

**GEORGIA HIGH SCHOOL ASSOCIATION
STATE CHEERLEADING COMPETITION
FEBRUARY 2021**



STATE CHAMPIONSHIPS

MONDAY – FEBRUARY 15, 2021

SESSION ONE - 10:00 AM

A – PUBLIC AND PRIVATE, COED

SESSION TWO – 4:00 PM

2A, 5A

TUESDAY – FEBRUARY 16, 2021

SESSION ONE – 10:00 AM

4A, 7A

SESSION TWO – 4:00 PM

3A, 6A

The procedures for the February 2021 State Championships have changed. It is vital that all coaches [read all parts.](#) The demands of the implemented COVID regulations have created the need for procedural changes in the competition process and health regulations that will be strictly implemented.

Housing	<p>Each school is responsible for making housing accommodations. If you face any challenges please contact Pam Carter by email and we will be glad to refer this to the appropriate person. You will receive a housing form requesting information about your hotel. Please submit at registration.</p>
Event Rules:	<p>IT IS VITAL THAT ALL RULES AND DIRECTIONS ARE FOLLOWED. FAILURE TO FOLLOW THE DIRECTIONS OF THE STAFF, THE CIVIC CENTER STAFF OR THE VISIT MACON VOLUNTEERS CAN RESULT IN THE ELIMINATION OF A TEAM FROM COMPETITION OR THE REMOVAL OF A TEAM FROM THE ARENA.</p> <ol style="list-style-type: none"> 1. READ THE WHOLE PACKET. THERE ARE NEW GUIDELINES PROCEDURES AND RULES. IMPORTANT! 2. All teams must <u>arrive in uniform</u>. Dressing areas will not be provided. You cannot change in the restroom due to the limitation on the number who can enter at a time. You will quickly move to warm-ups so be ready! You will not have time to change clothes. 3. ALL teams, music person and coaching staff must <u>wear MASKS</u> into the warm-up area. The performing team may remove MASKS once they enter Warm-up Mat One. <u>All coaches and music person are asked to wear MASKS throughout the rotation and performance.</u> Alternates will remain upstairs. 4. All coaches must have a <u>photo ID and the GHSA coaching Pass</u> at check-in. Be ready to show them to the staff. This is not required for music person. 5. All bags are subject to search upon entrance into the facility. We ask that both coaches and athletes limit the size of the bags and only bring those items that are necessary. Again, all teams must arrive in uniform. 6. Temperatures may be taken by the registration staff at registration entrance. 7. All coaches, music people, and team members must arrive at the same time. No more than 20 team members may enter through registration and no more than two coaches and one music person. 8. Teams will have a scheduled arrival time to provide buses time to drop off and park. 9. <u>Once rotations begin the competition will run continuously.</u> Please arrive early so that you can be moved to the warm-up area if the officials are ready for you to perform. If you have any issues and you are running late, please contact Pam Carter – 706-888-5309 or Penny Mitchell – 478-957-9775. 10. <u>UP TO - Four Alternates are allowed into the registration with the team. The alternates will be allowed to move to designated seating to watch their team perform. Total 20 for team, 2 coaches, and 1 music person</u>

