



**BRIGHAM YOUNG UNIVERSITY**  
GYMNASTICS VISITING TEAM INFORMATION



Dear Coach,

I hope this visiting team guide finds you well as you are preparing for the 2016 Gymnastics season. Brigham Young University is excited to welcome you to Provo for your match against the Cougars this year.

The meet will take place either at the George Albert Smith Fieldhouse or the Marriott Center. Enclosed is a packet that will assist you with your team's travel preparations.

If you have any questions, feel free to contact me at (801) 422-3304 or [mnix@byu.edu](mailto:mnix@byu.edu) as it gets closer to the game. We look forward to your visit.

Best of luck this season to you and your team!

Sincerely,

Matt Nix

Assistant AD, Facilities and Events

BYU Athletics

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## GENERAL BYU INFORMATION

School Name.....Brigham Young University  
Location.....Provo, Utah 84602  
Campus Phone.....(801)422-4636  
Athletics Phone.....(801)422-2096  
University Internet Address.....www.byu.edu  
Athletic Internet Address.....www.byucougars.com  
National Affiliation.....NCAA Division I  
Conference.....Mountain Rim Gymnastics Conference  
Nickname.....Cougars  
Colors.....Navy Blue & White  
President.....Kevin J. Worthen  
Athletic Director.....Thomas Holmoe  
Religious Affiliation.....Church of Jesus Christ of Latter Day Saints

# GYMNASTICS PERSONNEL DIRECTORY

## Administrative Staff

Thomas A. Holmoe	Director of Athletics	801.422.7649	tom_holmoe@byu.edu
Brian Santiago	Sr. Associate AD	801.422.9059	brian_santiago@byu.edu
Liz Darger	Associate AD/SWA	801.422.7306	liz_darger@byu.edu
Matt Nix	Assistant AD Facilities/Events	801.422.3304	matt_nix@byu.edu

## Coaching Staff

Guard Young	Head Coach	801.422.4769	guard_young@byu.edu
Natalie Broekman	Assistant Coach	801.422.2681	natalie_broekman@byu.edu
Brogan Evanson	Assistant Coach	801.422.1681	brogan_evanson@byu.edu
Susan Brimley	Administrative Assistant	801.422.8734	susan_brimley@byu.edu
Liz Darger	Gymnastics Sport Administrator	801.422.7306	liz_darger@byu.edu

## Equipment Room

Nancy Jensen	Equipment Manager	801.422.7872	nancy_jensen@byu.edu
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## Facilities/Events Management

Matt Nix	Assistant AD Facilities/Events	801.422.3304	matt_nix@byu.edu
Marianne Squires	Gymnastics Meet Director	801.836.1683	87marianne@gmail.com
Elaine Jarvie	Assistant Ticket Manager	801.422.1214	elaine_jarvie@byu.edu
Ticket Office		801.422.BYU1 800.322.BYU1 www.byutickets.com	

## Sports Medicine

Carolyn Billings	Director of Sports Medicine	801.422.8781	carolyn_billings@byu.edu
Sports Medicine Fax		801.422.0917	

## Media Relations

Mercedes Erikson	Gymnastics SID	801.422.8999	gymnastics_sid@byu.edu
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# Visiting Gymnastics Team Information

## Locker Room

When you arrive for the meet, a member of the Game Management staff will meet you and show you to your locker room.

## Parking

For Smith Fieldhouse meets, there will be 3 stalls reserved for each match directly west of the Smith Fieldhouse adjacent to the 4-way stop between the large practice facility and the Smith Fieldhouse. Upon arrival, please remove the cone blocking the space and park. If you are arriving by bus, the bus can drop off in front of the Smith Fieldhouse and then park in the large lot north of the Indoor Practice Facility near the Zions Bank. There is ample parking at the Marriott Center lots for vans or busses.

## Complimentary Admissions

We are happy to provide up to 40 complimentary tickets to each visiting team. Upon arrival at the meet, please give your list to a member of the Game Management staff or e-mail the list ahead of time to Matt Nix at [mnix@byu.edu](mailto:mnix@byu.edu). All persons on the list must have photo ID and only those on the list will be admitted.

