

All Around News

VOL. 12

REGION EIGHT NEWSLETTER
WWW.REGION8GYMNASTICS.ORG

2003

STATE CHAIRMAN ELECTIONS

Deb Kornegay, RACC

All State Chairman positions will be up for election in 2004. Look for nomination forms in the Winter Region 8 Newsletter. Ballots will be mailed in March. New State Chairman will take office July 1, 2004.

If you are happy with your present State Chairman, please tell them so, (all volunteer positions need a little boost every now and then) and then nominate them in January. If you are not pleased with the leadership in your state, now is the time to consider being a USA Gymnastics volunteer by nominating yourself in January.

REGION 8 CONGRESS 2004

Deb Kornegay, RACC

2004 Region 8 Congress will be held in **Nashville, Tennessee, June 3-6**. Championships of USA, the final meet before Olympic Trials, will also be in Nashville June 2-5. Plan now to receive some great coaching and judging education while watching USA's Olympic hopefuls next Summer. Information sheet and registration form are in the center of this newsletter.

NATIONAL & REGIONAL SILVER QUILL AWARDS

Deb Kornegay, RACC

Region 8 wins the National Silver Quill award. Congratulation to **Nancy Hawkins**, Mississippi State Chairman for winning the National Silver Quill award for the best State USAG Newsletter in the country.

Deb Walls, Alabama State Chairman, won the Region 8 Silver Quill award.

Great job keeping your membership informed.

REGION 8 NEW REGIONAL ELITE COMMITTEE CHAIRMAN

Deb Kornegay, RACC

As most of you know, **Ray Gnat** resigned his position as Region 8 Elite Committee Chairman effective July 12th. **Toni Rand** was the only nominee for Region 8 Elite Committee Chairman and was elected by acclamation August 26th. Toni has been busy the last few weeks planning the December Elite clinic and Testing and the rest of the Elite season. Please see her article in this newsletter for more information on the Elite and TOPs programs.

Deb Kornegay, RACC

Region 8 thanks **Orlando Metro and Lightning City Gymnastics** for donating their facilities again for Summer Training Camps. Region 8 gymnasts, coaches and judges appreciate your giving spirits that help our athletes to be the **BEST!**

Tim and Toni Rand and American Twisters, hosts of the 2003 Regional Congress, donated \$600.00 from the golf tournament and \$1,000.00 from the profits of Regional Congress to Region 8. Thank you from Region 8!

USA GYMNASTICS ATHLETE MEMBERSHIP CARDS NOW AVAILABLE ON-LINE

USAG athlete registration has never been easier. You can now register and print your athletes USAG membership cards on-line. To see this new service go to:

<http://www.usa-gymnastics.org/membership/memship-howto.html>

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REGION 8 GYMNASTS HAVE 3 NEW SKILLS NAMED FOR THEM

Marian Dykes, RTCC

Once again Region 8 had original skills performed at J.O. Nationals for the first time. Three gymnasts from Region 8 competed never before seen skills at Level 10 J.O. in May. Because of their originality, these skills have been added to the USA Gymnastics J.O. Supplement and will carry the name of the gymnast performing them.

Tampa Bay Turners **Jessica Beckman** had two new skills in 2002. She added to her résumé of original skills with another new vault. On vault Jessica performed a round-off, flic-flac on, ½ turn off to salto forward piked with ½ turn. This vault will be called a Beckman with a value of 10.0.

On balance beam **Jessica Rosette** of North Florida Gymnastics Center performed a tuck jump with 1½ turn, which was awarded a "D" value.

On floor exercise **Courtney Johnson** of Knightdale Academy of Gymnastics performed a "C" ring jump with 1/1 turn.

*Congratulations to these outstanding
Region 8 gymnasts.*

2004 TRAINING CAMPS

Deb Kornegay, RACC

The **Level 8 & 9 Training Camp** will be held **July 23-25** at **Tampa Bay Turners** in their new facility. Now all Level 8 and 9 athletes who qualify to the State Meet and above are permitted to register for the 2004 Level 8 & 9 Regional Training Camp.

Region 8 still needs bids for Future Stars, July 9-11 and Level 9, 10 & Elite, October 8-10. Please consider opening your gym to these wonderful athletes, coaches and judges.

WORLD CHAMPIONSHIPS

Deb Kornegay, RACC

What a great week at World Championships for USA Gymnastics! **Silver** for the **Men's team**, **GOLD** for the **Women's Team** after 3 injuries/illnesses, **GOLD** for **Paul Hamm** in the All Around, **Silver** for **Carly Patterson** (from Louisiana) in the All Around and then a tie for **GOLD** by **Holly Vise** and **Chellsie Memmel** on Bars. I hope that your gym enrollment is growing from the **GOLD** and **SILVER** publicity. The future looks bright for Athens in 2004!

