

# Region 8 Newsletter Winter 2010

## State Administrative Committee Chairman ELECTIONS for USA GYMNASTICS

All State Administrative Committee Chairman elections will be done online. All present Region 8 State Chairman plan to run for office again. If you are happy with how USA Gymnastics is being administrated in your state then nominate your present State Chairman. If not, check the article below for the criterion for nomination and send in your nominations immediately. Be sure to check with your nominee for their willingness to run for this volunteer position.

### State Administration Committee Chairman Elections Coming Soon! Nominations Requested

Nominations for State Administrative Committee Chairman need to be postmarked by February 26, 2010. Form below:

#### Criterion for nominations:

- Nominees must be USAG Women's Program professional members in good standing for a minimum of two years in the state program in which they seek election
- Nominees must be at least 21 years old and be members in good standing.
- Current elected officials seeking nomination for SACC must be compliant with all current duties and responsibilities.
- It is strongly recommended that the State Committee Chairman candidates have financial skills, organizational skills, communication skills, a working knowledge of the program and the willingness to fulfill the duties and responsibilities of the position.

A member in good standing is defined as a person who has complied with all aspects of the program as outlined in the *Rules and Policies*.

Prior to being placed on the ballot, all nominees must sign a document that verifies that they have read and understand the duties and responsibilities of the office for which they have been nominated and submit their resumes to the appropriate USA Gymnastics officer.

#### Duties and responsibilities of the SACC:

The State Administrative Committee Chairman (SACC) is responsible for the overall organization of all designated qualifying events and programs within their State. The State Administrative Committee Chairman (SACC) shall work in close cooperation with the Regional Administrative Committee Chairman (RACC), Regional Junior Olympic Committee Chairman (RJOCC) and the Regional Technical Committee Chairman (RTCC) to effectuate State programs. Any problems that cannot be solved by the State Administrative Committee Chairman (SACC) should be submitted to the appropriate regional personnel.

- A. Be directly responsible to their Regional Administrative Committee Chairman (RACC).
- B. Serve as a voting member of the Regional Administrative Committee (RAC).
- C. Must submit all committee meeting agendas and subsequent minutes to their respective Regional Administrative Committee Chairman prior to distribution.
- D. Serve as the USA Gymnastics Women's Program consultant for that State and answer any correspondence directed to that office.
- E. Send copies of correspondence to the appropriate regional personnel.
- F. Be responsible for overseeing the Junior Olympic Sectional and State Championships in their state, at least once per year.
- G. Conduct the annual state meeting of Women's Program Professional members.
- H. Determine the site and event director for Jr. Olympic Qualifying Meets, Sectional and State Championships. This may be done by bids or solicitations.
- I. Assure that these competitions follow USA Gymnastics *Rules and Policies*.

- J. Attend the State Championships as the USA Gymnastics representative.
- K. Provide State Administrative Committee (SAC) representation at all sectional meets and above.
- L. Make recommendations to the Regional Technical Committee Chairman (RTCC) and the Regional Junior Olympic Committee Chairman (RJOCC) concerning petitions into the Regional Competitions.
- M. Establish procedures to raise operating funds for the state, if necessary. The State Administrative Committee Chairman (SACC) may, with the approval of the State Administrative Committee (SAC), determine and/or collect competition and/or club fees for the purpose of raising operating funds for the state. All fees will be retained in the State account for use as determined by the State Administrative Committee (SAC).
- N. Maintain a state checking account and file quarterly financial reports with the Regional Administrative Committee Chairman (RACC), as required in the "Financial Reporting Procedures" document.
- O. Publish minutes of all State Administrative Committee Meetings.
- P. Shall be accountable for all state funds and publish each year the financial statement reflecting activity as of July 1 – June 30.
- Q. Provide for a State Administrative Committee, the number and type of positions to be determined by each state, in order to best serve the needs of the program in the state.
- R. Inform the Regional Administrative Committee Chairman (RACC) and other appropriate Regional Administrative Committee members of any actions contrary to the Rules and Policies of USA Gymnastics. The Regional office shall inform the appropriate National Chairman of any problems. After due investigation, corrective measures shall be recommended by the National Administrative Committee Chairman (NACC).
- S. Publish a newsletter as necessary (or as directed by the Regional Administrative Committee Chairman (RACC)). This newsletter shall include new information related to the USA Gymnastics program, results of competitions, dates of events, official bulletins from committees.
- T. Send state newsletters to the membership of the state, and to the Jr. Olympic Program Director and the National Junior Olympic Committee Chairman (NJOCC), the National Administrative Committee Chairman (NACC), and the National Technical Committee Chairman (NTCC).
- U. The SACC or a designated proxy will attend National and Regional Congresses and all designated meetings, with travel and expenses funded by the state account.

## **Nomination form for State Administrative Committee Chairman**

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*Duplicate as needed*

Name of Nominee: \_\_\_\_\_

Address of Nominee: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Home Phone: \_\_\_\_\_

Email: \_\_\_\_\_

### **Return completed form to your RACC**

**Region 1** – Jen Shipman Krause –  
[jenshipman@yahoo.com](mailto:jenshipman@yahoo.com)  
[www.region-one-gymnastics.com](http://www.region-one-gymnastics.com)  
3 Atherton Island, Stockton, CA 95204

**Region 2** – Meg Doxtator  
[mdoxtator@themac.com](mailto:mdoxtator@themac.com)  
[www.usa-gymnasticsregion2.org](http://www.usa-gymnasticsregion2.org)  
2463 Jean lane, Portland, OR 97229

**Region 3** – Cori Rizzo  
[cori@reg3.com](mailto:cori@reg3.com)  
[www.reg3.com](http://www.reg3.com)  
4225 Johns Light Drive, Austin, TX 78727

**Region 4** – Jim Schlott  
[j.schlott@mchsi.com](mailto:j.schlott@mchsi.com)  
[www.region4gymnastics.com](http://www.region4gymnastics.com)  
3780 Lois Lane NE, North Liberty, IA  
52317

**Region 5** – Bobbi Montanar  
[r5bobbi@aol.com](mailto:r5bobbi@aol.com)  
[www.region5.com](http://www.region5.com)  
Universal Gymnasts; 2881 Scioto-Darby  
Exec. Ct., Hilliard, OH 43026

**Region 6** – Jennifer Scannell  
[www.region6usag.org](http://www.region6usag.org)  
(See Region 6 Website for information)

**Region 7** – Lynn Perrott  
[lperrott@comcast.net](mailto:lperrott@comcast.net)  
[www.region7gymnastics.com](http://www.region7gymnastics.com)  
8642 Lucerne Rd., Randallstown, MD  
21133

**Region 8** – Debby Kornegay  
[debgk@me.com](mailto:debgk@me.com)  
[www.region8gymnastics.org](http://www.region8gymnastics.org)  
394 Stonebridge Rd, Birmingham, AL  
35210

**Mailed form must be postmarked no later than February 26, 2010, any nominations post marked after this date will not be accepted.**

**Emailed nominations also due February 26, 2010.**

### **Criteria for Voting**

Elections will be conducted online at [www.usa-gymnastics.org](http://www.usa-gymnastics.org) from April 1 – April 15. In order to ensure that your vote can be counted, each Professional Members should make sure of each of the following:

1. That their address is current (**specifically the State – you can only vote for officials in the state in which you live**)
2. That they know their personal User ID (which is their Professional Member number)
3. That they know their password (a Professional Member's password is their eight-digit date of birth in a MMDDYYYY format unless they have otherwise instructed.)
4. That their Professional membership, safety certification and background check must be fully processed and current by February 28.
5. If you have any questions regarding your voting privileges, please call the Women's Program Manager at 317/829-5661.

