



# COMPETITION SCOOP

## Empire Regional

Nassau Community College | December 8, 2019

Costigan Physical Education Complex | 1 Education Drive | Garden City, NY 11530

### COACHES:

#### Registration/Check-In:

- Please follow directional signs to Check-In.
  - Registration opens: – 8:00am and will remain open throughout the event.
- You must register a minimum of 30 minutes prior to your assigned warm-up time.
- Please bring the following items to registration:
  - Signed Copy of Rules and Regulations
  - Proof of payment
  - Proof of licensed music
  - Release Forms

#### Advisor/Coaches Meeting:

- There will be no coaches meeting at the event, however competition information will be available at Check-In.
- Any questions can be answered by the Tournament Director.

#### Warm-Up/Rehearsal:

- To ensure the event is run in a timely manner, please be aware of your team's designated warm-up time. We ask that all athletes and coaches report to the warm-up area at least 10 minutes prior to your assigned time.
- Please refrain from leaving bags and other personal belongings in the warm-up area.
- Please bring two (2) copies/sources of your music, including any necessary adapters/dongles.

**Competition Time:** – 9:15am – 9:00pm

*(Times are tentative & subject to change.)*

### PARENTS/SPECTATORS:

#### Spectator Fee:

- \$10.00 Adults 13 and above
- \$5.00 Ages 5-12
- Ages 4 & Under enter free
- Doors open at 8:15am – NO EARLY ADMITTANCE

#### Merchandise/Concessions:

- Merchandise will be available for purchase.
- Concessions will be sold at the event. NO OUTSIDE FOOD OR DRINK ALLOWED.

#### Performance Order:

- Tentative schedule will be posted approximately ten days before the event.
- Award Ceremonies are scheduled every few hours throughout the day.

### FOR MORE INFORMATION:

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 NY/NJ State Director  
[crisi@varsity.com](mailto:crisi@varsity.com)

Joe Cooper  
 Tournament Director  
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### UPCOMING EVENTS:



JAN. 31 - FEB. 2, 2020



FEB. 7 - 9, 2020



MARCH 14 - 15, 2020



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