		<p>11. <u>The coaches and the music person will be given a badge to wear to the floor. This badge cannot be exchanged with anyone and they will be taken-up as the team leaves the floor.</u></p> <p>12. Teams will exit on the front side of the mat off the same side they are seated on. At that time, they will return to their assigned section through the lower section of the concourse.</p> <p>13. Teams will remain in their assigned areas. Restrooms are available.</p> <p>14. Team members will not be allowed to sit with their fans and parents. They must remain in their assigned area.</p>												
Arrival		<p>Check all charts and ask questions as needed. [pcarters@aol.com]</p> <p>2. You will locate a chart of performance times and admission times in this packet.</p> <p>3. Buses will follow specific Directions. Bus Drivers will be directed to the South Side of the arena. You will park on the South Side.</p> <p>4. Side One – First Tunnel Entrance (odd number teams) Side Two – Second Tunnel Entrance (even number teams)</p> <table border="1"> <tr> <td>DAY ONE</td><td>Session One</td><td>Tunnel One – Single A Private and Public Tunnel Two – COED</td></tr> <tr> <td>DAY ONE</td><td>Session TWO</td><td>Tunnel One – 5A Tunnel Two – 2A</td></tr> <tr> <td>DAY TWO</td><td>Session One</td><td>Tunnel One – 7A Tunnel Two – 4A</td></tr> <tr> <td>DAY TWO</td><td>Session Two</td><td>Tunnel One – 6A Tunnel Two – 3A</td></tr> </table> <p>5. Bus Drivers will park in the South parking lot beside the building – located right beside the registration tunnels. Bus drivers who wish to enter the building will have to go to the PASS GATE. They will not be allowed to enter through the Registration Tunnels. Please bring identification.</p> <p>If it is raining teams will remain on the bus until they receive word to move to the registration area.</p> <p>ARRIVAL TIMES Buses will pull to the South side of Centreplex and will park in the parking lot right beside the tunnels.</p> <p>1. All teams must submit the Covid-19 check list upon arrival. (also</p>	DAY ONE	Session One	Tunnel One – Single A Private and Public Tunnel Two – COED	DAY ONE	Session TWO	Tunnel One – 5A Tunnel Two – 2A	DAY TWO	Session One	Tunnel One – 7A Tunnel Two – 4A	DAY TWO	Session Two	Tunnel One – 6A Tunnel Two – 3A
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DAY TWO	Session One	Tunnel One – 7A Tunnel Two – 4A												
DAY TWO	Session Two	Tunnel One – 6A Tunnel Two – 3A												

attached)

2. **All teams are to arrive in uniform including the Alternates.** The team must be in uniform and ready to move to warm-ups when called.
3. All teams will follow the staff member to the appropriate area.
4. All personal items will be left in the stands as the team moves to warm-ups. Do not bring valuables.
5. Alternates will remain in the stands but may move to designated seating to watch their team perform. They must return to the assigned seating with the team once the team has completed their performance.

MORNING SESSIONS

Session	Arrival Time	Teams
Session One PART A – Teams performing the first half of session	8:30 AM – Warm-ups start right after this so be on time! Approximate warm-up start time is 9:30	First 16 teams arriving by 8:30. Registration opens at 9:00. Teams 1 – 16. Competition begins promptly at 10:00 AM
Session TWO PART B Teams performing the second half of session	9:30 AM - Arrival Time Approximate warm-up start time is 10:30	Second 16 teams arriving by 9:30 AM. Registration opens at 10:00 AM Teams 17 - 32. Competition begins approximately at 11:30 AM

AFTERNOON SESSIONS

Session One Part A – Teams Performing the first half	2:30 PM – Warm-ups start right after this so be on time! Approximate warm-up start time is 3:30 PM	First 16 teams performing arrive by 2:30. Registration opens at 3:00 for Teams 1 – 16 Competition begins promptly at 4:00.
Session TWO Part B – Teams performing second half of session.	3:30 PM – Arrival Time Approximate warm-up start time 4:30 PM	Second 16 teams performing arrive by 3:30. Registration will open at 3:30 for Teams 17 – 32 Competition begins