Technical News

Marian Dykes, RTCC

Petition Guidelines

In order to petition to Level 9 or 10 Regional Championships, a completed petition form must be submitted to Marian Dykes. It is the coach's responsibility to get all information needed for the petition. The petition must be **received** no later than the Wednesday following the state meet. Please call or fax Marian to notify her that a petition is coming. A check for the petition entry fee must accompany the petition form sent to Marian. If the petition is accepted, Marian will forward the check to the Meet Director.

In order to petition, the coach must:

- complete the petition form (enclosed in this newsletter)
- provide a photocopy of at least one pre-state meet score sheet from the current season or from Regionals, East/West or Nationals of 2009 at the level which the gymnast is petitioning indicating that she has achieved an All-Around score that is a minimum of 1.0 higher than the current regional qualifying score

- a physician's written verification of nature of injury or illness and release to return to gymnastics training
- a written request from the coach or parent
- a check for the entry fee.

Qualification to Level 7 and 8 Regionals is by placement. Therefore there are no petitions to Level 7 or 8 Regionals. There are no petitions to Prep Opt Regionals.

#### Mileage rate change

Following USAG guidelines, the mileage rate used to reimburse judges for travel changed to \$.50 effective 1/1/10. The mileage rate changes automatically any time the IRS changes the mileage rate. The IRS determines the mileage rate using data compiled by the National Automobile Association on the average cost to operate a vehicle.

#### Some optional reminders

A new optional rating is required as of January 1, 2010. If a judge has not recertified at their old rating as of the first of the year, they can only be assigned based on any rating they have passed on the new test. The judge will also be paid based on ratings obtained on the new test. The USAG web site has a complete listing of judging exams if a judge still needs to test.

Inquiries - Reminder to judges that if a coach has a question regarding an exercise during the competition, the judges should advise the coach to submit an Inquiry Form to officially receive information. There should be no casual conversation between a coach and a judge during the competition regarding the evaluation of an exercise.

Vault Matting – Please be sure and review your Rules and Policies under the equipment section regarding vault matting. :Whenever a 4” supplemental mat (“throw” skill cushion) is used for Level 7-10, it must be a minimum of 7’ by 10’. Any dimension of sting mat is allowed.

Remember the guidelines from the JO and Technical Committee that were presented in the summer clinics and judging courses. The judges Start Value should reflect exactly what was done. The judge should not be giving questionable skills or connections thinking this will make everyone happy. The gymnast and coach should know exactly where they stand every weekend they compete so they can know what needs improvement. There should be no surprises at states, regionals and nationals.

Optional Bars - There are several skills in the code that states from a handstand.. This is the wording in the description for both a giant and a flyway for example as well as several other skills. If a gymnast performs a skill that states from a handstand, but does not start in a handstand, still give value part for the skill and deduct for amplitude based on how far she is from the handstand when she starts.

## Dance Passage Clarification

IV . Clarification regarding the breaking of a dance passage: A dance passage on floor is considered broken ONLY when there is a pause, stop, 1/1 turn or more, or an acro element between the dance elements. Scooching or bouncing out of control between elements would be considered execution errors and deducted, but credit for the dance passage may still be given. In order to receive Connection Value bonus, the element must be directly connected.

## **Brad Harris**



## **J.O. Committee Chairman**

**2301 26<sup>th</sup> Street North  
St. Petersburg, FL 33713  
Phone: (727) 328-8500  
E-Mail: Tbayturnrs@AOL.Com**

Dear Region 8 Professional Members:

Happy Holidays and my best wishes for a great 2010! I hope everyone had a safe and productive Fall and are gearing up for a great optional season!

The Region 8 Board recently met in Atlanta and there a few changes to the JO landscape. For specifics, please see the minutes in this newsletter. One highlight however, is that the Tim Rand "TR" Memorial Fund will once again be paying for 100% of the Level 10 entries into Nationals in the Dallas area. Thanks to Toni Rand and all of the supporters of this fund for keeping the memory of one of Region 8's greats alive and really making a difference in the lives of our athletes and families.

Training Camp Changes and Announcements:

# 1 = "Regional Team" Training Camp – July 23-25, 2010 at Tampa Bay Turners - FL

Qualifiers:

**ALL** Level 7 & 8 Regional Qualifiers.

TOP's National Qualifiers that competed **L7** and above in the previous year.

# 2 = "R 8 Nationals Team" Training Camp – September 10-12, 2010 at GAA in Atlanta - GA

Qualifiers:

ALL 2010 NIT Qualifiers

All 2010 L 9 and 10 athletes that qualified to the L 9 Eastern or L 10 National Meet

All active elite and “pre”- elite athletes

**This camp will serve as host for NAWGI Symposium**

# 3 = “L 8, 9, 10 Regional Training Camp” - October 8-10, 2010 - ACE – Orlando Area - FL

Qualifiers:

All L 8, 9 and 10 athletes that qualified to the previous year’s Regional Championship meet or above.

I am confident that our camp system will continue to provide great training and learning opportunities for our athletes, coaches and judges alike to help Region 8 continue on its path to National prominence. With that said however, supporting our training camps will continue to be of the utmost importance. The Regional Board unanimously decided to continue our requirement stating that a club must be in “good standing” in regard to training camps to be eligible for the ALL-STAR Trip. In “Good standing” means that each club must do one or more of the following:

- Host a R 8 Training Camp within the last 2 years
- Send a volunteer coach or coaches to a Camp to actively work with gymnasts
- Send an athlete or athletes to a Camp
- Make a \$1,000 donation to the Regional Apparel Fund

Clubs failing to meet these criteria are making the decision to be ineligible for funding of the “All-Star” Trip if one or more of your athletes qualify. An athlete from a club that is deemed NOT in “Good Standing” may only attend the trip at her own expense. Additionally – if the coach or coaches wanted to accompany their athlete they would have to pay for 100% of the trip. Please do not put yourself in this position.