## Credential Requests

Please send credential requests to Mercedes Erikson at [gymnastics\\_sid@byu.edu](mailto:gymnastics_sid@byu.edu).

## Meet Information

1. We will be running two events at the same time. We will alternate competitors on vault and bars. We will not alternate on beam and floor, as those events will go when each competitor is ready.
2. Maximum of one exhibition per event
3. Final line-ups must be turned into the head table by the beginning of the warm-up session. Minor adjustments can take place as per NCAA regulations.
4. Changes and substitutions may be made prior to the start of the event by notifying the helpers at the event and the head score table.
5. There will be a 4 minute touch warm-up prior to each rotation.
6. Any inquiries must be given to the meet director, Marianne Squirres.
7. Open scoring will be adhered to as closely as possible. There will be a seating problem on vault in the Smith Fieldhouse, as we cannot separate the judges on each side of the vault. They will however be on separate tables.

## General Meet Format (Subject to Change)

4:00 pm	Training Room Opens
5:00 pm	Open Warm-ups Begin
5:25 pm	Timed Warm-ups Begin
6:50 pm	March in and Introductions
7:00 pm	4 minute touch warm-up begins
7:05 pm	First rotation begins

	<u>BYU</u>	<u>Visiting Team</u>
Rotation 1	Vault	Bars
Rotation 2	Bars	Vault
Rotation 3	Beam	Floor
Rotation 4	Floor	Beam

# Directions to Gymnastics



## Directions to BYU from Salt Lake City International Airport

- Exit Airport and go east on I-80 towards Salt Lake City/Provo
- Merge onto I-15 Southbound towards Provo
- Stay on I-15 Southbound until reaching Orem
- Exit I-15 at Exit 269, University Parkway in Orem
- Turn left crossing over I-15 heading east on University Parkway

Stay on University Parkway through Orem and into Provo until reaching BYU campus

## To George Albert Smith Fieldhouse

- Drive east on University Parkway (I-15 exit 269)
- Turn right heading south at University Avenue
- After passing Bulldog Blvd go through the next traffic light
- Turn left at 1060 North Street (Across from Provo High School and by Zion's Bank)
- At the 4-way stop, you will see the coned off parking spaces across the street on the right. Remove the cones and park.



# MEDIA RELATIONS

## SID

### **Mercedes Erikson**

30 SFH, Provo, UT 84602  
(801) 422-8999  
[gymnastics\\_sid@byu.edu](mailto:gymnastics_sid@byu.edu)

## PRINT MEDIA

### **Provo Daily Herald**(daily, a.m.)

P.O. Box 717 Provo, UT 84603  
(801) 373-5050  
Jason Franchuk,  
Jared Lloyd, Sportswriter

### **Deseret News**(daily, a.m.)

55 North 400 West, Salt Lake City, UT 84101  
(801) 237-2161  
Jeff Call, Sportswriter  
Dick Harmon, Feature Writer/Columnist  
Brad Rock, Columnist

### **Salt Lake Tribune**(daily, a.m.)

90 South 400 West Ste. 700  
Salt Lake City, UT 84101  
(801) 257-8900  
Jay Drew,  
Kurt Kragthorpe, Columnist

### **Associated Press**

30 East 100 South #200  
Salt Lake City, UT 84111  
(800) 453.3005  
Lynn DeBruin, Sportswriter

### **BYU Daily Universe**(weekdays, a.m.)

5538 ELWC Provo, UT 84602  
(801) 422-7111  
Rich Evans, Editor

## TELEVISION MEDIA

### **KSL-TV**(NBC, Ch. 5)

Broadcast House 5 Triad Center  
Salt Lake City, UT 84110  
(801) 575-5555  
Rod Zundel, Sports Reporter/Anchor  
Jerimiah Jensen, Sports Reporter/Anchor  
Tom Kirkland, Sports Director/Anchor

### **KTVX-TV**(ABC, Ch. 4)

2175 West 1700 South  
Salt Lake City, UT 84104-4200  
(801) 975-4444  
Wesley Ruff, Sports Director/Anchor  
Dana Greene, Reporter/Anchor  
Emerson Lotzia, Reporter/Anchor