					approximately 4:30.
Registration		<p>The registration is conducted based upon the Performance Side for each team. It will occur in the two tunnels on the South Side of the arena:</p> <p><u>Day One - Session One:</u> Tunnel One - Single A Divisions (Even Numbers) Tunnel Two – COED (Odd Numbers)</p> <p><u>Day One - Session Two:</u> Tunnel One – 5A (Even Numbers) Tunnel Two – 2A (Odd Numbers)</p> <p><u>Day Two – Session One:</u> Tunnel One – 7A (Even Numbers) Tunnel Two – 4A (Odd Numbers)</p> <p><u>Day Two – Session Two:</u> Tunnel One – 6A (Even Numbers) Tunnel Two – 3A (Odd Numbers)</p> <p>Reminder:</p> <ol style="list-style-type: none"> 1. <u>All team members, coaches, and the music person MUST ARRIVE at the same time in order to check into the arena.</u> Please be on time and in line when your section is called to registration. You should line-up in the order of appearance. Bags are subject to search and temperatures may be taken. All athletes and coaches must be wearing MASKS. 2. <u>Coaches should present the Covid-19 monitoring form included in this packet.</u> 3. Taping must be completed prior to entering the warm-up areas. You must bring your own tape. Trainers will be available in the Warm-up area. 4. All bags are subject to search. 5. Once you have registered you will be directed to your registration area. <p>[IMPORTANT: PLEASE DRESS FOR THE WEATHER. BE AWARE THAT IT MIGHT BE COLD AND RAINING. YOU WILL HAVE TO REMAIN OUTSIDE UNTIL your TEAM IS REGISTERED. Remember all team members must be in their uniforms at this time. DRESS APPROPRIATELY – COATS/JACKETS/RAIN JACKETS AS NEEDED. THERE WILL ONLY BE FOUR TEAMS REGISTERING AT A TIME SO REGISTRATION WILL GO PRETTY FAST.]</p>			
Competition		<ol style="list-style-type: none"> 2. All teams must be ready to compete once they register. 3. You will be seated as a team in the back two sections of this arena. A bathroom is located upstairs in the back on each side. Due to social distancing and COVID rules, the attendants will limit how many can enter at any one time. A second set of bathrooms will be located on 			

		<p>the competition floor. During this time all cheerleaders and coaches should be wearing masks. Cheerleaders must remain in this back area and will not be allowed to visit fans/parents in the front part of the arena.</p> <p>4. Teams will be called down to the seating area beside the entrance to the actual competition floor in the order they are to compete. <u>Up to four alternates dressed in uniform</u> will come down with their team and be directed to their designated seating to watch the performance. Alternates will not be allowed to enter the warm-up area with the team.</p> <p>5. <u>MAT ONE:</u> Teams will have approximately five minutes on this mat and will be able to stretch, jump, and work on standing tumbling if safety permits.</p> <p>6. <u>MAT TWO:</u> Teams will have approximately five minutes on this mat to work with standing or running tumbling.</p> <p>7. <u>Math THREE:</u> Teams will have approximately 8 minutes on this mat to work on partner stunts and pyramids. Running tumbling can also be practiced on these mats.</p> <p>[IT is highly suggested that all coaches practice a warm-up schedule with the team so that they know what to do and when on each mat. USE the time wisely.]</p> <p>8. Once you have completed the time on the two mats you will be asked to wait at the curtain until you are asked to perform. Teams will hear their name announced. While at this curtain we ask that you remain quiet. You can be heard on the competition floor. Be fair to your fellow competitors.</p> <p>9. Music is not allowed in the warm up area.</p> <p>10. Once you have completed your performance you will exit out of the front side of the arena. You will move past the judges stands. Exiting on the same side you came on the floor to perform. You will then be directed to return through the downstairs concourse tunnel to your assigned seats.</p>
MUSIC		<p>2. <u>Every school must have a music person to remain at the music area while the competition is going on.</u></p> <p>3. There will be no orientation period for music prior to competition. <u>Teams may not come on the competition floor to cue music. There is no music in the warm-up area.</u></p> <p>4. A sound technician will be present to assist with the music volume during competition.</p> <p>5. One coach or school representative will be responsible for starting and</p>

