

Please watch the video recording that goes with this presentation for complete details!



2022 Volunteer Training

Volunteering at the Candy Apple

You can earn credits towards your Eligible Member requirements by volunteering at the Candy Apple meet (Oct. 14, 15, and 16)

1 credit per shift

No mandatory shifts at Candy Apple, unless we don't get enough volunteers (at which point we will have to make it mandatory).



What am I signing up to do?

1

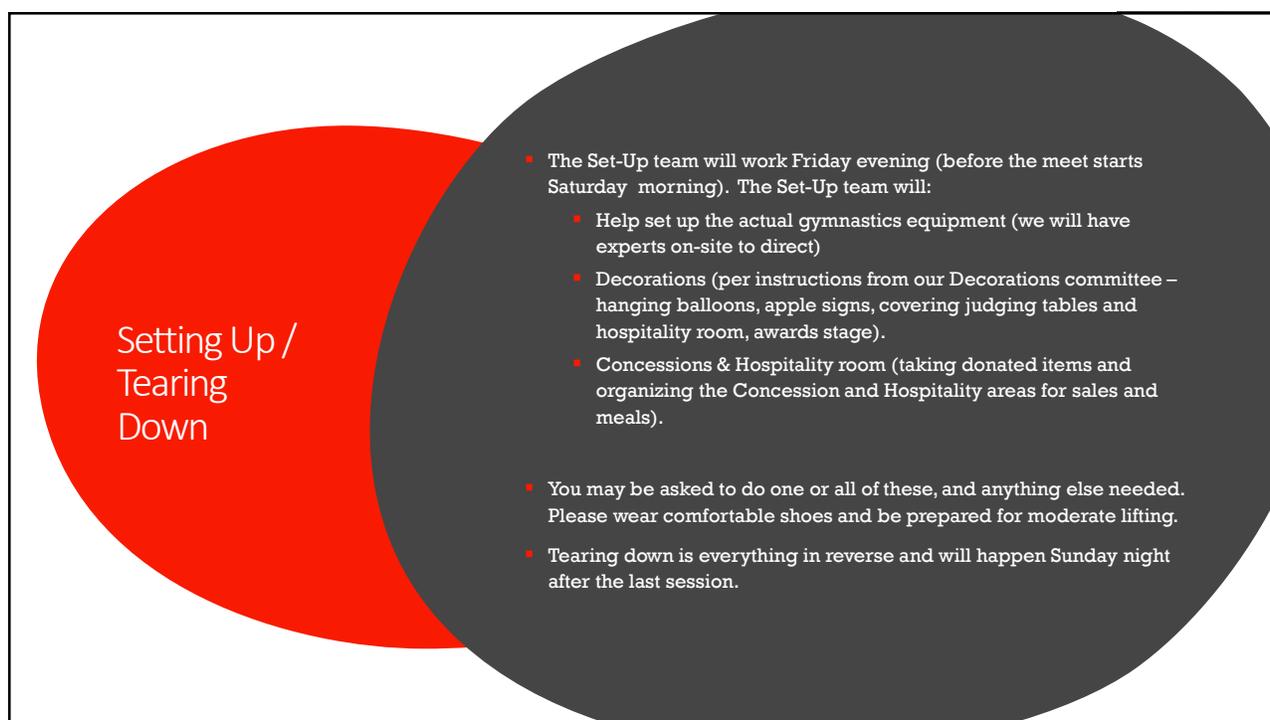
Setting Up or Tearing
Down

2

Working on the meet
floor

3

Working in the
concourse/admissions
area



Setting Up /
Tearing
Down

- The Set-Up team will work Friday evening (before the meet starts Saturday morning). The Set-Up team will:
 - Help set up the actual gymnastics equipment (we will have experts on-site to direct)
 - Decorations (per instructions from our Decorations committee – hanging balloons, apple signs, covering judging tables and hospitality room, awards stage).
 - Concessions & Hospitality room (taking donated items and organizing the Concession and Hospitality areas for sales and meals).
- You may be asked to do one or all of these, and anything else needed. Please wear comfortable shoes and be prepared for moderate lifting.
- Tearing down is everything in reverse and will happen Sunday night after the last session.