The Board stuck with this criteria with the knowledge that the training camps cannot be a success without the support of ALL of our clubs. The funds created by the camps are the funds that are the life blood our athletes and coaches for apparel and our “All-Star” trip. Please do your part with the understanding that when you support the training camps you are ultimately supporting yourself!

The “All-Star” trip will once again be in July/August on the 29<sup>th</sup> – 1<sup>st</sup> weekend. We are currently in communication with the gymnastics staff at Chelsea Piers in NYC. We feel like

New York will be a great training and cultural experience for everyone involved. The team will once again be made up of the level 9 & 10 athletes that best represent Region 8 at 2010 Easterns and Nationals. The team and attending coaches will be housed in a local hotel and be transported via bus while in NYC. It is our hope that this trip has been and will continue to be a great source of motivation within the Region. The Region will furnish the funds for the athletes and the head staff (minus meals and excursion fees). Coaches that qualify athletes that are not on the staff may also attend but at their own expense. The qualification system is as follows:

**The top six – L 9's (plus ties) and the top six – L 10's (plus ties) from Eastern/National Championships will make up the team. The team is chosen as follows:**

Any athlete(s) that place first in the AA get first priority.

Any athlete(s) that place second in the AA fill any remaining spots.

Any athlete(s) that place third in the AA fill any remaining spots.

If there are still spots available the athlete(s) with the highest AA score regardless of Age Group will make up the remainder of the team. **Graduating Seniors are ineligible for the trip.**

The Region 8 Junior Olympic Committee remains:

Alabama<br> J – <a

href="<http://region8gymnastics.org/contact/committee/id/2/who/13>">Mary Lou Dillard</a><br> C- <a

href="<http://region8gymnastics.org/contact/committee/id/2/who/14>">Meg

Henry</a><br> Florida<br> J – <a

href="<http://region8gymnastics.org/contact/committee/id/2/who/27>">Rene Niccollai</a><br> C – <a

href="<http://region8gymnastics.org/contact/committee/id/2/who/15>">Laura Parraga</a><br> Georgia<br>

J – <a

href="<http://region8gymnastics.org/contact/committee/id/2/who/16>">Michelle Donovan</a><br> C – <a

href="<http://region8gymnastics.org/contact/committee/id/2/who/17>">Elena

Piskun</a><br> Louisiana<br> J – <a

href="<http://region8gymnastics.org/contact/committee/id/2/who/18>">Brenda

Eberhardt</a><br> C – <a

href="<http://region8gymnastics.org/contact/committee/id/2/who/19>">Bryan

Neal</a><br> Mississippi<br> J – <a

href="<http://region8gymnastics.org/contact/committee/id/2/who/20>">Mary Moore</a> <br>

C – <a

href="<http://region8gymnastics.org/contact/committee/id/2/who/21>">Emily Lay</a><br> North Carolina<br> J – <a

href="<http://region8gymnastics.org/contact/committee/id/2/who/22>">Kristie Phillips</a><br> C – <a

href="<http://region8gymnastics.org/contact/committee/id/2/who/28>">Kenny Morphis</a><br> South Carolina<br> J – <a

href="<http://region8gymnastics.org/contact/committee/id/2/who/23>">Mendy Knisley</a><br> C – <a

href="<http://region8gymnastics.org/contact/committee/id/2/who/24>">Louie Liguori</a><br>

Tennessee<br> J – <a

href="<http://region8gymnastics.org/contact/committee/id/2/who/25>">Jeanna



Rogers</a><br> C – <a href="http://region8gymnastics.org/contact/committee/id/2/who/26">Adam Byrd</a>

As always, please feel free to contact your State's representative or myself with any questions or concerns.

Thanks a lot and GO Region 8 –

Brad Harris  
Region 8 Junior Olympic Committee Chairman

### Region 8 Address Book Forms

Please fill out information for the 2010-2011 Region 8 Address Book.

Address Book Form (Judge) [Html Form](#)

Address Book Form (Team) [Html Form](#)

### Region 8 Address Book and Planner available

Region 8 Address Book is now available at Address Book [order form](#).

Region 8 Planner is now available at Planner [order form](#).

### Region 8 Congress

Region 8 Congress will be June 18-20, 2010 at the Atlanta Marriott Century Center in Atlanta, GA. Join us for a very informative, educational experience with all your gymnastics friends. Attend the Region 8 banquet on Saturday night as we honor our Level 9 Eastern and Level 10 National Champions and install the 2010 class of the Region 8 Hall of Fame.

More information available [Region 8 Congress](#).

### Region 8 Hall of Fame

The 2010 class of the Region 8 Hall of Fame are listed below. Please join us as we honor these outstanding volunteers, coaches, and pioneers in Region 8 gymnastics at the Region 8 banquet at Region 8 Congress Saturday, June 19, 2010.

Jennie Adams

Christi Mitchell (Barineau)

Kevin Brown

Rita Brown

Joanne Child

Bunny Cook

A.R. "Smo" Didomenica

Rob Travers

Deb Walls

Bids awarded

The following bids were awarded at the December 18, 2009 Region 8 Committee Meeting.

Level 7 & 8 Training Camp – Open to all Level 7 & 8 Regional qualifiers  
July 23-25, 2010 Tampa Bay Turners St Petersburg, FL

National Team Training Camp – Open to all Level 9 Eastern, Level 10 NIT and Level 10  
National qualifiers and current pre-elite and Elite athletes  
September 10-12, 2010 GAA Kennesaw, GA

Level 8, 9 & 10 Open to all Level 8, 9 & 10 regional qualifiers  
October 8-10, 2010 ACE Gymnastics Longwood, FL

2011 PREP Optional Regionals Tampa Bay Turners  
April 29- May 1, 2011 Manatee Convention Center, Palmetto, FL

Bids needed

Region 8 still needs bids for 2011 Level 9 & 10 Regionals. This meet is scheduled for April  
15-17, 2011. Please use bid form to submit your bid.

Region 8 Competition Bid Form [download](#)

All 2011 Training Camp are open for bids also.