	<p>stopping the CD during the routine. This person will move directly to the music area when directed by the staff. A mask is required.</p> <ol style="list-style-type: none"> 6. Use only regular size CD (no cutouts). Have two copies. 7. If you are using your phone please make use that it is on airplane mode. 8. <u>Coaches must bring a backup CD to the floor with them and it must be cued. Teams without working music will have to perform their routine using counts.</u> 9. The GHSA will not be responsible for music recorded on iPods or iPhones. You will take full responsibility for any issues which may occur with this type media. If using these for your own protection make sure you are in airplane mode and that the volume is turned up. Deductions for Delay of Meet may occur and teams may not be able to repeat routines where the fault of the music issues are a team issue. 10. When using the Iphone or Ipods, we will not take responsibility for starting the music, for the music stopping or for the music volume. There have been a number of issues this year with these digital devices and with volume. This is the responsibility of the team music person. Please work with your music person. 11. Teams will not be placed back into rotation if this is an issue. Music issues must be corrected while the team is still on the floor and a second CD available. Delay of Meet penalties will be called.
Medical Personnel and trainers	<ul style="list-style-type: none"> • Athletic Trainers will be available for medical assistance. <p><u>TEAMS WISHING TO TAPE must bring their own tape for participants to use.</u></p> <ul style="list-style-type: none"> • Teams bringing personal trainers may use them in the stands prior to the beginning of the rotation. Once a team begins rotation the Athletic Trainers and medical personnel assigned by the Civic Center will be responsible for assisting teams. Personal School Team trainers may not come to the floor unless they are one of the two approved coaches or the music person who have credentials to enter the competition floor. The Civic Center Medical Staff, Piedmont/OrthoGA will be over all medical emergencies. • <p><u>ALL TEAMS MUST BE DRESSED WHEN THEY ENTER THE ARENA. If a team wishes to change after their performance we ask that use the dressing areas located between the two registration areas. No one should be changing in a public restroom or in the stands.</u></p> <p>(Including male and female team members)</p>

	<p>All coaches be aware of your team and where they are at all times. Do not allow team members to leave the arena. Ask team members not to try to go up front and sit with parents. This takes up public seating and sold tickets.</p>
<p>GHSA – RULES AND GUIDELINES</p>	<p>No FLASH PHOTOGRAPHY!</p> <p>No lights off of camera, phones or other recording devises. Any type of light could result in removal from the arena.</p> <p>The Centreplex requires all spectators to wear masks and keep them on while inside the arena. Those not wearing masks may be asked to leave the arena by Centreplex security.</p> <p>Artificial noise makers are not allowed at indoor events.</p>

[illegible]

GHSA FEBRUARY 2021
State Cheerleading Housing Report
This Form Must Be Turned In At Registration

(This information will assist Visit Macon to plan for future GHSA Cheer events.)

PLEASE SUBMIT THIS FORM AT REGISTRATION. MAKE A NOTE IF YOU DID NOT STAY IN A HOTEL. SEE BELOW.

Team Name: _____

Team City: _____

Hotel: _____

Total Participants from school (coaches & team members):

Number of Rooms: _____ Sun 2/14____ Mon 2/15 _____Tues 2/16 _____

NO ROOMS RESERVED: _____

*If you know of any families/audience members that also booked hotel rooms please provide the number of rooms/night for them as well:

