purchase 10.0 Club maroon-and-gold attire and financially support your team at the same time!)
- Unfortunately, Away Meets are often not well attended by parents, boosters and fans. Please get together and car pool with your friends if you know you will be attending an Away Meet. The 10.0 Club will reserve a block of rooms at an economical price so everybody can stay together and get to know each other. Also make sure that the club has your email address on record so you can be contacted for any updates. Our website at www.MinnesotaGymnastics.org is also a great way to keep up to date with both club and team news.
- Typically, the 10.0 Club chairs will issue an itinerary of the weekend to parents via email. It will include locations and times for the parents and boosters. Official activities begin with a team "Send-off" in the lobby of the hotel the team is staying at but there are plenty of opportunities to meet the team, get together with other boosters and coaches, and have fun on the trip.
- After the "Send-Off" and the team leaves for the meet, the parents, boosters and fans will go to a local restaurant and have a bite to eat before heading over to the meet site. The team usually leaves about 2-3 hours before the meet so there's plenty of time to have something to eat beforehand. The meet isn't over until later (sometimes 10:00 pm) so getting something to eat helps to keep everyone from getting crabby! The club chairs will provide the name of the restaurant and directions so everyone knows where to go.
- Parents, boosters and fans are also invited to eat dinner with the team after the meet at the restaurant. We have a separate reservation and table (to help keep expenses straight), but you're able to visit with the team at dinner. Remember, the athletes are hungry and tired from competition so please be patient and supportive until they are fed and relax a bit.
- Gymnasts are encouraged to work, practice, and travel as a team. In general, it's better to have your daughter travel and stay with the team (as much as you want to spend time with her) so she can fully experience the competition and really integrate with the team. There will be time to see your daughter at the hotel and after the meet; just remember that Away Meets are a Gopher team activity. If you want your student to travel in your car at an Away Meet after competition, you will have to sign a release so it is on record prior to the meet.



Enjoying Home and Away Meet Days

Before the Meet

- For Home Meets: As a parent, you are welcome to come to practice and come to meets early. (The doors to the Sports Pavilion open 90 minutes before start of competition.) Many times, a group of the parents will gather at a local restaurant before a Home Meet to grab a bite to eat since the Post-Meet Reception doesn't take place until after meet, about 8:00 pm.
- For Away Meets: The 10.0 Club, parents, boosters and every Golden Gopher fan is invited for a "Send-Off" at the team's hotel about 3 hours before competition begins. It's our way of showing Gopher Pride and, of course, we'll sing the Rouser and wish the entire team the very best of luck. After the Send-Off, we'll establish a gathering site for a snack and refreshments before the competition.
- After refreshments, we'll work our way to the competition venue (the Sports Pavilion at Home), find some great seats (we strongly recommend reserved, chair-back seating) and watch the last part of Warm-ups. At Home Meets, be sure to pick up your program and construct your paper airplane for the contest at the end of the meet - fabulous prizes are given away! And take one last look at the team statistics since Goldy usually visits the crowd with trivia questions.

At The Meet

- Wear maroon-and-gold! Minnesota is the only Big Ten team with maroon, and several other teams wear gold. So, we usually wear maroon to Away Meets. At Home Meets, students generally wear gold t-shirts and cheer their hardest. We can't be outdone by a bunch of kids, right?
- The easy part... cheer loud and proud for your own University of Minnesota Golden Gophers! If you go to meets and actually remember your camera, please share your pictures, especially at any Away Meets. One parent has a Shutterfly account (www.gophergym09.shutterfly.com) and posts lots of pictures there. Or you can use the 10.0 Club website to post your digital images. Join up and help us with this job! Any and all pictures are welcome and cherished.
- For parents, boosters, and fans who cannot attend a Home Meet, you can still enjoy Women's Gymnastics with our live video feed from the Gold Zone at www.GopherSports.com. Sign up for your subscription before January 2010! Usually, a knowledgeable announcer (e.g., usually a Gopher Alumni) will provide skill-by-skill narration and commentary.
- At collegiate meets, rotation depends on the number of teams. Usually, the Home team rotates Vault, Bars, Beam and Floor. The Away team rotates Bars, Vault, Floor and Beam. At dual meets, gymnasts take turns at their event so you can watch all the competition. At Big Ten Championships and NCAA Regional competition, the teams draw for a fixed rotation schedule that includes byes.
- Gopher Gymnasts always sign autographs at the end of every Home Meet for their fans! It's a great way to build a great Golden Gopher reputation, and it is likely that your daughter is the favorite of some young gymnast in the audience.