Concourse Positions

Apple Bucks

- New this year! Gymnasts can earn “Apple Bucks” throughout the meet.
 - Scored a 9?
 - Stick your vault landing?
 - Judge’s choice for “most enthusiastic”?
- Gymnasts can “spend” their Apple Bucks at the prize table (think: Chuck E Cheese ticket counter).
- Volunteers will help gymnasts “purchase” items at the prize table.

Other Concourse Positions

- Admissions Sales
- Good Luck Gram Sales
- Concession Sale
- Security
- Judge/Coach Hospitality Room

Must be 18 years old (or older) for all Concourse
--handling money; food safety

Working the Meet Floor

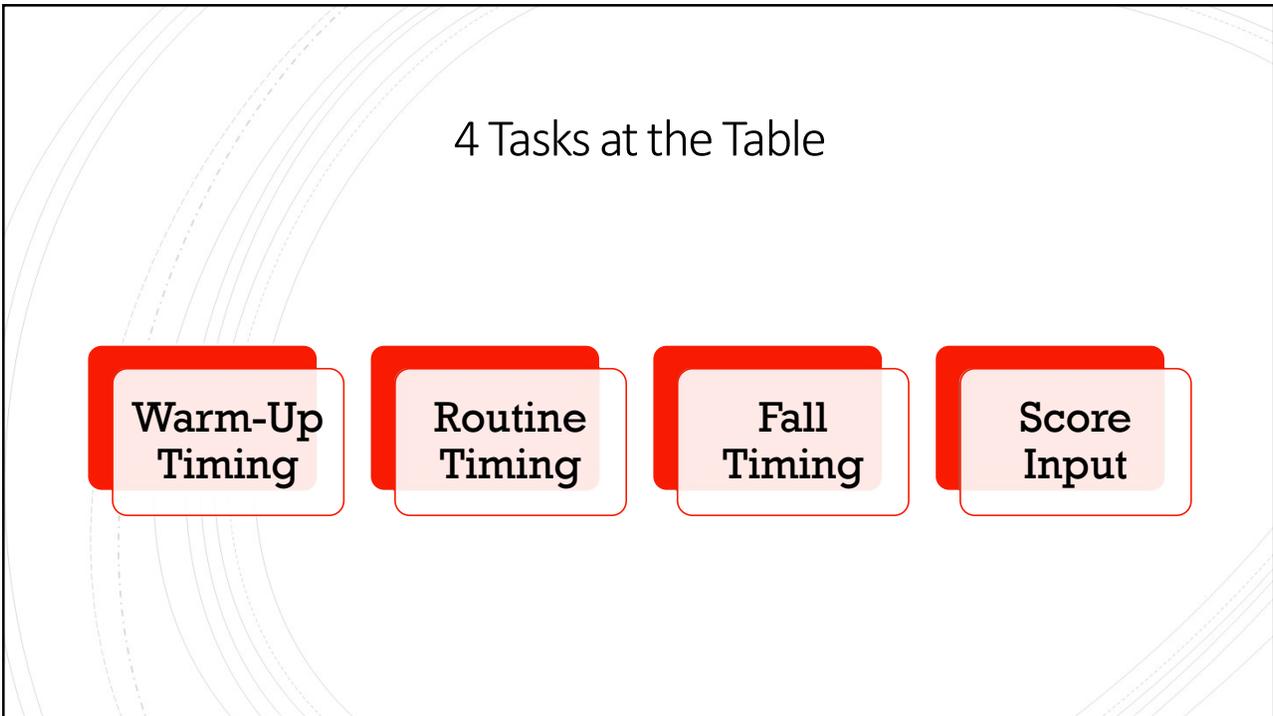
Working the Meet Floor

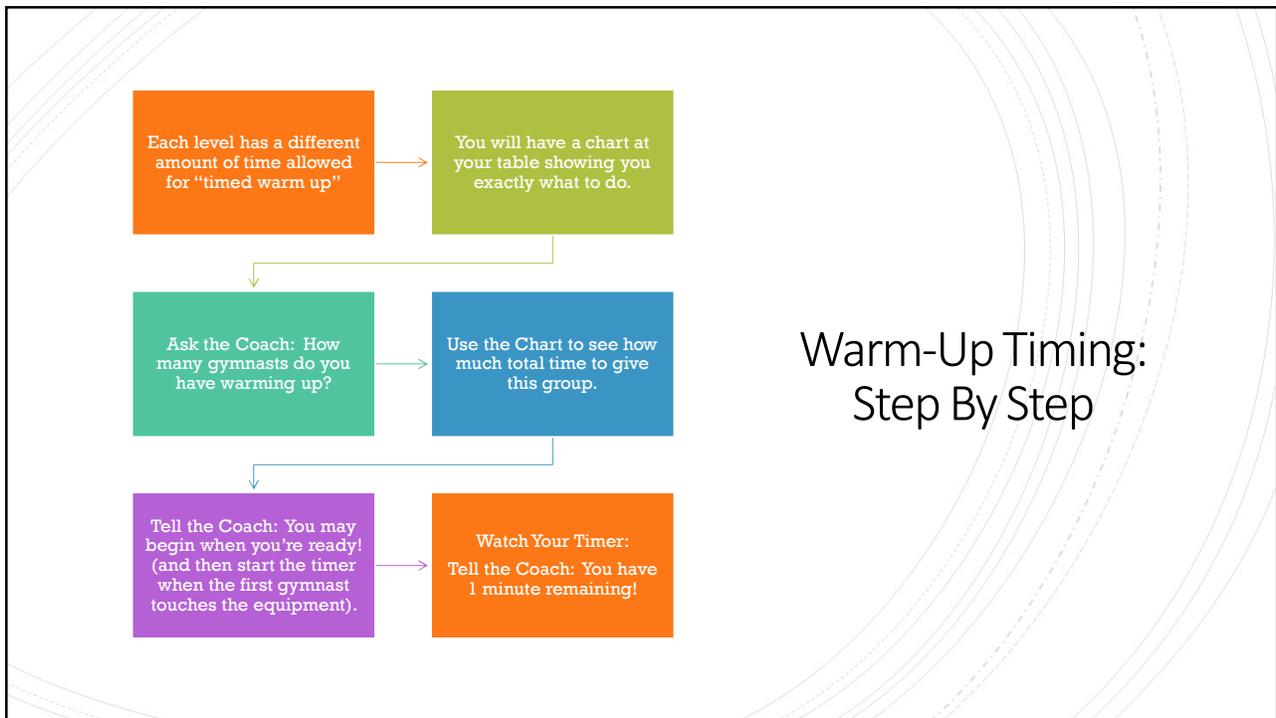
Event tables (must be 14 years old)

- Routine warm-up timers
- Routine & fall timers
- Score Input

Announcer (must be 18+)

- Scripts are provided!





Bronze: 30 seconds per gymnast	
# Gymnasts	Total Warm-Up Time
1	30 seconds
2	1 minute
3	1.5 minutes
4	2 minutes
5	2.5 minutes
6	3 minutes
7	3.5 minutes
8	4 minutes
9	4.5 minutes
10	5 minutes