Number of Rooms: _____ Sun 2/14____ Mon 2/15 _____Tues 2/16 _____



UPDATED POLICIES & SAFETY INITIATIVES FOR THE MACON CENTREPLEX COLISEUM

- ✚ **MASKS ARE REQUIRED TO BE WORN BY ALL STAFF, PATRONS, & VENDORS WHO ENTER THE VENUE AT ALL TIMES. ALL MASKS MUST ADHERE TO CDC GUIDELINES FOR COVID-19 PROTECTION.**
 - All parties **MUST** keep their masks on from the time they enter the venue until they leave the venue.
- ✚ **EVERYONE WHO ENTERS THE VENUE WILL BE SUBJECT TO A TEMPERATURE CHECK WITH A NON-CONTACT INFRARED FOREHEAD THERMOMETER AT THE ENTRANCE DOORS UPON ARRIVAL.**
 - For the safety of staff, patrons, & show personnel, **anyone with a fever** (defined as a temperature of **100.4°F or above**) **will not be permitted to enter the venue.**
- ✚ **PLEASE HAVE YOUR TICKET OUT WHEN YOU ARRIVE AT THE ENTRANCE AND HOLD IT UP WHEN YOU REACH THE TICKET TAKER SO THEY DON'T NEED TO TOUCH IT WHEN SCANNING.**
- ✚ **PATRONS WILL BE SUBJECT TO A SECURITY SCREENING WITH A HANDHELD METAL DETECTION WAND AND A TOUCHLESS BAG SEARCH.**
 - The staff performing these screening will be wearing masks, gloves, and face shields.
 - Please see below for information about our new clear bag policy and requirements.
- ✚ **SEVERAL ROWS OF SEATING IN THE ARENA HAVE BEEN STRAPPED CLOSED TO FACILITATE SOCIAL DISTANCING.**
 - Patrons can sit in any of the open/non-strapped rows and should leave at least 6' of space between people who did not travel to the event with your party.
 - Anyone who removes straps from closed rows will be escorted out of the event.
- ✚ **We HAVE IMPLEMENTED A "clear bag policy" THAT APPLIES TO ALL PUBLIC EVENTS GOING FORWARD.**
 - Each patron will be limited to:
 - * **(1) fully transparent CLEAR BAG** with maximum dimensions of **12" long x 12" wide x 6" deep**; AND
 - * **(1) small handheld clutch purse or zipped wallet** no larger than **8.5" long x 5.5" wide x 2" deep**.
 - **NO OTHER BAGS WILL PERMITTED IN THE MACON COLISEUM. THIS MEANS THAT YOU CANNOT BRING IN PURSES, DIAPER BAGS, CAMERA BAGS, GROCERY BAGS, FANNY PACKS** will be allowed inside the venue. Please see the graphic for examples of permitted and non-permitted bags.
 - Please do not attempt to carry any other non-transparent bags inside of the clear bag.
 - Patrons with bags that do not fit the specifications on this handout will not be permitted to enter the venue.
(Please note that the Macon Centreplex is not liable for personal property left outside the venue or in vehicles.)
 - **PATRONS/ATTENDEES/PARENTS ARE NOT PERMITTED TO BRING ANY FOOD & BEVERAGE ITEMS INTO THE MACON COLISEUM AT ANY TIME.** (Food and beverage items for wrestlers will only be permitted to be brought in by the wrestlers when they first enter the venue for check-in/weigh-in, so please make sure they have what they need before they leave home.)

CLEAR BAG POLICY

ALL PATRONS ARE LIMITED TO ONE (1) 12" X 12" X 6" CLEAR BAG AND NO LARGER THAN ONE (1) 8.5" X 5.5" HANDHELD CLUTCH. BAGS THAT DO NOT FIT THOSE DESCRIPTIONS WILL NOT BE ALLOWED IN THE VENUE.



12"X12"X 6" CLEAR BAG (OR SMALLER) 1-GALLON PLASTIC FREEZER BAG (OR SMALLER) CLUTCH WITH SHOULDER STRAP CLUTCH WITH WRIST STRAP

PROHIBITED BAGS INCLUDE, BUT ARE NOT LIMITED TO:



BACKPACK PURSE CAMERA BAG BINOCULARS CASE
FANNY PACK DIAPER BAG PATTERNED CLEAR BAG



**MEETINGS WITH SOUL
IN MACON, GEORGIA**



February 8, 2021

Dr. Robin Hines
Executive Director
Georgia High School Association

Dear Dr. Hines,

On behalf of Mayor Lester Miller, the Macon-Bibb County Commissioners and Visit Macon, I would like to extend this letter of welcome to the administrators, coaches, athletes and families of the Georgia High School Association State Cheer Championships.

We are dedicated to offering your organization superb customer service before, during and after your stay in Macon. We offer a unique and vibrant experience in a central location for all your attendees. In addition, the Macon Coliseum has undergone renovations to give the facility a whole new look and feel for your attendees.

Macon continues its revival with the emergence of galleries, music venues, restaurants and craft breweries in a walkable downtown environment. The National Park Service recently approved boundary expansion and designation of the Ocmulgee Mounds National Historical Park, providing new experiences for visitors to Macon's oldest attraction.

Macon is home to several spectacular attractions, museums and is steep in musical heritage serving as the launching pad for legends such as: Otis Redding, Little Richard and the Allman Brothers Band. Macon is also home to the nation's largest state sports hall of fame in the Georgia Sports Hall of Fame located in the heart of our vibrant downtown.