RULES & POLICIES *Deb Kornegay, RACC*

The *2003-2004 Rules and Policies* is available online at <http://www.usa-gymnastics.org/women.rules-and-policies/>. You can also request a hard copy through USAG membership at membership@usa-gymnastics.org. Please send USAG Membership your name, mailing address and Pro number with your request.

Please note the following equipment change from last season. Changes are in **Bold**.

Elite/Pre-Elite and Jr. Olympic levels: A board used to mount Bars or Beam may be placed on the competition landing mat(s) (**1 or 2** 10/12 cm mats or one 20 cm for Jr. Olympic; 20 cm. for Elite/**Pre-Elite**) or on the supplemental matting of **5-10 cm** (sting mat or 4" throw mat type skill cushions).

2004 LEVEL 8 and 9 & 10 REGIONALS *Deb Kornegay, RACC*

Level 9 & 10 Regionals will be hosted in Atlanta, GA by **Gwinnett Gymnastics** on **April 1 - 4, 2004**.

Level 8 Regionals will be hosted in Tampa, FL by **Lightning City Gymnastics** on **April 16-18, 2004**.

2003 LEVEL 9, 10 & ELITE TRAINING CAMP *Deb Kornegay, RACC*

The 2003 Level 9, 10 & Elite Training Camp in Auburn, AL is full for athletes. A waiting list is being kept. Coaches and judges may still register and coaches may still volunteer for the October 10-12 Training Camp and NAWGJSymposium. Please use forms in this newsletter.

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REGIONAL COMPETITION PROFITS

Deb Kornegay, RACC

Would you like to help Region 8 and make a profit too? Below are listed the profits made by Region 8 Level 8 and Level 9 & 10 regional meets hosted over the last few years:

	Level 8	Level 9 & 10
2003	\$10,153.74	\$16,498.46
2002	\$6,517.86	\$9,855.00
2001	\$3,494.00	\$14,625.74

Please fill out the bid form in this newsletter to host Level 8 or Level 9 & 10 Regionals for 2005.

SPONSORS

Deb Kornegay, RACC

Please use the following USAG Sponsors whenever possible:

A-1 Awards
adidas
AAI - American Athletes
Bemco
Chevron/Texaco
Elite Sportswear GK
General Motors
Hershey's Food
Jet Set Sports
MBNA Financial
Mrs. Smith's Bakeries
TJ Maxx
Visa

NATIONAL TEAM TRAINING CENTER

Deb Kornegay, RACC

The USA Gymnastics National team has a new gym addition to the "Ranch." Bela built the gym. Award money that gymnasts could not take due to NCAA rules was used for equipment. Money from the **Walk of Fame** fund raiser will be used to help provide the very best in Physical Therapy equipment for our National team. Region 8 USAG and all eight Region 8 State Chairmen purchased a brick for the **Walk of Fame**.

The region 8 Committee challenges every club in Region 8 to help our National Team by purchasing a brick or plaque. Use the form in this newsletter to buy a brick to be a part of the **Walk of Fame**. Your contribution is tax-deductible.

REGION 8 REPRESENTED AT NATIONAL CONGRESS

Marian Dykes, RTCC

Region 8 was well represented at Congress with lectures presented by **Paul Padron, Brad Harris, Shirley Tranquill, James Linderholm, Randy Sikora, Chris Calvert** and **Marian Dykes**. In addition to presenting his own lecture, Paul Padron edited the video for Marian Dykes' lecture on "Boing-Boings" as well as provided all of the hardware enabling the audience interactive participation in evaluating the video.

Deb Kornegay worked throughout the Congress on the administrative side helping the "Congress Team" manage sessions. *Way to go Region 8!*

All of the Region 8 Committee was present at 2003 Congress. Thanks to all of these wonderful volunteers who give their time to serve Region 8!

VOTE for REGION 8 WEB WINNER AWARD

Deb Kornegay, RACC

Region 8 will award the **Web Winner Award** to the *best State*

Web page in Region 8 at Level 9, 10

& Elite Training Camp. View the following pages and vote by e-mail.

Alabama	http://www.gymnasticsalusa.com
Florida	http://www.usag-fl.org
Georgia	http://www.gausag.org
Louisiana	http://www.gymnasticsla.com
Mississippi	http://www.msusag.org/index.htm
No. Carolina	http://www.nc-usag.org
So. Carolina	http://www.eteamz.com/scgym
Tennessee	http://www.tngym.org

Go to Region 8 web page

<http://www.region8gymnastics.org>

for links to above pages.