Level 7 & 8 Training Camp July 22-24, 2011  
National Team Training Camp September 9-11, 2011  
Level 8, 9 & 10 Training Camp September 30 – October 2, 2011  
Training Camp Bid Form [download](#)

Important information for Coaches of Regional qualifiers

**REGIONAL MEET ENTRY:**

Please be sure that you have **ALL necessary information** at your State Meet to enter your gymnasts in the Regional Meets -- USAG athlete number, birthdate, etc. - and one club check per Regional Meet for entry fees. **No checks from parents are allowed.**

Regional Meet entry fees and forms **MUST** be turned in to your State Chairman (or designated official) at your **State Meet -- within the specified time.**

If a gymnast's Regional Meet entry is **NOT** turned in at the State Meet; in order to enter the gymnast(s) in the Regional Meet the following penalty will apply to the coach:

- a \$25.00 late fee per gymnast (in addition to the regular entry fee) must be paid to the Regional Meet Director

PLEASE MAKE SURE THAT YOUR GYMNAST HAS QUALIFIED (according to the **official** announcement of qualifiers) -- AND ENTER HER PROPERLY WITHIN THE SPECIFIED TIME.

**PETITIONS: (No petitions for PREP, Level 7 or 8 Regionals)**

1. Any petitions should be mailed to the RTC, Marian Dykes -- it is YOUR responsibility to get all information needed for petitions.
2. Marian must RECEIVE petition NO LATER THAN **WEDNESDAY** following State Meet.
3. You should call, FAX or E-mail Marian to notify her that a petition is coming. (770-451-6910 Ph, 770-457-0943 Fax or [mariandykes@aol.com](mailto:mariandykes@aol.com) )
4. List all petitioning gymnasts on bottom of entry form under petition section.
5. Complete Petition Form from Region 8 Winter Newsletter. Fax a copy of Petition Form to Debby Kornegay 205-951-0184
6. **A photocopy of one pre-state, sanctioned meet results from the current season (at the level to which they are petitioning) showing a score at least one (1.00) point greater than the regional qualifying score.**
7. A club check for entry fee **MUST** accompany petition to Marian. She will forward check to Meet Director if petition is accepted. (Check will be returned if not accepted.)

**AT REGIONALS:**

To be allowed onto the floor of competition, all coaches **MUST** show their **current** USA Gymnastics pro membership card with Safety Certification and Background Check expiration dates at Coaches sign in.

Level 9 & 10 coaches - you need to have with you ALL necessary information to enter your gymnasts in the National meets - including club checks for entry fees, extra T-shirt purchases, and any JO National apparel that you wish to purchase.

**CHECK REGION 8 WEB PAGE FOR REGIONAL MEET SCHEDULES!**  
**[www.region8gymnastics.org](http://www.region8gymnastics.org)**

Monies spent on Region 8 Coaches and Athletes

Region 8 spent more than \$43,000.00 on athletes and coaches in 2009. How does Region 8 get the money to do this?!? Training Camps! Region 8 has 3 Training Camps for you and your athletes to take advantage of. When you bring your athletes, volunteer to coach and/or hosting a training camp you help Region 8 USA Gymnastics provide for our athletes and coaches. Tim Rand Memorial Fund paid for Level 10 National entry fees and is included in total.

**SUPPORT THE SYSTEM THAT SUPPORTS YOU!** Read new training camp system in JO News and register soon!

All Star Trip - \$ 10,513.11  
Apparel - \$18,885.63  
GK Elite - \$ 4,625.60  
Awards - \$ 3,310.67  
Level 10 National Entry fees - \$ 5,900.00 (TRMF)

Total - \$ 43,235.01

Training Camp Volunteers

Thank you to all the coaches who volunteered their time and expertise at a 2009 Training Camp. Region 8 could not function without this assistance!

Acton	Phillip	Mountain Brook Gymnastics
Aardema	Jon	GGA SACC-GA
Adams	Jennie	National Judge - SACC - NC
Amato	Brian	Brandy Johnson's
Anderson	Dave	Summit
Batsche	Cookie	Brevet Judge
Bowman	Angie	TBT
Braun	Jason	Salem
Candler	Jim	Orlando Metro

Chandler	Evelyn	Brevet Judge - NAWGJ VP
Cherchen	Nikolai	Southeastern
Child	Joanne	National Judge SC SACC Columbia Gymnastics
Dillard	Mary Lou	Brevet Judge
Doyle	Sharon	GA SJD
Dykes	Marian	Brevet Judge - RTCC
Espinoza	Anthony	West Broward
Fort	Rebecca	Gym & More
Giron	Jacobo	GAA
Gnat	Ray	ACE
Gomez	Jamie	Legacy Gymn Center
Gutkin	Greisha	Atlanta North Stars
Hambrick	Laurel	West Georgia
Harris	Brad	Tampa Bay Turners - RJOCC
Hawkins	Nancy	Mississippi SACC
Headrick	Kerma	National Judge
Hoagland	Mary	National Judge NC SJD
Ivey	Davita	Charleston Twisters
Kaiser	Annette	Gymnastix
Kitchen	Pam	Edgewater
Kornegay	Debby	Brevet Judge - RACC
LaFleur	Jeff	LaFleur's Tampa
LaFrance	Elena	Orlando Metro
Lane	Sibby	SJD - TN
Larsen	Jennifer	Legacy
Latino	Jackie	LA SACC
Lee	Jon	ACE
Liguori	Louie	Gym & More
Loring	Alyssa	Southern Starz
Mitchell	Christie	Orlando Metro
Neiman	Doug	Gym Like This
Niccollai	René	Brevet Judge
Nunez	Minnie	Northshore
O'Lone	Sean	Southern Starz
Oros	Courtney	Gwinnett
Patt	Ron	Tampa Bay Turners
Pomerantz	David	Gymnastix
Pomerantz	Michelle	Gymnastix
Purvis	Genny	Ultimate
Ragle	Sheila	Brevet Judge RJD
Rand	Toni	Brevet Judge - Florida SACC
Rawlings	Jason	Orlando Metro
Robbins	Mark Lee	FL SJD Nova Gymnastics
Rucker	Curtis	Salem
Satterfield	Antjvan	Legacy
Schlthess	Amy	Tampa Bay Turners
Shobe	Ludmila	Southeastern Gymnastics
Spinelli	Nikki	Sun Country
Steinberg	Mikara	Legacy
Stroud	Amanda	LaFleur's Tampa
Thacker	Mary	National Judge MS SJD
Thaxton	Dan	Gwinnett
Thomas	Patrick	GA All stars
Thompson	Diane	Brevet Judge
Thompson	Phyllis	National Judge
Wallace	Mary Ann	National Judge AL SJD

West	Billy	LaFleur's Tampa
White	Brock	National Judge
Womack	Colin	Roses
Wood	Jeff	Orlando Metro
Wood	Debbie	Edgewater
Yaeger	Mindy	Cabarrus

## 2010 Training Camps

Register today for 2010 [Training Camps!](#)

## Petition Form for Level 9 & 10 Regionals

Petition form for Level 9 and 10 Regionals is available [here](#). All petitions are due by Wednesday after your Level 9 & 10 State Meet.

## Regional Entry form

Region 8 Regional Entry form fro Level 10, 9, 8, 7 and PREP Opt is available [here](#). Please use a separate form for each level submitted.