Post-Meet Receptions

- The 10.0 Club sponsors a reception after each Home Meet for all the booster club members and their guests. The Reception is in the Sports Pavilion Club Room immediately following the meet. The coaches and team have dinner catered for that reception, but food for boosters and guests at the Reception is provided by volunteers. The 10.0 Club provides drinks for everyone. The coaches and athletes join us for the Reception and typically the coaches will talk about the meet and upcoming performances as well. Per NCAA rules, non-club guests must pay \$2 for entry into the Reception.
- The food for these receptions is prepared by parents and boosters who attend the meet. If you are going to attend a Home Meet, you'll be asked by the 10.0 Club chairs to help by bringing some food to the club room prior to the start of the meet. We have plenty of refrigerator space and extension cords for Crock Pots or hot plates. There is a microwave but no oven in the club room. The parents and boosters who bring the food for the reception are in charge of set up and clean up, so please help us out if you can before and after the Reception. Yes, Minnesota families, we'll ask for your help a lot!

- If you aren't going to attend a Home Meet, we're sorry to miss you but understand. But, if you'd like to send food for the reception, that would be greatly appreciated! You can send food to the 10.0 Club chairs or order food for the others to pick up at local restaurants. We've had parents send cookies, order sushi, subs and hoagies, etc. Just be sure to let the club chairs know what you're planning.
- We typically have between 40-70 people at the Reception, but the attendance varies so we don't know the numbers for each time. We do know that for the Senior Night meet there is a larger crowd, and we have nicer food with a cake and punch for the Seniors and special reception guests.
- All of the paper products and drinks for the receptions are handled by the 10.0 Club chairs so the only thing you need to bring is food, your voice, maroon-and-gold attire and yourself!

After-Event for Parents and Their Friends

- Lots of work, right? Yes, but fun and we celebrate the success of our Golden Gophers with some "adult time" after the Reception in a nearby restaurant. Of course, cold refreshments are served and we usually grab some appetizers to enjoy together. We all use our Blackberry's to check on competitive scores and just plain brag on our kids! (It's a parent's right!) Though not a 10.0 Club event, all adult parents and guests are invited to join us. **Ski-U-Mah!**

Other Resources

We've included the 2010 meet schedule for planning purposes, and you'll later receive a wallet-size "calling card" list of important contacts (i.e., coaches, trainers, 10.0 Club Chairs, gymnasts and gymnast parents) later this Fall. Watch for it in the mail. The "calling card" list is particularly helpful during travel to stay connected with parents, boosters and coaches. We'll ask for your cell phone contacts at the Welcome Back Dinner in September.

MINNESOTA ROUSER

Minnesota, Hats off to thee!
 To thy colors, true we shall ever be,
 Firm and strong, united are we.
 Rah! Rah! Rah! for Ski-U-Mah,
 Rah! Rah! Rah! Rah! Rah for the U of M.
 Minnesota, Hats off to thee!
 To thy colors, true we shall ever be,
 Firm and strong, united are we.
 Rah! Rah! Rah! for Ski-U-Mah,
 Rah! Rah! Rah! Rah! Rah for the U of M.
 M - I - N - N - E - S - O - T - A!
 Minnesota!
 Minnesota!
 Yeaaaaaaah Gophers! **RAH!**

Many parents have already "been there, done that," and can point you in the right direction if they don't know the answer to a question. Remember that no question is a dumb question and we've all had the same issues ourselves at one point in time. Please use any of us as your resources for information. We are more than willing to help.

We have also included a list of hotels that have been pre-reserved for Away Meets. Each pre-reservation has a date that the hotel will no longer hold the rooms - that will be the last date to make your personal reservation. Individuals are responsible for their own hotel reservations, so plan ahead. We recommend travel the day before the Away Meet to avoid winter travel delays.

Lyrics to the Minnesota Rouser are included in this handbook so you can practice and become proficient. Remember, everyday is game day in Minnesota! And we sing the Rouser at every rotation... Yep. Seriously!

Go GOPHERS!

Gopher Fans Forever!

Dawn & Chance ELM, Co-Heads

UNIVERSITY OF MINNESOTA 10.0 CLUB

Women's Gymnastics Booster Club

www.MinnesotaGymnastics.org

August 2009

UNIVERSITY OF MINNESOTA WOMEN'S GYMNASTICS
2010 Meet Schedule

Date	Opponent	Location	Time (CST)
Mon, Jan 4	Intrasquad Meet	Sports Pavilion	6:00 PM
Sat, Jan 9	Denver	Sports Pavilion	6:00 PM
Sun, Jan 17	Nebraska	at Lincoln, NE	TBA
Sat, Jan 23	Michigan State (U of MN Hall of Fame Weekend)	Sports Pavilion	6:00 PM
Sat, Jan 30	Penn State & Alabama	at State College, PA	6:00 PM
Sat, Feb 6	Best of Minnesota (Gustavus, Hamline, Winona State)	Sports Pavilion	6:00 PM
Sat, Feb 13	Michigan	at Ann Arbor, MI	TBA
Sat, Feb 20	Illinois	Sports Pavilion	6:00 PM
Fri, Feb 26	Iowa State	at Ames, IA	7:00 PM
Sun, Feb 28	Iowa	at Iowa City, IA	TBA
Sat, Mar 06	Arkansas	Sports Pavilion	6:00 PM
Fri, Mar 12	Arizona	at Tuscan, AZ	8:00 PM
Sat, Mar 20	Iowa State (Senior Night)	Sports Pavilion	6:00 PM
Sat, Mar 27	Big Ten Championships at OSU	at Columbus, OH	1:00 PM
Sat, Apr 10	NCAA Regional Championship (sites listed below)	at TBD	TBA
Thu, Apr 22-24	NCAA Championship at Florida	at Gainesville, FL	TBA