E-mail your vote and any comments to dkornegay@mindspring.com by October 1, 2003.

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PAUL PADRON

Regional JO Comm. Chairman
1 Cutchin Court
Charleston, SC 29414

JO

INFORMATION UPDATE

Phone / Fax 843-766-3008
E-mail: phpadron@knology.net

This has been a very busy but exciting summer in Region VIII. In June we hosted our first **“Future Stars Training Camp.”** Over 100 level 5-8 athletes and 30 coaches attended this camp. The feedback we received from the participants and coaches was tremendous. We wish to thank the **Orlando Metro Gymnastics** for their wonderful hospitality and extend a special thanks to **Jeff Wood** not only for providing such a great camp site but also for taking time out from his busy elite schedule to share his knowledge and to work with all of the athletes and coaches.

Our **“Level 8 & 9 Training Camp”** in July was also a big success with over 100 athletes. A big thank you goes to **Tim Keckler** and **Lightning City Gymnastics** for being such gracious hosts. Please note that the Regional Committee has changed the eligibility for this camp to allow any level 8 or 9 who has qualified to state to attend this camp. A heartfelt thank you goes to all of the volunteer coaches, judges and clubs that support the regional training camps.

Our **Level 9, 10 & Elite Camp** coming up in October at Auburn University is now full, however we are still accepting volunteers and coaches/judges.

In November the JO committee will be meeting to finalize the new compulsories. Please do not hesitate to contact me should you have any concerns or suggestions regarding the Junior Olympic program. I look forward to seeing many of you at the October training camp or at competitions throughout the season.

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MALE COACH NEEDED

Gwinnett Gymnastics Center
in Lilburn, GA

is looking for an experienced
male coach for our
Girls Compulsory and Optional
level gymnasts.

Requirements:

**Positive attitude, Responsible,
Reliable, Desire to promote happy,
healthy gymnasts of all ages.**

Please fax resume to

Dan Thaxton
770-921-5111

Gym phone # is 770-921-5630.

Head Coach Needed

in Tuscaloosa, Alabama

Practice is held at
The University of Alabama facility

Over 30 athletes have qualified to Level 10
and Elite National Championships with
5 National Champions

Currently fielding a small optional team of
15 athletes but looking to grow

Salary in the \$30,000 - \$40,000 range
commensurate with experience

Low cost of living in a great college town

Send resume to: **David Patterson**
PO Box 860253
Tuscaloosa, AL 35486-0003

Or email to DPatterson@ja.ua.edu

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MARIAN DYKES

Regional Technical Comm. Chairman
4651 Buford Highway
Atlanta, GA 30341

TECH
NOTES
ICAL

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Fax 770-457-0943
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Cell 404-408-6699

Returning from Congress and the World Championships, I am in awe of the USA Team and their first ever gold medal. In addition, **Carly Patterson** treated us to a wonderful performance in the All Around competition winning a silver medal. I have many fond memories of Carly as a Level 10 competitor right here in Region 8 prior to her families move to Texas. Carly was a JO National champion for Region 8 as a Level 10 at *Elite Gymnastics* with *Johnny Moyal* and *Tani Blount*.

The Region 8 USAG Committee will continue to make regional assignments in the summer. The USAG Region 8 Committee at their summer meeting made assignments for both 2004 regional championships. These assignments can be found in the minutes in this newsletter as well as on my web page.

In gym experience cards for regionals 2005 will be sent by September 30, 2003. They will be sent to all Level 10 and higher judges that submit a regional availability for 2004. These cards can be completed using in gym experiences from June 16, 2003 - June 1, 2004. This June 1 due date has been moved up to correspond with the dates of Region 8 Congress. Any Level 10 or higher judge must complete this card to be eligible for consideration by the Region 8 Board for assignment to a regional meet in 2005. If you do not receive a card by September 30th you may print one from my website or contact Marian Dykes.

Availability forms for Regional Championships are in this newsletter. You will not receive an individual mailing. Completed forms must be returned to Marian Dykes with a copy to Sheila Ragle by June 1, 2004. Many questions continue to arise regarding regional assignments. The following items may help clarify this procedure.