January 20, 2010

To: Region 8 Gymnastics,

I wanted to extend my sincere thanks and appreciation to everyone, coaches, judges, gymnasts, club owners, parents and friends in the gymnastic community in Region 8 for giving me many opportunities over the years to be involved with such a fantastic group of people. As some of you know, I have left Florida and relocated to Las Vegas.

Through my many years in gymnastics I made many good friends, met many coaches who helped me grow in my gymnastic abilities, and had the opportunity to judge some fabulous gymnastics. Region 8 was a big influence and inspiration to my growth in gymnastics.

I surely will miss being a part of the Region 8 and its gymnastic community but I will always remember the lessons learned and the fun times we had. Region 8 gymnastics will continue to grow and be the best because of all of the wonderful people involved. I was blessed to have the opportunity for many years to coach and judge in Region 8 and will forever be grateful to each and every person.

Good Luck to all,

Cindy McLane  
PO Box 530061  
Henderson, NV 89053  
Gymjudgecj@yahoo.com  
snnapit@yahoo.com

CindyMcLane  
Author of SNNAP IT©  
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SNNAPIT@Yahoo.com

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at www.SNNAPIT.com

Region 8 USA Gymnastics Regional Committee Meeting  
December 18, 2009  
Airport Marriott Hotel – Atlanta Georgia

Members present:

Debby Kornegay – RACC	Jon Aardema – GA
Marian Dykes – RTCC	Jackie Latino – LA – Late flight arrived 9:45
Brad Harris – RJOCC	Nancy Hawkins – MS
Deb Walls – AL	Jennie Adams – NC (acting secretary)
Toni Rand – FL Absent flooding	Joanne Child – SC – Late flight arrived 10:00
Larry Corrigan – TN	

9:30 a.m. Deb Kornegay called the meeting to order.

- Thank you cards were handed out and passed around table for all to see.
- An address list was circulated and members were asked to update the information.
- It was noted that the purple page of agenda items should be used for planner update. Bolded items were not on the earlier calendar.
- Deb K handed out a copy of Region 8 Rules and Regulations, printed for portability. New changes are in blue for emphasis.

Deb K presented the Financial Report from the Third Quarter. Marian suggested that Deb K do a comparison between the 2008 and 2009 reports. Worthy of note, is a large reduction in the newsletter costs.

Deb K presented the Travel Fund, which had a balance of \$23676.67.

Deb K reported on the Hurricane Fund. Because the bank would have charged fees for a low balance, Deb had deposited \$2000 from the Region 8 general account to avoid the additional fee.

Regional and National Judges discussion: Deb asked Marian if there were any need for Regional judging replacements. Marian reported that all ratings had been updated and CPE's verified. Nancy H. asked for clarification of the Regional judge assigning fee. The fee should be \$5/judge paid to Region 8 NAWGJ, % Sheila Ragle.

Deb K reminded the Committee that the Tim Rand Memorial Fund paid the Region 8 gymnasts' entry fees to Nationals last year. Because of the overwhelming positive response, it was suggested that the TRMF try to do that again. Additional proceeds to the TR Fund will possibly come from recovered videos of Tim presenting at Congresses and Training Camps from the past, created and produced by Tom Reynolds. Deb K stated that there would be more about this at a later date.

Jennie K asked Marian D. about the reason why State Committee's were asked for a Nov. 1 deadline to report State Meet judge selections when the upcoming optional season for most states was not until two or three months later. Marian explained that the main reason was that the deadline to the National office was Dec.1

Jon A. initiated a discussion about the College Gymnastics Fund. He asked if anyone knew about how the funds were distributed for CCF. He expressed concern for Centenary College in Louisiana. It would be in Region 8's best interest to have the gymnastics program at Centenary continue because it is the only small college in Region 8. Jon questioned if a donation from GA USAG would do more good for Georgia if the money stayed in the Region to help Centenary. Jackie reported that Centenary is the only D1 (changing to D3) school in Region 8. She talked with Coach Gretchen Gurltz who relayed that there would be no gymnastics scholarships next year. She hoped to have support from southeastern clubs who are within driving distance.

Region 8 Congress Financial Settlement Report Total funds to Region 8 was \$17,001.42  
Deb K reported that bids were received for Regional Training Camps.

A bid was received for Regional Team Training Camp from Tampa Bay Turners. The date would be July 23, 2010.

**Motion Nancy H to accept the bid from Tampa Bay Turners for the Regional Team Training Camp as presented.**

**2<sup>nd</sup> Larry C Passed unanimously**

**Motion Marian D to accept the bid from Gymnastics Academy of Atlanta for National Team Training to be held on September 10, 2010.**

**2<sup>nd</sup> Jackie L Passed unanimously**

**Motion Deb W to accept the bid from Ace Gymnastics for the 8,9,10 Training Camp to be held Oct 8-10.**

**2<sup>nd</sup> Jon A. Passed unanimously**

One bid was received for 2011 Prep Opt Regionals.

**Motion Jackie L to accept the bid for 2011 Prep Opt Regionals from Tampa Bay Turners to be held at Manatee Convention Center in Palmetto, FL.**

**2<sup>nd</sup> Jon A. Passed unanimously**

No bids were received for the 2011 9/10 Regionals. Deb K stated that bids would remain open.



Brad Harris presented a New Training Camp proposal – He suggested that a **higher number** of gymnasts be able to qualify for the training camps. With the economy in trouble the numbers have been lower. The quality of the gymnast's camp experience for the smaller camp was terrific. The number of gymnasts has always been lower in July than the fall camps.

Brad proposed to expand the Regional Team Training Camp and allow all level 7 and 8 Regional gymnasts to attend. The National Team Training Camp will include Level 9 Eastern qualifiers, Level 10 NIT and Nationals gymnasts and current pre-Elite and Elite athletes, but will not include TOPS gymnasts. Brad promised to continue to urge college coaches to attend so that every college in the Southeast would be on site. Even if the numbers increase, Brad stated that he wants the quality to remain as high as it has been. Brad proposed that Level 8, 9, & 10 Training Camp would remain the same. He stated that as long as we remain in a super gym the numbers would work. If we outgrow the super gym, then we'll have to put a cap on the number of kids who can attend.

In regards to gymnastic club support of Training Camps, if a club spends \$1000 cumulatively for all the training camps then 2 of the club's coaches may attend training camps free during that year.