Warm-Up Timing:
An Example

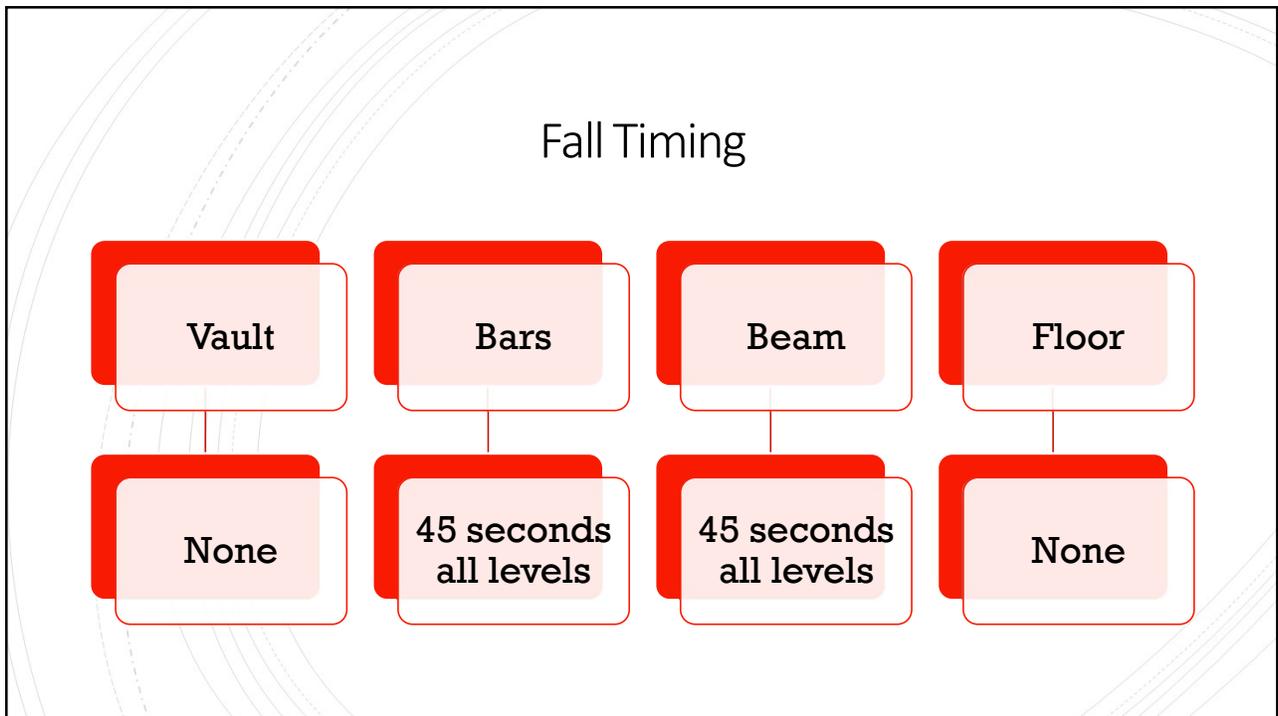
- You are timing Balance Beam, and the coach walks up with a group of gymnasts.
- *"Hey coach! How many are you warming up in this group?"*
- If the Coach has 6 girls warming up, how many minutes do you give them?
 - *Answer: 3 minutes!*