1. Your USAG Region 8 Committee will make Junior Olympic regional assignments. Please remember the requirement for IN GYM EXPERIENCE. Please remember that an Active Status must be on file with JCI.
2. Your USAG Region 8 Committee will make recommendations from Region 8 for Level 10 J.O. Nationals and Level 9 Easterns. If a judge does not satisfy the current elite active-status requirements as well as work at one of the Region 8 training camps, they will drop to the bottom of the rotation for Level 10 Nationals and Level 9 Easterns and will therefore be ineligible for the year.

The Women's Technical Committee emphasizes that Chief Judges are "encouraged and responsible for calling a conference if an impossible Start Value has been awarded (example: missing a Special Requirement or incorrect Additive Value)." Conferences should be handled in a professional and expedient way in order to avoid any athlete having to wait too long and keep the meet moving.

The question and answers section of my web page continues to be a great resource of information for frequently asked questions. A big thank you to **Ceal and Mark Wutka** who continue to do a wonderful job hosting my web site. You can access my Web Page at <http://www.wutka.com/marian> or the Region 8 Web Page at <http://www.region8gymnastics.org>

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SILENT AUCTION ADDS \$8,000 TO REGIONAL APPAREL FUND

Deb Walls, Alabama SACC

It was the perfect setting for browsing and buying. There we were at Region 8 Congress with palm trees and tropical plants, casual surroundings and 50 tables overflowing with treasures calling your name. If you weren't there, you did not know that every vendor donated incredible items to our silent auction. You did not know that the Region VIII Committee had gathered items all year for donation. You did not know that each of our 8 states spent the year before the auction securing items that together with the vendors and the Regional officers would ultimately bring a **total of almost \$8,000.00** during that one hour of friendly bidding.

This Regional Congress event has grown from 150 items in the beginning to almost 500 items. This year you could purchase gymnastics and business equipment, jewelry, apparel, a weekend of Proscore for your meet, gymnastics collectables, art work, decorative items, glassware and kitchen items, DVD players, judging materials, hammocks, holiday decorations, and entries to meets for just pennies on the dollar. The beauty of this one hour most social event is that everyone benefits. The region receives the proceeds to be used for our athlete's apparel fund, and

the professional members have an opportunity to purchase items for incredible savings!

On behalf of all the state chairs, I would like to thank each of our state committees for their efforts to make their state an equal partner in this event. We also thank the Regional officers and the vendors for their donations that sent a message of true support for our athletes.

The silent auction is your opportunity to benefit our athletes as well as yourself. You are not only donating in support of our athletes, you are receiving something you want or need in return for that donation. You will NOT find these specialized bargains anywhere but during that one hour during Regional Congress.

Congratulations to Mississippi for raising the most money for the auction! This year, each state chair has been challenged to raise \$1,000.00 during our next auction. That means more incredible items for you to choose from at unbelievable bargains, and an incredible opportunity for fellowship with our gymnastics community. Make your plans now to join us at the 2004 Region 8 Congress in Nashville, TN on June 3-6, 2004.

WHAT COACHES WANT TO KNOW! QUESTIONS COACHES WOULD MOST LIKE TO ASK JUDGES

Cookie Batsche
State Judging Director, Florida

INTRODUCTION

This document was prepared for a presentation at Region 8 Congress. The questions from coaches were obtained by emailing several coaches in Region 8 and asking them to provide questions they would most like to ask judges. The questions were then given to groups of judges who attended the Regional Congress. Their answers are summarized in this document in an effort to enhance communications between judges and coaches. The questions themselves provided valuable insights and will be valuable to the professional development of our judges. We hope coaches find the answers to be helpful.

The document has been reviewed for accuracy by Marian Dykes and Deb Kornegay and reflects rules and policies in place as of July 2003. However, this is not an official publication of USAG and is intended solely to enhance communication between coaches and judges. USAG Rules and Policies should be followed if information in this document appears to conflict with official policy. We hope you find the questions and answers helpful.

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1. What is the Start Value of the routine? This was the question most frequently asked by coaches.

Flashing of Start Values is required at Level 8,9, and 10 state, regional, and national competitions. Region 8 is encouraging the flashing of Start Values at all competitions. If Start Values are not being flashed, coaches may ask the Chief Judge to write the Start Value on the gymnast's competition card or score sheet. If a coach does not see the Start Value, the coach should ask the Meet Referee the appropriate method for obtaining the Start Value. If a coach has a question about the accuracy of a Start Value, a written inquiry may be submitted through the Meet Referee.

2. Why don't all judges have the same Start Value?

Judges do not have to agree on the Start Value. Differences in Start Values usually occur when elements or connections are marginally performed; in such cases, each judge is required to make a judgment call to determine if the element or connection met the technical requirements. A conference MAY be called to determine if the Start Value needs to be adjusted, either up or down. Chief Judges are encouraged and responsible for calling a conference if an impossible Start Value has been awarded.