There are many opportunities for visitors to enjoy a variety of guided and self-guided tours of our many attractions, and our staff can assist you with planning an itinerary. Our central location, rich cultural heritage, contemporary attractions and true southern hospitality offer a great destination for your organization.

We are pleased that you have chosen Macon as the location for this year's Championship and are here to assist your participants in having a memorable experience in our community.

Sincerely,

A handwritten signature in black ink, appearing to read "Gary Wheat", written over a horizontal line.

Gary Wheat
President and CEO

SHOW YOUR BADGE PROGRAM

DOZENS OF DISCOUNTS

Simply present your conference badge at these participating businesses to receive special savings exclusively during your meeting. If you do not have a badge, bring this card with you!

macon
where soul lives



ATTRACTIONS

Experience the history and soul of Macon with discounts on admission and in-store purchases.



DRINKS

Grab a brew or after work cocktail with percentage discounts and a free soft drink with your meal.



DINING

Enjoy dining in-town with numerous choices of locally owned restaurants and percentage discounts on meals.



TOURS

Sight-see through Macon with discounts on Downtown walking tours for groups and individuals.



Just show your badge!

ATTRACTIONS

- Ocmulgee National Monument - 10% off museum store
- Cannonball House - \$1 off admission
- Rigby's Entertainment Complex - \$5 bonus cash per person
- Visit Macon Soul Sites Tour - 20% off when booked in person at the Downtown Visitor Center (Friday and Saturday only)

DINING

- Back Burner Restaurant - Chef's choice dessert for table
- Between the Bread/Michael's - Free dessert w/ entree purchase
- Buffalo Wild Wings - \$5 off \$25 purchase
- Downtown Grill - Free non-alcoholic drink w/ entree purchase
- Francar's Buffalo Wings - 10% off regular menu item
- Greek Corner Deli - Free fountain drink w/ gyro or sub purchase
- Harp and Bowl - 5% off purchase
- Hilton Garden Inn - Free glass of House Wine w/ entree purchase
- Ingleside Pizza - Free soft drink w/ food purchase
- Just Tap'd - 50% off 1st Summer Honey Lager
- Margarita's Mexican Grill - 15% off entire order
- Ocmulgee Brewpub - 50% off 1st beer
- Red Lobster - Free soft drink w/ entree purchase
- Roly Poly - Free cookie w/ meal purchase
- Stevi B's Pizza Buffet - 10% off purchase
- Subway (Tom Hill) - Buy a footlong, get free chips and 21oz drink
- Tic Toc Room - Free non-alcoholic drink w/ entree purchase
- Tropical Smoothie Cafe - 10% off entire meal, 15% off for first-responders

SHOPPING

- Visit Macon - 20% discount at Downtown Visitor Center Gift Shop
- Lizard Thicket - 10% off one regular priced item

macon
where soul lives

450 Martin Luther King, Jr. Blvd.
Macon, Georgia 31201
info@visitmacon.org
478.743.1074 • 800.768.3401

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SCAVENGER HUNT

1



1. Visit this historic recording studio that hosted the likes of Marshall Tucker Band, Otis Redding, and the Allman Brothers.

2



2. This popular brewpub creates musically inspired craft beers and offers a fun basement arcade. Be sure to check out their unique daily specials!

3



3. Be inspired by this Roman Catholic church that holds 60 stained glass windows, endless Carrara marble, and a 1,000-pipe organ.

4



5. This bronze plaque outside of a New Orleans themed restaurant marks the site of the deadly 1928 Southeastern Air Derby plane crash that took place right on Cherry Street.

5



4. This famous event venue has hosted performances by Jerry Seinfeld, Jason Aldean, and Oprah!

6



6. This beloved Macon restaurant serves burgers and shakes named after famous Georgia natives.

7



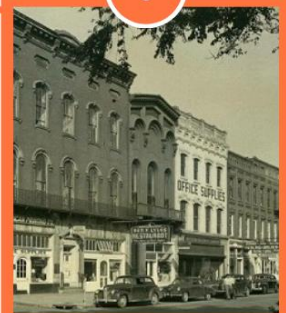
7. Nestled in a hidden alley behind #6 is the restaurant where Gregg Allman proposed to Cher in 1975.