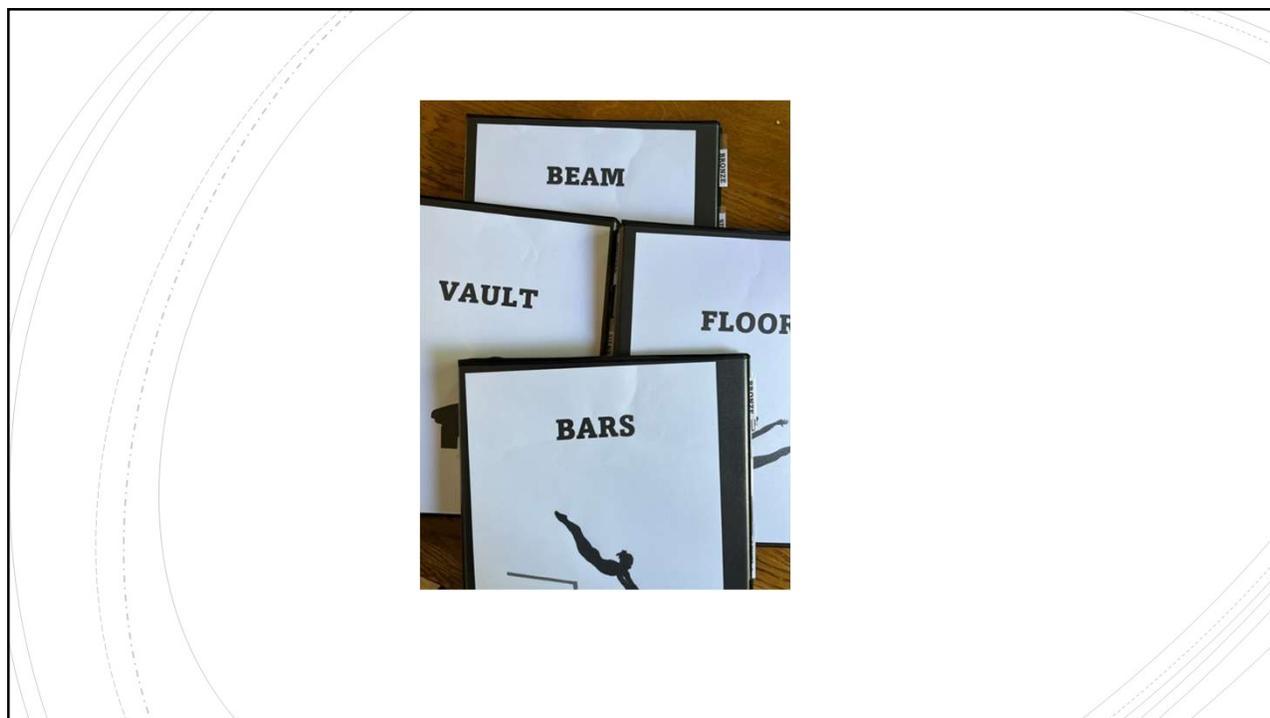
Routine Timing

Vault	No Routine Times
Bars	No Routine Times
Beam	Between 45 seconds to 1 minute, 10 seconds (depending on level)
Floor	Bronze & Silver have routine times



Begin timer when gymnast touches the beam or when the music begins.





BEAM

Volunteer #1: Warm-Up Timing and Fall Timing
Volunteer #2: Routine Timing (and dinging bells) and Score Input

WARM-UP TIMING

- You will be timing the gymnasts during their warm-up.
- Ask the coach how many gymnasts will be warming up.
- Use the timing chart to look up the total amount of time to give.
- Let the coach know when you are ready for them to begin.
- Begin** the warm-up timer when the **first** gymnast touches the apparatus.
- Give a **1 minute warning** before their time runs out (loudly!) ("You have one minute left!")
- When time is up, **loudly** announce "Warm-Up Time is Over"

BEAM ROUTINE TIMING

- Start the timer as soon as the gymnast touches the apparatus.
- You will have a **bell** - ding it once to give a **10 second warning** before the time is up.
- Ding the bell twice to signal that the routine time has ended.

BEAM FALL TIMING

- Gymnasts must get back on the Beam within **45 seconds** after a fall.
- You will **start the timer** as soon as the gymnast falls off the beam.
- Ask the Judge at your table if he/she would like you to announce (verbally) when there are **10 seconds** remaining in the fall time period. You will **not ding a bell** for this. You will tell the **Judge after the routine is over** if the gymnast exceeded the fall time.

SCORE INPUT

- You will receive training at the beginning of the session on the iPads used to input scores.
- At the end of the routine, the Judge will hand you a score. Input the score from the Judges into the iPad scoring system.

Before You Leave!

- Straighten up your table for the next session.
- Once the session is finished, please move out to the Awards area immediately and help hand out medals as the announcer calls them up. We may have gymnasts volunteering to do this, but ask that you stay through the end of awards to supervise that process!
- If awards are under control, please assist the Apple Bucks table if the line is getting long.
- If you are in the final session of the day, please help clean your apparatus area's mats with the mops provided.

BRONZE

BEAM

Level	Warm-Up Time (all events)	Beam Routine	Beam Fall
		45 seconds	
Bronze	30 seconds	(10 second bell at 35 seconds)	45 seconds

WARMUP TIME

# Gymnasts	@ 30 seconds each
1	30 seconds
2	1 minute
3	1 min 30 secs
4	2 minutes
5	2 min 30 secs
6	3 minutes
7	3 min 30 secs
8	4 minutes
9	4 min 30 secs
10	5 min
11	5 min 30 secs
12	6 minutes
13	6 min 30 seconds
14	7 minutes
15	7 min 30 seconds

BARS

At the Candy Apple Invite, you will be doing BOTH the Warm-Up Timing and the Fall Timing. You will also be doing the SCORE INPUT.