3. Did the judges take neutral deductions such as overtime, out-of-bounds? I'm never sure.

The USAG Rules and Policies require the Chief Judge to notify the coach of the following infractions either verbally or by visual means:

- Use of additional mats or springboard on unauthorized surface
- Failure to remove board after the mount
- Overtime
- Out of bounds

When an infraction occurs, judges in many states are now using a sign, such as a tent card, to notify coaches of neutral deductions. The Chief Judge will place the card in a visible location so that the coach is informed of the neutral deduction. Out-of-bounds infractions are also signaled by raising a flag or hand when the infraction occurs. If a coach is not sure if a neutral deduction was taken, an inquiry may be submitted to the Meet Director in writing on the official inquiry form within five minutes of the completion of the event rotation.

TO BE CONTINUED IN WINTER 2004 NEWSLETTER

Dear Region 8:

I am honored to once again be the recipient of the Region 8 Special Recognition Award. I will enjoy wearing the beautiful earrings and be reminded of the special place Region 8 holds in my heart each time I wear them.

I am so proud to be a part of Region 8 USA Gymnastics. Gymnastics and my work for Region 8 is truly a labor of love. How special to have my contribution recognized as having such value. There is no greater honor than to be recognized by one's peers. Thank you to Region 8 USA Gymnastics for this wonderful honor.

Sincerely,

Marian Dykes

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REGIONAL

Toni Rand, RECC

954-725-9199 Phone
954-755-1750 Fax
AmTwist@aol.com E-mail

MAILING ADDRESS (GYM)
6805 Lyons Technology Circle
Coconut Creek, FL 33073

I have agreed to take over the position of the Regional Elite chair for a variety of reasons. First, no one else that was eligible offered to run for the position. Second, as we train international elites at our gym I knew that I would be at the Classic meets already and would be able to attend the National meeting without too much problem and I also am familiar with the elite program having spent a lot of time at the training camps at the ranch as well as being a brevet judge. My main goal as the regional chair will be to provide information to interested parties and to set up a calendar that will work for the clubs involved and our region. Although, the **TOPs program** is under my jurisdiction, I would prefer to maintain a strong TOPS administrator that will handle most of the aspects of the TOPS program and I am hopeful that **James Linderholm** will remain in his current position so that program will continue to run smoothly and without problems.

The elite program is a constantly changing and challenging program. Athletes and coaches that wish to compete at this level will need to stay informed and understand that this is not the JO program.

Rules and Code: All competitions for pre elite and International elites will use the FIG code rules. Start values, values of skills, bonus are the same for any elite or pre-elite competition that you enter. Every athlete will compete under the same rules and the score that they achieve will determine if they qualify to the Classic or the Challenge.

How do you qualify to enter an elite or pre elite regional or elite national invitational? There is no score or level requirement, you may enter any athlete that you feel is ready for the elite program in an elite competition. I do recommend, however, that you study the rules and evaluate your athlete's skills and talents very carefully before you take the leap, as you do not want to compromise your athlete by subjecting them to an embarrassing situation.

Pre-Elite Level: This is a name change for the old National program. Other than the name not much else has changed in this program. The name change was done for the following reasons:

To allow athletes the opportunity to go into the pre elite level without having to give up their JO status. An athlete will only earn the title of ELITE when she starts the first event at a Classic meet so this allows the athlete to enter the pre elite division, test it out and see if this is something that she wants or can handle and if not, allow her open access back into the JO program with no petition or penalty.

Pre-Elites will be able to compete in as many regional competitions and national qualifiers as they want. From these events they will be able to qualify to the Challenge Competition, which will be held in conjunction with the Classic, meets. Athletes in this level are NOT considered Elite even if they compete in a Challenge competition. To qualify to the Challenge a pre-elite will need at 33.00AA in the testing & the following score based on age:

Child 10-12	30.00AA,
Junior 13-15	31.00AA,
Senior 16 & over	33.00AA

TOPS athletes: A TOPS athlete that qualified to the National TOPS testing may enter a pre elite meet and compete the compulsory testing routine — if they score a 30.00AA they may enter the Challenge. At the Challenge they will compete the testing compulsory routines (50% of score) and the physical abilities (50%)