### **KUTV-TV**(CBS, Ch. 2)

299 South Main Street, Suite 150  
Salt Lake City, UT 84111  
(801) 973-3232  
Dave Fox, Sports Director/Anchor  
David James, Reporter/Anchor

### **KSTU-TV**(FOX, Ch. 13)

5020 West Amelia Earhart Drive  
Salt Lake City, UT 84116  
(801) 536-1313  
Rick Aaron, Director/Anchor  
Adam Mikulich, Reporter/Anchor

## RADIO

### **KSL Radio/Cougar Sports Network**

P.O. Box 1160  
Salt Lake City, UT 84111-1160  
(801) 575-5535  
Greg Wrubell, Play-by-Play  
Marc Lyons, Game Analyst

### **KZN Radio, 1280 AM**

Trolley Corners Building  
515 S. 700 E. Ste #1C  
Salt Lake City, UT 84102  
(801) 524-2600

## **LOCAL MOVIE THEATERS**

Carmike Wynnsong Cinemas	4925 N. Edgewood Drive, Provo	(801) 764-0009
Cinemark University Mall	1010 S. 800 E., Orem	(801) 224-7428
Cinemark 16 Provo Towne	1200 Town Center Blvd., Provo	(801) 852-2872

## **SHOPPING**

University Mall	575 University Pkwy., Orem	(801) 224-0694
Provo Towne Centre Mall	1200 Town Centre Blvd., Provo	(801) 852-2400
The Shops at Riverwoods	4801 N. University Ave., Provo	(801) 802-8430
Thanksgiving Point	2095 W. Frontage Rd., Lehi	(801) 768-2300
South Towne Mall	10450 S. State St., Sandy	(801) 572-1517

## **LODGING**

Provo Marriott	101 W. 100 N., Provo	(801) 377-4700
Courtyard Marriott	1552 N. Freedom Blvd., Provo	(801) 373-2222
Springhill Suites by Marriott	1580 N. Freedom Blvd., Provo	(801) 373-0073
Hampton Inn	1511 South 40 East, Provo	(801) 960-3950

## **AREA TRANSPORTATION**

### **Bus Lines**

		<b>Phone</b>
Lake Shore Motor Coach Lines*	Provo	1-800-628-6579
Lewis Brothers	Salt Lake City	801-359-8677
Le Bus		801-975-0202
Utah Trailways	Salt Lake City	801-938-4296

### **Taxicabs**

“Yellow-Cab”	Salt Lake City, Provo	801-521-2100
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### **Airlines**

Salt Lake International Airport (SLC) is 45 miles north of Provo

United, Continental, Delta, Northwest, Jet Blue, Southwest, American & US Air

## PREFERRED RESTAURANTS

Bam Bams BBQ	1708 S St, Orem, UT 84058	(801) 225-1324
Brick Oven	111 E 800 N, Provo, UT 84606	(801) 374-8800
Carl's Jr	344 W 1230 N, Provo, UT 84606	(801) 370-9593
Chuck-A-Rama	1081 S University Ave, Provo, UT 84601	(801) 375-0600
Costa Vida	1200 N University Ave, Provo, UT 84604	(801) 373-1876
Firehouse Subs	538 East University Parkway	(801) 705-8500
Malawi's Pizza/La Jolla Groves	4801 N University Ave, Provo, UT 84604	(801) 224-5111
Papa John's	60 W 1230 N, Provo, UT 84604	(801) 356-7272
Red Robin	1200 Towne Centre Blvd #1100, Provo,	(801) 852-8093
TUCANOS	4801 N University Ave #790, Provo,	(801) 224-4774
Which Wich	1077 S 750 E, Orem, UT 84097	(801) 224-9424

## Directions to Local Medical Facilities

### Utah Valley Regional Medical Center

1034 North 500 West          Provo, UT 84604          801.357.7850

*From BYU Campus* - Start out going west on E Bulldog Blvd toward N University Ave/US-189.(Distance: 1 mi)

Turn left onto N State St/US-89. Continue to follow US-89.(Distance: 0 mi) 1041 N 500 W is on the right.(Distance: 0 mi)

### Walgreens (24 Hour Pharmacy)

1315 North State St.          Provo, UT 84604          801.616.5223

*From BYU Campus* - Head West on W 1230 N St/Bulldog Blvd toward N Freedom Blvd; Continue onto Columbia Ln; Turn Right onto N Grandview Ln; Turn Right onto N State St; Walgreens will be on your right.