WARM-UP TIMING

- You will be timing the gymnasts during their warm-up.
- Ask the coach how many gymnasts will be warming up.
- Use the timing chart to look up the total amount of time to give.
- Let the coach know when you are ready for them to begin.
- Begin the warm-up timer when the first gymnast touches the apparatus.
- Give a 1 minute warning before their time runs out (loudly! "You have one minute left!")
- When time is up, loudly announce "Warm-Up Time is Over"

BARS FALL TIMER

- Because you are performing both roles, you will stay at this table and wait for the Judge to signal for the first gymnast to begin competing.
- Bars do not have a maximum amount of time for the full routine, so you are only making sure that if they fall off, they get back on within the "fall" rules.
- You will be timing whenever a gymnast FALLS off the beam.
- See the timing chart for the amount allowed for the fall.
- ASK THE JUDGE if they want you to give a 10 second warning for the fall timer.
- If a gymnast takes longer than their allotted fall time, note it, and inform the judge after she finishes her routine for score deductions.

SCORE INPUT

- You will receive training at the beginning of the session on the iPads used to input scores.
- At the end of the routine, the Judge will hand you a score. Input the score from the Judges into the iPad scoring system.

BEAM

At the Candy Apple Invite, we hope to have two volunteers at the Beam table.

Volunteer #1: Warm-Up Timing and Fall Timing
Volunteer #2: Routine Timing (and dinging bells) and Score Input

WARM-UP TIMING

- You will be timing the gymnasts during their warm-up.
 - Ask the coach how many gymnasts will be warming up.
 - Use the timing chart to look up the total amount of time to give.
 - Let the coach know when you are ready for them to begin.
 - Begin the warm-up timer when the first gymnast touches the apparatus.
- Give a 1 minute warning before their time runs out (loudly! "You have one minute left!")
 - When time is up, loudly announce "Warm-Up Time is Over"

BEAM ROUTINE TIMING

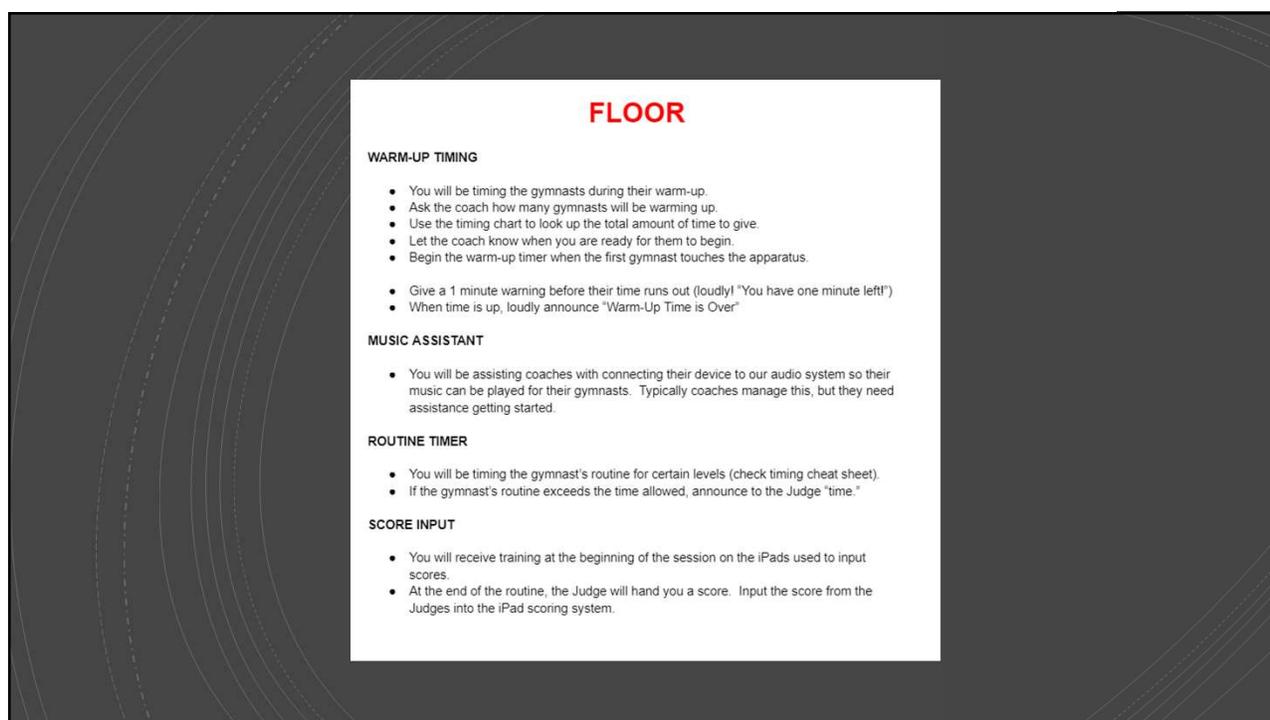
- Start the timer as soon as the gymnast touches the apparatus.
- You will have a bell – ding it once to give a 10 second warning before the time is up.
- Ding the bell twice to signal that the routine time has ended.