Elite Level - International Elite: This is the only level that is considered Elite and athletes are NOT considered elite until they enter and compete in a Classic competition. To qualify to this level, athletes must obtain a 35.00AA on the Elite testing. In optional, juniors 11-15 must obtain a 34.00 and seniors 16 & over a 35.00 at a designated Elite International regional or National Invitational qualifier. Not all regional competitions will be international qualifiers. Each region may only conduct one International elite qualifier per season and athletes that are trying to enter the International elite level may only attend

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ONE regional international qualifier per season. However, athletes that are trying to qualify to the International elite level may attend as many of the NATIONAL invitational qualifiers as they would like in addition to their ONE regional international qualifier. It is very important that athletes that are considering the International Elite program go to the National qualifiers. Something to keep in mind if you have a pre elite: If you enter a pre elite regional qualifier that is not a designated international elite qualifier and your athlete has the meet of her life and scores the qualifying score for International Elite, you may NOT use this score to enter the Classic meet.

Competitions for our region: Our region will use the Sand Dollar National qualifier as our 1st season regional international qualifier. The region **will not** offer any other competitions during this season. In the 2nd season (after the American Classic in March) the region will offer one regional international competition at level 8 regionals on April 16 & 17th, 2004. This will be the only international competition offered in this season. Clubs that have pre-elites and are trying to qualify to the Challenge as a pre-elite may elect to host additional pre-elite qualifiers at their facility with the following stipulations:

The Club is responsible for all expenses for the competition

The Club must contact Marian Dykes, RTCC for assignment of judges & inform Toni Rand, RECC

The Club must send out information about the competition 30 or more days before the date of the meet to all clubs in the region and it is recommended that this information also be available for regional and state newsletters. The club is responsible to pay for this expense as well.

There is no limit to the number of competitions a pre-elite may attend. Please remember that these meets may only be used for qualification to the Pre-Elite Challenge — they may not be used to qualify to the Elite international Classic meet.

**Athletes that have the International Optional score could use these meets to obtain their 35.00AA in the testing if needed. Athletes may compete the testing routines as many times as needed.

What must I be prepared to compete at each level at all meets? At the Regional or National invitational qualifiers, athletes will compete testing if needed and optional routines.

If you qualify to the Challenge, athletes will compete the following at the Challenge:

Compulsory testing for 20% of your score

Physical Abilities Test for 20% of your score

Optional routines for 60% of your score

TOPS athletes will compete elite testing routines and physical abilities only at Challenge

If you qualify to the Classic Meets, the athlete will compete optional only. At USA Championships the athletes will compete optional routines on 2 separate days.

Automatic qualification to Classic 2004 — If an athlete achieved a 34.00AA as a Junior or a 35.00AA as a senior at either the 2003 Classics or Championships, that athlete is qualified to the 2004 Classic at that level. If a Junior is moving into the Senior division, they would need to have scored a 35.00AA or higher to automatically qualify to Classics — If not, they will need to enter an International qualifier prior to Classics.

Elite Competitions and Events for the 2003-04 Season

December 19, 20 & 21

Testing and clinic in Orlando at Orlando Metro

The testing competition will be held Friday evening around 6:00pm — the clinic will be held on Saturday and Sunday — ending by 12:00 on Sunday to allow travel home. Use form in newsletter for entry to clinic and competition. The clinic will involve a testing and explanation of the physical abilities test, information on the elite testing routines, National team warmup and a “verification” of optional skills of the athletes by our Brevet Judges with a written critique.

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January 23-25th

National qualifier with **Sand Dollar** invite in Orlando **

** Region 8 designated regional international elite qualifier

February 6-7

National qualifier with **Pikes Peak Cup** in Colorado Springs

February 13-15

National qualifier with **Excalibur Cup** in Virginia Beach

March 4-7

American Classic and Challenge meet in Ontario, California

For qualified International elite and pre-elite athletes

From this meet, the Elite athletes will qualify to USA Championships

Athletes in the Challenge competition may use this meet to achieve the qualifying scores to US Classic in May

Second season begins after the American Classic

Friday April 16th

Elite International and pre-elite regional qualifier in Tampa, Florida

Saturday April 17th

Testing competition for any athlete that needs it
** This will be the ONLY qualifier for Elite international offered in this season. Please remember that athletes may only compete in ONE regional elite international qualifier per season. Athletes that are just trying to get to the Challenge may attend more than one competition.