8



8. This ornate theater has held performances dating all the way back to 1832. Harry Houdini even cut nine doors into the stage for his illusions when he visited Macon!

9



9. This now empty lot once housed the restaurant owned by a "glamorous, platinum-haired" murderess of four. Once convicted, she spent the remainder of her days working in the kitchen of the State Hospital for the Insane.

10



10. This train station saw 100 arrivals per day during its heyday. Recently, it has been the filming location of several blockbuster movies!

Take a picture at each location, bring this card to a Destination Specialist at Visit Macon with picture proof, and receive a free Macon magnet!

tag us in your photos #visitmacon

MACON MANDATORIES

Nestled in the center of the state, not too far from the mountains or ocean, is **where the soul of Georgia lives**. Macon has countless activities to have fun after your meeting. We narrowed the list to help you navigate your trip to Macon.

Restaurants

Inspire your senses at any number of our unique restaurants, each with their own local flavor and story to tell.

Downtown Grill: Host a business meeting here in a private space; perfect for client dinners

Dovetail: With a wine cellar that seats 24, AV capabilities, and a 60" TV, you'll want to host your meeting and post-meeting festivities here

Piedmont Brewery and Kitchen: A brewpub fit for all your business needs like food, beer and private meeting space

Kudzu Seafood Company: Meeting space for 40, plus a rooftop bar and authentic Gulf coast cuisine

Explore the Outdoors

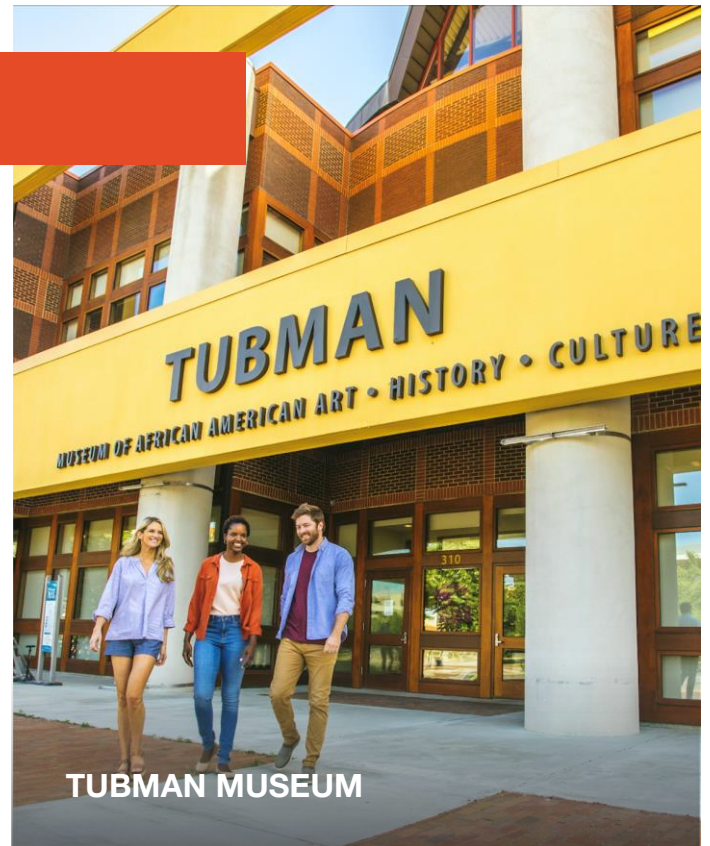
See why we are known as a city within a Park. Visit the many natural attractions around Macon.