2010 NCAA Regional Competition Sites:

Central:	University of Kentucky	Lexington, KY
Northeast:	Pennsylvania State University	State College, PA
North Central:	University of Utah	Salt Lake City, UT
South Central:	University of Missouri, Columbia	Columbia, MO
Southeast:	West Virginia University	Morgantown, WV
West:	University of California, Los Angeles	Los Angeles, CA

Home Meets denoted in Bold Maroon

Group Hotel Reservations (Away Meets)

University of Nebraska (Sunday, 01/17/2010, TBD pm CST)

The Cornhusker, a Marriott Hotel
333 South 13th Street
Lincoln, Nebraska 68508
(402) 474-7474

- 10 Rooms available, per Gary Schuster
- One night; Arrival Saturday, 01/16/2010; Departure Sunday, 01/17/2010
- Room rate: \$89.00 per night plus tax
- Ask for "Minnesota 10.0 Club"
- Cut-off date: 1/6/2010

Penn State & Alabama (Saturday, 01/30/2010, 7:00 pm EST)

The Nittany Lion Inn at Pennsylvania State University
200 West Park Avenue
State College, Pennsylvania 16803
(814) 865-8500

- 5 non-smoking double-bed and 5 non-smoking kind-standard rooms available
- Two nights; Arrival Friday, 01/29/2010; Departure Sunday, 01/31/2010
- Room rate: \$109.00 per night plus tax
- Ask for "Minnesota 10.0 Club" Reservation Identification Number UNIA10D.
- Cut-off date: 12/29/2009

University of Michigan (Saturday, 02/13/2010; TBD pm EST)

Ann Arbor Marriott Ypsilanti at Eagle Crest
1275 S. Huron Street
Ypsilanti, Michigan 48197
(734) 487-2000

Team Hotel, but do not have a room block established. Call hotel directly for reservations.

Iowa State University & University of Iowa ("Iowa Invasion!") Weekend (02/26-28/2010)

Hilton Garden Inn
1325 Dickinson Ave
Ames, Iowa, USA, 50014
(515) 233-8000

- 10 King Bedrooms only available (Big 12 Indoor Track & Field Finals underway); request Early Arrival (before 3:00 pm arrival)
- One night; Arrival Friday, 02/26/2010; Departure Saturday 02/27/2010. (Five rooms available on Thursday, 2/25/2010.)
- Room rate: \$99.00 per night plus tax
- Ask for "Minnesota 10.0 Club" Group Code: M10
- Cut-off date: 01/25/2010

Coralville Marriott Hotel & Conference Center

300 East 9th Street
Coralville, Iowa 52241
(319) 688-4000
www.coralvillemarriott.com

- 10 double-bed rooms available -- hopefully, near Whitey's Ice Cream Shoppe! (We're going there!)
- One night; Arrival Saturday, 02/27/2010; Departure Sunday, 02/28/2010
- Room rate: \$89.00 per night plus tax
- Ask for "Minnesota 10.0 Club" Reference 1-YF1GMX
- Cut-off date: 02/05/2010

University of Arizona (Friday, 03/12/2010; 7:00 pm MST)

Tucson Marriott University Park
880 E. Second Street
Tucson, Arizona 85719
(520) 792-4100

Team Hotel, but do not have a room block established. Call hotel directly for reservations.

Big Ten Championship (Ohio State University) (Saturday, 03/27/2010; 2:00 pm EST)

The Columbus, A Renaissance Hotel
50 North 3rd Street
Columbus, Ohio 43215
Phone: (614) 228-5050
Fax: (614) 228-2525

- 10 double-bed rooms available
- Two nights; Arrival Thursday or Friday, 3/25-26/2010; Departure Sunday, 03/28/2010
- Room rate: \$109.00 per night plus tax
- Ask for "Minnesota 10.0 Club" Reference: 1-YGE7SY
- Cut-off date: 03/04/2010

NCAA Central Region Competition (University of Utah) (Saturday, 04/10/2010, TBD pm MST)
(Just in case we draw NC Regional competition)

Salt Lake City Marriott University Park
480 Wakara Way
Salt Lake City, Utah 84108
Phone: (801) 581-1000