May 13-16th

US Classic and Challenge in Rochester, NY for qualified athletes

June 3-6th

USA Championships for Elites who qualified from one of the Classics in Nashville, Tennessee

Elite Results

US Classic

Junior International

- 4th **Jana Bieger** American Twisters
- 5th **Grace Taylor** Aiken Gymnastics
- 19th **Lauren Johnson** Gwinnett Gymnastics

Senior International

- 26th **Katie Kivisto** American Twisters

US Classic Team Cup

- 8th **Jana Bieger** American Twisters
- 14th **Grace Taylor** Aiken Gymnastics
- 19th **Shayla Worley** Orlando Metro

US Challenge

Junior Nationals

- 7th **Olga Bodrikova** The Gym Company
- 8th **Brittney Emmons** First City Gymnastics
- 13th **Kritina Beck** Starlight Gymnastics

US National Championships

Junior International

- 4th **Shayla Worley** Orlando Metro
- 9th **Kassi Price** American Twisters
- 11th **Grace Taylor** Aiken Gymnastics
- 15th **Jana Bieger** American Twisters
- 18th **Lauren Johnson** Gwinnett Gymnastics

Senior International

Katie Kivisto American Twisters injured and did not compete last event.

SCHEDULE

TESTING AND CLINIC IN ORLANDO, FL

December 19-21, 2003

Tammy Biggs is a tentative clinician
(check Region 8 Web site for confirmation)

Friday, Dec. 19

6:00 p.m. Testing Competition

Saturday, Dec. 20

12:00 - 7:00 p.m. Clinic

Sunday, Dec. 21

9:00 a.m. - 12:00 Clinic

ELITE COMPETITION ENTRY FORM

CHECK ALL THAT APPLY

December 19 Testing Competition
 Orlando Metro, Orlando, FL \$75.00
DEADLINE: NOVEMBER 20, 2003

December 20-21 Clinic
 Orlando Metro, Orlando, FL \$100.00
DEADLINE: NOVEMBER 20, 2003

Elite Regional Meet _____

Site: _____

Team Name: _____ Date: _____

Club USAG #: _____ Phone: _____

Team Address: _____ Fax #: _____

City: _____ State: _____ Zip: _____

1. Coach _____ USAG # _____ Exp. Date _____ Safety Exp. Date _____

2. Coach _____ USAG # _____ Exp. Date _____ Safety Exp. Date _____

3. Coach _____ USAG # _____ Exp. Date _____ Safety Exp. Date _____

4. Coach _____ USAG # _____ Exp. Date _____ Safety Exp. Date _____

Competitor Name	Athlete Registration #	COMP	CLINIC	Date of Birth
1)				
2)				
3)				
4)				
5)				
6)				
7)				
8)				
9)				
10)				

Number of **GYMNASTS for Clinic** _____ x \$100.00 = _____

Number of **GYMNASTS for Competition** _____ x \$75.00 = _____

TOTAL AMOUNT \$ _____

Number of **Coaches and Judges** for Clinic (Please fill out and return if you are attending) _____ **FREE**

MAKE CHECK PAYABLE TO REGION 8 USAG. ONE CHECK PER CLUB. NO PERSONAL CHECKS.

ELITE MEET - MAIL ENTRY

FORM WITH CHECK TO: Deb Kornegay • 394 Stonebridge Road • Birmingham, AL 35210

MAIL COPY OF FORM TO: Toni Rand • 6805 Lyons Technology Circle, Coconut Creek, FL 33073

OR FAX TO (954) 755-1750

All Around News

REGIONAL

James Linderholm

TOPS Coordinator

3062 Leeman Ferry Road
Huntsville, AL 35801

Day: 256-883-0566

Fax: 256-883-7500

Cell: 256-337-9140

e-mail: jglinderholm@comcast.net

National Qualifiers for TOPS 2003 have just been announced. Congratulations to the following athletes (and to their coaches) who have made the cut to go to Houston in October. Gary Warren tells me that over 2500 athletes tested this year, the highest number ever. The following information is taken from the list on the USAG TOPS website <http://www.usa-gymnastics.org/women/tops> and if you are aware of any errors or omissions, please call USAG as soon as possible and leave a message for Gary.