Ocmulgee Mounds National Historical Park: 17,000 years of Native American history located in downtown Macon. It features the Great Temple Mound and North America's only reconstructed earth lodge. Hiking trails and picnic areas available

Amerson River Park: Playground, 7 miles of trails, picnic areas, & launch location into Ocmulgee River

Lake Tobesofkee: Year-round recreation area covering 1,800 acres with 35 miles of shoreline

Sandy Beach Water Park: Includes a wave pool, lazy river, water slide, & more



Take in the Arts

Douglass Theatre: Pays tribute to African Americans' influence on film & music

Theatre Macon: Produces 6 major shows each year (comedy, musicals, & drama)

Macon Little Theatre: Georgia's oldest & largest community theatre

Hargray Capitol Theatre: Premier live music venue

Grand Opera House: Historic opera house and performing arts center for Mercer University

Unrivaled Museums

Hay House: 7-level Italian Renaissance Revival mansion built in the mid-1800s named "The Palace of the South"

Tubman Museum: Largest museum in the Southeast dedicated to African American art, history, & culture

Museum of Arts & Sciences: Variety of arts & science exhibitions, planetarium, mini-zoo, nature trails, & more

Mercer Music at Capricorn: Leveraging Macon's music heritage to create Macon's music future

The Allman Brothers Museum at The Big House: Home to band members from 1970-1973 with the largest collection of ABB memorabilia in the world

Georgia Sports Hall of Fame: Largest state-of-the-art sports museum in the U.S. with over 3,000 artifacts

ARTS & CULTURE



INTERNATIONAL CHERRY
BLOSSOM FESTIVAL

The “Festival Capital of Georgia”

The arts and culture of Macon can be seen in our galleries, street art, museums, weekly events, theatres, and people. Shop one-of-a-kind art pieces at galleries like **Macon Arts Alliance**, **Gallery West**, and the **567 Center**. Macon has over 20 annual festivals celebrating arts and culture. Attend the largest exhibit of functional and sculptural pottery in Georgia at Fired Works or see over 350,000 Yoshino cherry trees during the annual **International Cherry Blossom Festival**. Enjoy a show at one of our historic local theatres or visit one of our many attractions like the **Museum of Arts and Sciences** and the **Tubman Museum** of African American art, history and culture.



PAN AFRICAN FESTIVAL



ROCK CANDY TOURS

POST-MEETING MUSIC ATTRACTIONS

Mercer Music at Capricorn: Multi-purpose music venue whose mission is to leverage Macon's music heritage to create Macon's music future

The Allman Brothers Band Museum at the Big House: The world's largest collection of ABB memorabilia

Otis Redding Foundation and Museum: Soak up musical history and peruse exhibits and displays provided by the King of Soul's family

Rock Candy Tours: Rock, roll and stroll through Macon, Georgia's legendary and notorious music history

The Macon Music Trail: The online resource and directory of Macon's local music history, current scene and tourism opportunities

FOR THE FOODIES

One way to rejuvenate your soul post-meeting is with soul food. It does not necessarily mean fried chicken, succulent meatloaf and collard greens, although **H&H Soul Food** serves up a delicious plate of just that. Macon offers a lot of "soul food," from the award-winning steakhouse menu at **The Tic Toc Room** to the hand-crafted burgers and famous shakes (banana ice cream, peanut butter and bacon milkshake, anyone?) from **The Rookery**.

Dine on delicious options from **Oliver's Corner Bistro**, eat tasty seafood while enjoying a view of Lake Tobesofkee at **Fish N' Pig** or try some of the best pizza in town at **Ingleside Village Pizza**. Indulge your palate with unforgettable local flavors from all of our Macon restaurants.

DRINKS FOR EVERYONE

Whether you consider yourself a coffee lover or a craft cocktail connoisseur, there are plenty of options for you to consider that'll take you from day to night with your colleagues. Pick up some caffeine at **Z Beans Coffee** or **Taste & See** to get you through morning sessions or stop by **Fountain of Juice** where health is the name of the game. From smoothies to juices and other superfood options, you'll remain zoned in on your meeting all day.

Looking for something a little stronger? From mint juleps to gin and tonics, there are many places to grab a drink with colleagues. Here in the heart of Georgia, **Macon and mixology go hand-in-hand**. Enjoy handcrafted cocktails at **Lazy Susan Tapas Bar**. Sip outdoors at the **Society Garden** or have fun playing arcade games at **Reboot Retrocade and Bar**. Relax, sip, and spend your time visiting our local breweries, bars and pubs.





For more information, go to **VisitMacon.org/meetings**

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