Brad encouraged the Committee to deliver the message, **that all clubs who support the Training Camp System would in turn, be** supporting themselves. If a club's gymnasts were to qualify for the **All-Star** team and the club had not supported the Training Camp, then when their gymnast finishes high in the **National** Meet she will be disappointed. Brad asked for the State Chair's help in comparing the names and the clubs of the kids who go to Nationals and who are supporting the Training Camps. Then if the State Chairs were to approach the clubs who have not supported, it would be beneficial to the process to let the club know that they should keep in mind where the funds come from for the apparel that qualifiers receive. Brad stated that he believes that if a club's gymnasts accept the apparel and go on the Trip, then the Region should expect that club to support the Training Camp process. A club can make a \$1,000.00 donation prior to the beginning of the Level 9 & 10 Regional competition and become a club in good standing.

Invitations for All Star Trip will be sent in early June. Gymnasts must accept or decline to be included on the Trip within three days after receiving the invitation. Any athlete that qualifies from a gym not in good standing may attend the trip for the cost of the trip or the gym may provided a \$1000 donation prior to the beginning of the Level 9 & 10 Regional competition. In order to participate and be included on the All Star Trip when a gymnast from a club qualifies for the Trip and the club is not in good standing, then the gymnast must pay for the cost of the Trip.

Possible slogans were suggested:

Training Camps Support You – Pay It Back – Now You Support your Training Camp  
Support the System that Supports You.

Deb K asked for a discussion about 7/8 Regionals:

- The majority of the Region 8 Committee liked the Breast Cancer theme.
- Jackie L. talked about the GK leotards. GK has only three tanks that have the theme, but we're allowed to choose a custom leotard and add the pink ribbon.

- Nancy talked about problems with GK shipping. Jackie likes Kylie and has always had good history working with her.
- Jackie L. suggested that everyone pick their own tanks. The Team Leos will be the same for all in the Regional competition. It will be up to each state as to what will be chosen for 9/10 leotards.

**Motion Jackie L that the Regional 7/8 Team long sleeve leotard be the same for all the states and be purchased from GK. All states should have the same black warm-up, but that each state may chose the design. If a Level 7,8,9, & 10 GK tank is provided, then it must have a pink ribbon logo.**

**2<sup>nd</sup> Deb W Passed unanimously**

Jackie L showed a pink logoed football jersey that might be used as a good fundraiser by each state.

Deb K asked about continuing the "basket" raffle fundraiser at 7/8 Regional. It was suggested that general donations could be requested at the door, which might gather just as much money for the cause. Breast cancer stickers could be exchanged for the donation.

Jennie K will check on Komen stickers.

Regional Congress Update

Nashville did not have an open date for the Region 8 Congress. Deb K. spent Friday checking with Atlanta hotels for cost projections and facility needs. She provided a sheet with breakdowns. There did not seem to be one hotel that fit all the criteria needed. Deb K decided to check on the Crown Plaza Ravinia at Perimeter during lunch. At least 400 room nights would be needed for the site to be suitable.

12:15-12:25 break

Deb K asked the Committee to prioritize the 2011 Region 8 Congress date.

First choice – June 16-18      Second choice June 9-12      Third choice – June 23-26

Deb K requested that the Hall of Fame nominations be discussed during lunch.

Lunch came @ 12:30.

Hall of Fame Discussions:

- Could categories be set for the nominations such as athlete, coach, judge, contributor, etc.
- Candidates names were presented before the Committee as follows in no particular order:
- Members of the Committee voted in secret ballot. Nominees receiving at least 75% of the votes cast would be honored as inductees in the Hall of Fame.
- Deb K stated that she would count votes and the following are members of the 2010 Region 8 Hall of Fame.

Jennie Adams, Christi Barineau, Kevin Brown, Rita Brown, Joanne Child, Bunny Cook, Smo Didomenica, Rob Travers and Deb Walls

Prep Opt Regional Discussion

Deb K stated her opinion that the Prep Program was a great program before the Regional Committee took it over for multiple reasons. She hoped that the Committee would not make additional rules to change the format for who might attend the Regional meet. She hoped that gymnasts who attended the Regional Invitational in the past would continue to be able to participate.

Brad summarized what might be reasons are for opposition to the Prep Optional program on a national level. As the Committee develops and adjusts the program, he suggested that we carefully work cooperatively and with consensus.

Region 8 Gymnastics should strive to provide an opportunity to keep gymnasts in the sport. He noted that every other level of gymnastics had rules created by the National program. The Prep rules and skills were created by our region. Because of the dynamic growth of the Regional Invitational (358 gymnasts to 563 in one year – 157% growth) that the program fulfills a need.

Deb K asked the State Chairs to send out a request (poll) asking gyms for the number of their gymnasts who were interested in entering the Prep Opt Regional this year. It was suggested that if a state does not provide a specific level, then the Platinum and Open levels might be the only one that would require a qualifying score. Other divisions could go to Regionals without a qualification score.

Deb K asked the question - What shall be the make-up, duties, and recommendations of the Regional Prep Optional Committee? What issues will need to be resolved?

- The Committee thought that the RPC should make rule change recommendations and that the Regional Committee would vote on the changes at the summer meeting.
- Mary Ann Wallace, Emily Lay, Brenda Eberhardt, Mary Thacker, Cindy Wallace, and Deb Walls are currently the members of the Regional Prep Optional Committee.
- At the previous Regional Invitationals each division had their Team members compete as Team and then were able to compete as individuals after paying a second entry fee. The Committee voted that this process continue.
- Brad H. asked what would be the procedure if there were 890 gymnasts (4+4+3 sessions), would there be a need to bring in additional judges. Could a C gym be used without utilizing a Capital Cup format, but using 2 judge panels? A poll of numbers in each state will be taken and procedure will be decided after numbers are in, but the region 8 Committee feels strongly that 4 judges per event should be used.

Deb K state that the Regional Committee meeting will be on the Thursday before Regional Congress.

<b>Motion</b>	<b>Brad H</b>	<b>that the Training Camp dates be set:</b>
		<b>Regional Team Training Camp July 22-24, 2011</b>
		<b>National Training Camp Sept.9-11, 2010</b>
		<b>8-10 Regional Training Camp Sept. 30 – Oct. 2</b>
<b>2<sup>nd</sup></b>	<b>Jackie L</b>	<b>Passed unanimously</b>

Regional JO Program

Brad H. presented a preview of the proposed apparel that gymnasts going to Easterns and Nationals would receive along with the cost of the items.

Level 9 gymnasts – T-shirt for workout, white, draw-string bag, flip flops, grip bag.

Level 10 gymnasts – grip bag, warm-up hoodie to be worn on workout day, duffle bag, pants or shorts, flip flops, and grip bag. He stated that some of the items would be donated by Cindi Pokrano and Tampa Bay Turners.

Coaches would get three shirts, one for each day of competition. Men would have coordinating raglan sleeved shirts in two colors.