### CVS Pharmacy

1235 N University Ave          Provo, UT 84604          801.377.3280

*From BYU Campus* – Head west on W1230 N/Bulldog Blvd toward University Ave. CVS in on the corner of University Avenue and 1230 N.

# AREA ATTRACTIONS

## UTAH TOURISM INFORMATION

**Utah Travel Council** 300 N. State St.  
Salt Lake City, UT 84111  
(800) 200-1160  
(801) 538-1900

**Utah Valley Convention & Visitors Bureau:** (800) 222-8824  
(801) 370-8393

**Provo-Orem Chamber of Commerce:** (801) 379-2555

## SKI AREAS

### Provo

Sundance Resort (800) 892-1600  
(801) 225-4107

### Heber City

Homestead Resort (Cross Country) (888) 327-7220  
(435) 654-1102

### Park City

The Canyons (800) 754-1636  
(435) 649-5400  
Deer Valley (435) 649-1000  
(435) 649-2000; snow report  
Park City Mountain Resort (435) 649-8111  
(435) 647-5449; snow report  
White Pines Touring Center (Cross Country) (435) 649-8710  
Utah Winter Sports Park at Bear Hollow (435) 658-4200

### Salt Lake

Alta Ski Area (801) 742-3333  
Brighton Ski (800) 873-5512  
(801) 532-4731  
Snowbird Ski and Summer Resort (800) 453-3000  
Solitude Ski Resort (801) 534-1400

## BIKING/HIKING

**Provo River Parkway Trail:** A 13-mile hiking and biking trail, wide enough to allow two-way bike passage. The trail starts at Utah Lake and follows most of the scenic Provo River along the city of Provo and through many city parks. It continues from the mouth of Provo Canyon to its end near Bridal Veil Falls in Provo Canyon.

**Rock Canyon Trail:** Starting at Rock Canyon Trailhead, this dirt trail goes up Rock Canyon to the Squaw Peak Trail.

**Squaw Peak Trail:** Beginning at Highway 189 approximately seven miles north of Provo, this asphalt and dirt trail connects Provo Canyon with Hobbie Creek Canyon. The route winds through aspen and maple forests and, when in season, fields dotted with wildflowers. The final miles are downhill.

## OTHER ATTRACTIONS

**Deer Creek State Park:** Popular for waterskiing, sailing, boating, fishing and camping. Picnicking and day-use facilities are available. Phone: (801) 654-0171

**Provo LDS Temple:** Built of white stone and topped with a golden Angel Moroni, framed by the cliffs of Rock Canyon. Visitors may tour the temple grounds. Phone: (801) 375-5775