BEAM FALL TIMING

- Gymnasts must get back on the Beam within 45 seconds after a fall.
- You will start the timer as soon as the gymnast falls off the beam.
- Ask the Judge at your table if he/she would like you to announce (verbally) when there are 10 seconds remaining in the fall time period. You will not ding a bell for this. You will tell the Judge after the routine is over if the gymnast exceeded the fall time.

SCORE INPUT

- You will receive training at the beginning of the session on the iPads used to input scores.
- At the end of the routine, the Judge will hand you a score. Input the score from the Judges into the iPad scoring system.



FLOOR

WARM-UP TIMING

- You will be timing the gymnasts during their warm-up.
- Ask the coach how many gymnasts will be warming up.
- Use the timing chart to look up the total amount of time to give.
- Let the coach know when you are ready for them to begin.
- Begin the warm-up timer when the first gymnast touches the apparatus.
- Give a 1 minute warning before their time runs out (loudly! "You have one minute left!")
- When time is up, loudly announce "Warm-Up Time is Over"

MUSIC ASSISTANT

- You will be assisting coaches with connecting their device to our audio system so their music can be played for their gymnasts. Typically coaches manage this, but they need assistance getting started.

ROUTINE TIMER

- You will be timing the gymnast's routine for certain levels (check timing cheat sheet).
- If the gymnast's routine exceeds the time allowed, announce to the Judge "time."

SCORE INPUT

- You will receive training at the beginning of the session on the iPads used to input scores.
- At the end of the routine, the Judge will hand you a score. Input the score from the Judges into the iPad scoring system.

VAULT

WARM-UP TIMING

- You will be timing the gymnasts during their warm-up.
- Ask the coach how many gymnasts will be warming up.
- Use the timing chart to look up the total amount of time to give.
- Let the coach know when you are ready for them to begin.
- Begin the warm-up timer when the first gymnast touches the apparatus.

- Give a 1 minute warning before their time runs out (loudly! "You have one minute left!")
- When time is up, loudly announce "Warm-Up Time is Over"

SCORE INPUT

- You will receive training at the beginning of the session on the iPads used to input scores.
- At the end of the routine, the Judge will hand you a score. Input the score from the Judges into the iPad scoring system.



Earning Volunteer Credits



**Initial Shift AFTER COMPLETED
to earn volunteer credit**

Department	Parent Floor	Parent Level	Friday Nov 19	Saturday November 20	Saturday November 20	Saturday November 20	Sunday November 21	Sunday November 21	Sunday November 21
Public Registration	Booths	Registration							
Cooper Booth	Booths	Booths							
Adults Registration	Booths	Registration							
Adults Kiosk	Booths	Booths							
Registration Check-in/Booth	Booths & Parent	Booths							

Check-In: Two Ways

Check In at the
Volunteer table and
you will be
directed to your
spot.

Completed Shift –
Initial before
leaving