2:15

Brad H. explained the Coach of the Year selection process from the National perspective. The person should encompass all levels of the JO program (Levels 1-10) in that year. He suggested that we decide who gets Regional Coach of Year the day after the Regional Meet. It was requested that each state send in the State Coach of the Year the day after the spring state meet. In essence, Brad suggested that Region 8 should be looking for the leader of the gym that has the best program in Region 8. He also suggested that the honor not be Coach of the Year, but the Program of the Year, but that would need a National office change.

Brad H. stated that the gymnast Cancun trip was great. The facility was a wonderful gym, just not air conditioned. The hotel was terrific and the cost was below budget. One reason for the lower cost was that the gymnasts paid for their own food. Pictures are online. He reminded the Committee that on alternate years there would be an International and then a national rotation for the site for the camp. Chelsea Piers would be a possibility and then Costa Rica. Brad stated that he would be looking for a possibility of clinic with international kids.

Deb K reminded the Committee that 2010 was an election year for state chairpersons. She polled all in attendance asking if each were planning on running for office again. All Region 8 State Chairman will seek re-election.

Deb K reminded State Chairs that 4<sup>th</sup> quarter financial statement due Jan. 15<sup>th</sup>.

Deb K explained to the Committee about the "redo" of the Regional entry form.

- She asked that there be only one sheet per level or division, please.
- Questions were asked about streamlining the regional/national entries by using electronic entries.
- Deb K asked that the SC's use the form given, either on line or in paper form.
- State chairs were reminded that they are to write one check for team entries and individual entries from each state. (7 & 8 Optional Regionals).
- It would be a nice courtesy to do the same for 9/10 Regionals.

Deb K presented the acceptable Petition form.

Deb K presented the alternate information sheets for each Regional meet needing one with the time and date of the change deadline printed near the top of the page. The deadline for placing alternates at the Prep Regional is April 21<sup>st</sup> @ 8:00 am. State Chairs were asked to remind clubs about this deadline.

Deb K presented the 2010 State Meet Reporting Procedures. She stated that Marian still wants all the paper work as a double check. She noted that Prep Opt Regionals has two addresses. She asked the State Chairs to be very careful with excel spreadsheet formats.

Deb K asked that she be emailed the # of Level 7's @ 32, Level 8's @ 32 and 34 and Level 9 & 10's @ 34 on 3-8-10.

Regional Technical Chairperson report:

- Marian D. noted that there are updates on national website with clarifications and on the new Optional rules.
- First zone for Elite will be in Region 8, Kristie Philips and Marian Dykes are assigned to judge. Kristie Phillips will also help with the clinic.
- Jan. 2<sup>nd</sup> Elite competition is first thing Saturday morning, then the clinic will be on 2<sup>nd</sup> and 3<sup>rd</sup>. at Gymnastics Academy of Atlanta, Jon Ardema's gym)

Brad H. asked if the Regional still wants to have a regional hotel at Level 10's Nationals?

- We will block 75 rooms and then we'd compile a rooming list of who would like to be in regional block or not.
- Would need spreadsheet format, email address, no more than 2 rooms per person, etc. and someone would have to coordinate this at the end of the Regional meet.
- Prepare the coaches, gymnasts, and parents at the state meet about knowing that this will occur.

Brad H gave an overview of the November JO Committee meeting discussing changes in compulsory and optionals for the next cycle. More information will be published later.

Deb K stated that

- The next meeting will be at Thursday, June 17<sup>th</sup> at 9:00 A.M. in Atlanta at Region 8 Congress.
- State Chairs workshop in Vegas will be May 21-23, 2010. There has been no hotel information published yet.
- National Congress would be in Hartford, CT on August 12 – 15, 2010.

Other Business – There was no other business presented.

Motion        Jennie K.        to adjourn.  
2<sup>nd</sup>                Nancy H.        Passed unanimously

4:15 pm

Respectfully submitted,  
Jennie Adams – acting secretary

Region 8 Calendar

The Region 8 Calendar has been updated. Go to [Region 8 Calendar](#) to view!

Judges Availability – <http://region8gymnastics.org/forms/judgesAvailability> or see below.

In Gym Form – See below

# 2011 Regionals

## Age Group Region 8 Judges Availability and Experience Resumé

Check here if any of this information is different from last year.

Name: \_\_\_\_\_ Home #: \_\_\_\_\_  
 Address: \_\_\_\_\_ Work #: \_\_\_\_\_  
 City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
 USA Gymnastics #: \_\_\_\_\_ Expiration Date: \_\_\_\_\_ Cell #: \_\_\_\_\_  
 E-mail address \_\_\_\_\_@\_\_\_\_\_  
 Current Ratings held (2009-2013) \_\_\_\_\_ (Must hold a new Level 10 or higher rating)

<u>AVAILABLE</u>	<u>NOT AVAILABLE</u>	<u>NAME OF MEET</u>	<u>SITE</u>	<u>DATES</u>
<input type="checkbox"/>	<input type="checkbox"/>	Level 9 & 10 Regionals	TBD	April 14-17, 2011*
<input type="checkbox"/>	<input type="checkbox"/>	Level 7 & 8 Regionals	Atlanta, GA	April 7-10, 2001*
<input type="checkbox"/>	<input type="checkbox"/>	Level 9 Eastern Nationals**	TBD	May 5-8, 2011*
<input type="checkbox"/>	<input type="checkbox"/>	Level 10 JO Nationals**	Long Beach, CA	May 12-15, 2011*

\* Please note that travel may be necessary on Thursday, Friday and/or Monday if you are assigned to one of these meets.

\*\* Please refer to criteria in the Region 8 Rules and Regulations in Fall 2009 Region 8 Newsletter.

In order to be considered to judge Level 10, 9 or 8 Regionals you must have attended at least one of the following clinics. Please indicate which clinic(s) you have attended:

- 2009 USAG National sponsored Regional Congress
- 2009 Brevet or National Course
- 2009 Region 8 Regional Team Training Camp (Tampa, FL) (For Level 8 Regionals)
- 2009 USA Gymnastics National Congress (Dallas, TX)
- 2009 Region 8 National Team Training Camp (Orlando, FL)
- 2009 Region 8 Level 8, 9 & 10 Training Camp (Atlanta, GA)

If you wish to have any other clinic(s) considered, you must submit your request **in writing** to Marian Dykes for approval by the Region 8 USAG committee. Please list the date, site, instructors and what this experience afforded you.

In order to be considered to judge Level 10, 9 or 8 Regionals you must have at least 9 hours in-gym experience **at the level of regional you are assigned to or higher.** Was this card completed and filed with Marian Dykes with a copy to Sheila Ragle by 5/15/10?  Yes  No

How many Junior Olympic **optional** invitationals have you expect to judge or contracted to judge from 6/2/2009 to 5/15/2010? Level 8  Level 9  Level 10

This form must be sent to Marian Dykes with a copy to Sheila Ragle. Failure to respond by May 15, 2010 indicates you **DO NOT** wish to be considered for the above mentioned meets.