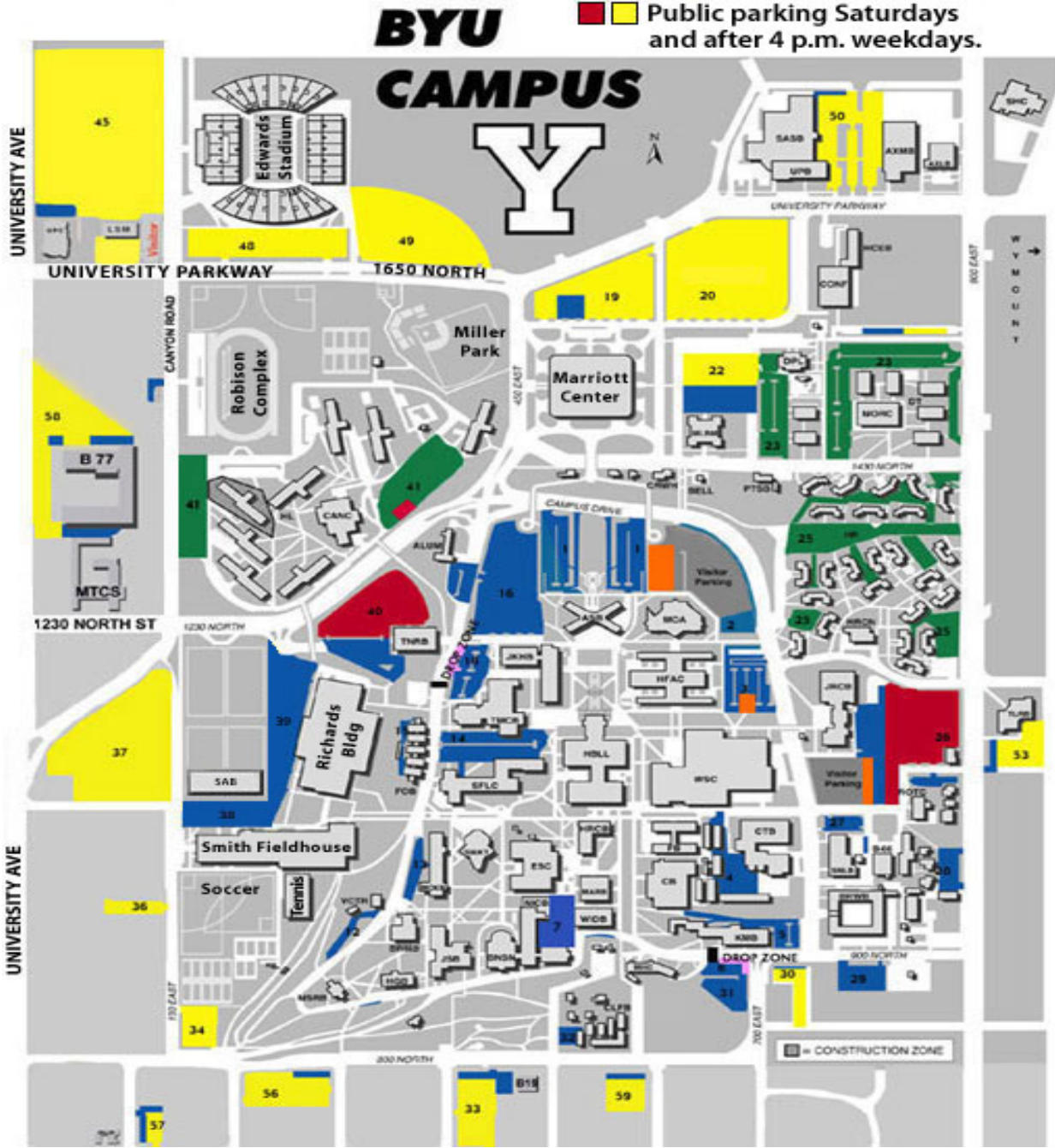
**Springville Museum of Art:** Founded in 1803, features 11 galleries and several permanent art exhibits. Phone: (801) 489-2727

**Sundance:** Besides winter sports, this community founded by actor Robert Redford hosts concerts, and is home of the Sundance Summer Theater, Children's Theater, the Sundance Film Festival, and the Sundance Theater for independent filmmakers and writers. Phone: (800) 222-8824 or (801) 225-4107

**Utah Lake State Park:** Spans the length of Utah County. Offers sites for camping, picnicking, and water sports and marinas. Ice-skating and ice-fishing in the winter. Phone: (801) 375-0731

\*For additional information, visit [www.utahvalley.org](http://www.utahvalley.org)

# CAMPUS MAP/PARKING





## SAMPLE DUAL MEET PROTOCOL – 7 PM START

TIME	SCHEDULED EVENT															
4:00 pm	Training room opens – gym available															
5:00 pm	Open warm-ups – aerobics & stretch															
5:25 pm	Timed warm-ups – 15 minute countdown per rotation															
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6:31 pm	End timed warm-ups – Athletes report to assigned dressing rooms															
6:50 pm	Invocation & National Anthem Teams lined up in tunnel for march-in (No cheering during anthem or prayer, please)															
6:53 pm	Athlete march-in Visiting Team introductions, Visiting Team march to first event Intro Video BYU Introductions, BYU march to first event															
6:58 pm	Gymnasts prepare for first event															
7:00 pm	*4:00Minute Touch Warm-up Begins per coach’s signal															
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9:00 pm	Cougar of the meet recognition & team scores															



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