# 2011 Regionals Age Group Region 8 Judges Availability and Experience Resumé

Please specify miscellaneous expenses for which you would expect reimbursement:

\$ \_\_\_\_\_ Airport Parking  
\$ \_\_\_\_\_ Travel to/from the Airport @ current IRS rate x \_\_\_\_\_ miles round-trip  
\$ \_\_\_\_\_ Tolls  
\$ \_\_\_\_\_ Other Expenses (be specific)

Please indicate the nearest departure airport: \_\_\_\_\_

Do you have any special dietary restraints?  Yes  No

Please list dietary restraints \_\_\_\_\_

## OTHER INFORMATION

Gym Affiliation: \_\_\_\_\_

Place of Employment: \_\_\_\_\_ How early can you leave? \_\_\_\_\_

Please complete both sides of this form. Also be sure your In Gym Card was completed and sent or accompanies this form.

You must return this form to:

**Marian Dykes**  
4651 Buford Highway  
Atlanta, GA 30341

Please send a copy to:

**Sheila Ragle**  
1870 Eagle Summit Court  
Lawrenceville, GA 30043-6669

This form must be sent back to Marian Dykes with a copy to Sheila Ragle. Failure to respond by May 15, 2010 indicates you **DO NOT** wish to be considered for the above-mentioned meets.

Region 8 Verification of In-Gym Experience for 2010 Regionals

Name: \_\_\_\_\_ Rating: \_\_\_\_\_  
 Address: \_\_\_\_\_ City: \_\_\_\_\_  
 \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
 Phone: (H) \_\_\_\_\_ (W) \_\_\_\_\_ Email: \_\_\_\_\_

Date of Visit	Hours In-Gym	Gym Club	Level of Gymnast	Coach's Signature
			Total Hours	

You must have this form completely filled out with at least 9 hours of in-gym experience, signed and returned to Marian Dykes, 4651 Buford Highway, Atlanta, Ga 30341 with a copy to Sheila Ragle, 1870 Eagle Summit Court, Lawrenceville, GA 30043. Completed cards must be received by June 1, 2009 to be eligible to judge any 2010 Region 8 Regional Competition. Fax - (770) 457-0943. You will receive confirmation of receipt within ten days.

**CRITERIA**

In order to be eligible to judge a regional meet in 2010 in Region 8, a judge must have in-gym experience. A judge must complete at least 9 hours of in-gym experience between 6/2/08 and 6/1/09. Each experience must be a minimum of 2 hours. The level of gymnasts must be equal to or greater than the level of meet the judge wishes to be considered for. (i.e. Level 9 & 10 Regionals = in-gym experience with Level 10 or Elite. Level 8 Regionals = in gym experience with Level 8, 9, 10 or Elite, etc.)

Training sessions at an Elite National Qualifier competition or above meet may be used. Training sessions at Elite Regional or J.O. competition may **not** be used.

Division 1 NCAA in-gym training is allowed and considered comparable to Level 10.

Hours may be from a Regional or National JO or Elite Training Camp. (A training camp may only count for either in-gym experience or CPE credit - can not be simultaneous.)

This experience must be an interactive experience; it is not sufficient to sit in the stands and watch workout. Judges must call ahead to schedule gym time. The judge's activities should be under the supervision of the gym's coach.



The judge should keep in mind that the gym club you are visiting is a business. The judges should remain professional and cordial at all times.

### Tim Rand Memorial Fund to pay Level 10 JO Nationals Entry Fee

Because of your generous donations the Tim Rand Memorial Fund will again pay the entry fee for all Level 10's to JO Nationals.

### Ann and DJ Milem Update

This is an update on the condition of Ann Milem, and the prognosis is not good. Ann's cancer has rapidly progressed and she is losing cognition daily. DJ wanted to bring her home from the hospital for her final days, but Ann will be with hospice either in the hospital or in a hospice facility. Ann's progressively deteriorating condition has amassed staggering medical bills and DJ is in a financial crisis. We have opened an account to help DJ defray these escalating medical costs and are soliciting financial assistance from our Region 8 gymnastics community. The account is through the Wachovia Bank and there are three ways to make a donation:

1. Walk into any Wachovia Bank and make a donation directly into the account
2. Mail a check to any Wachovia Bank and deposit it into the account
3. Mail a check directly to DJ

DJ has been a very big part of Region 8 gymnastics in the past 35 years and is a recent inductee into the Region 8 Hall of Fame. DJ and Ann were both present at the Region 8 Congress held in Jacksonville this summer. Ann is, and has always been a class act that, "Called it as she saw it" and DJ is losing her. DJ is having a very difficult time right now. Because this is a crisis situation, time is critical and of the essence. Our strength and support exists in our numbers of donations, not the size of the donation.

If you wish to help DJ and Ann, make a deposit in ANY Wachovia Bank.

Account # 1010260267928

or send a check to:

DJ Milem

5809 Dickson Rd.

Jacksonville, Fl. 32211

DJ is a great Coach, Friend, all-around great guy, and he needs our help now.

### 2009 TOPs Team/Training Camp Qualifiers

Congratulations to the following athletes and their coaches who qualified on the 2009 National TOPs Team.

Hannah Jones	Gymnastics Academy of Atlanta
Ashton Locklear	KPAC
Lauren Morejon	Twisters Gymnastics
Megan Skaggs	Gymnastics Academy of Atlanta
Grace Waguespack	ACE Gymnastics

Congratulations to the following athletes and their coaches who qualified to the 2009 TOPs B Training Camp.

Jessie Aman	Atlanta Northstars
Kendyl Dunn	Gymnastics Academy of Atlanta
Kira Gillespie	Jamjev Gymnastics
Alexandra Greenwald	Twisters
Anna Kaziska	United Gymstars
Kasey Nelson	Georgia All Stars
Maggie O'Hara	Sunburst Gymnastics Academy
Alexandria Ruiz	ACE Gymnastics
Riley White	Jamjev Gymnastics

The following athletes qualified as Gold Level Athletes:

Leah Barnes	Park Avenue Gymnastics
Brooke Butler	West Broward Gymnastics Academy
Annie Corbett	Alabama Starz
Olivia McFarland	Sunburst Gymnastics

The following athletes qualified as Diamond Team Athletes:

Kelly Antkiewicz	West Broward Gymnastics Academy
Dominique Guerra	Boca Twisters

Region 8 Meet Information

Please check out information on Region 8 Regional Competitions!

[Level 9 & 10 Regionals](#)

[Level 7 Regionals](#)

[Level 8 Regionals](#)

[PREP Optional Regionals](#)