Micah Lewis	9	American Elite Gymnastics	Haley Bodenheimer	10	The Gym Company
Taylor Sockwell	9	American Gymnastics	Moriah McNeil	9	The Gym Company
Anna Drummond	11	Bay City Gymnastics	Erin Bridges	11	The Gym Company
Krista Schrimsher	11	Calhoun Twisters	Gabriela Vale	10	LaFleur's Tampa
Emily Reckard	9	Cabarrus County Gymnastics	Meghan Hughes	10	Let It Shine Gymnastics
Chelsea Mauldin	11	Charleston Twisters	Allie Williams	11	Let It Shine Gymnastics
Stephanie Sekula	10	Charleston Twisters	Cheryne Hammond	11	Orlando Metro
Morgan Wilson	9	Charleston Twisters	Kailee Kovacs	9	Orlando Metro
Chelsea Howes	9	Classics	Alexandria Porter	10	Park Avenue Gymnastics
Bridget Chilvers	11	Esprit	Yevgeniya Kovalenko	11	Starlight Gymnastics
Jordan Melton	11	Esprit	Meghan Kessler	9	Sun Country Gymnastics
Meryll Ellen Pampolina	11	Esprit	Mary Portera	9	Tennessee Academy of Gymnastics
Patricia Pampolina	9	Esprit	Alyssa Wilson	11	Tennessee Academy of Gymnastics
Pauline Hanset	10	Excel Sports Training Center	Tiffany Dawson	9	Top Contenders Gymnastics
Audrey Harrison	11	Excel Sports Training Center	Danielle Jordan	10	Ultimate Dream Academy
Dixie Smith	9	Genie's Gymnastics	Janell Portuando	11	Universal Gymnastics
Jessica Tailhardat	9	Georgia Gymnastics Academy	Kamila Silva	11	Universal Gymnastics
Ali Ables	9	Gwinnett Gymnastics Center	Erica Twiss	11	Universal Gymnastics
Megan Kurdelmeier	10	Gymnastix Training Center			

It is good to see some familiar names on the list again, but I am especially pleased to see some new clubs having success with the program. If you have not looked at the TOPS Program, please plan to come to our introductory clinic in the Winter. We hope to set it for the first week-end in 2004, but we are waiting for a bid . . . **HINT, HINT!** See bid form available in this newsletter.

As always, if you have any questions, please email me at jglinderholm@comcast.net or call me, preferably mornings, at 256-883-0566. Keep working hard, demand excellence from yourself and from your athletes, and you will always sleep well!

Region 8 TOPs Registration Form

January 3-4, 2004 TOPs / Clinic

SITE: TBD

Clinic Fee: \$50 per gymnast, \$50 per coach (free if gymnast registered for clinic)

Deadline December 5, 2003

\$25 late fee per gymnast / coach

LIMITED VIEWING FOR PARENTS - FIRST COME-FIRST SERVED

ENTRIES WITHOUT PAYMENT or USAG NUMBERS WILL NOT BE PROCESSED!

Team Name _____ Email: _____

Team Address _____ Phone: _____

City: _____ State _____ Zip: _____ Fax: _____

Team USAG Number: _____

Coach _____ USAG# _____ Exp. Date _____ Safety Exp. Date _____

Coach _____ USAG# _____ Exp. Date _____ Safety Exp. Date _____

ATHLETE NAME	USAG #	AGE AS OF 12/31/2003	DATE OF BIRTH	CLINIC 1/3-4/04
1.				
2.				
3.				
4.				
5.				
6.				
7.				
8.				
9.				
10.				

Number of **GYMNASTS** for TOPs Clinic - January 3-4, 2004 _____ x \$ 50.00 = _____
(Coaches free with registered athletes)

Number of **COACHES** without registered athletes _____ x \$ 50.00 = _____
(for TOPs Clinic in January 3-4, 2004)

LATE FEE \$25.00 PER GYMNAST/COACH registered after **deadline date.** _____ x \$ 25.00 = _____

TOTAL \$ _____

Make check payable to Region 8 USAG. One Check per club. No personal checks.

MAIL ENTRY FORM to: James Linderholm, 3060 Leeman Ferry Road, Huntsville, AL 35801

BID FORM for Region 8 USAG

TOPS Clinic • January 3-4, 2004

Please read Forms Section in Newsletter on Regional Meet Bids.

**If you have any questions about hosting a TOPs Clinic please contact
JAMES LINDERHOLM
(256) 883-0566 • Email: jglinderholm@comcast.net**

NAME OF MEET DIRECTOR _____ DATE _____
(MUST HAVE MEET DIRECTOR CERTIFICATION)

ADDRESS _____

PHONE NUMBER (GYM) _____ (HOME) _____

HOW MANY TOPs TESTINGS HAVE YOU ATTENDED IN THE PAST 5 YEARS? REG _____ NAT'L _____

FACILITY NAME _____

ADDRESS _____

CITY _____ ZIP _____

SIZE OF COMPETITION AREA _____ SPECTATOR CAPACITY _____

LENGTH OF VAULTING AREA (including runway, horse, mat area) _____

DO YOU HAVE 2" ROPE? YES ___ NO ___ HOW HIGH? _____

DO YOU HAVE WALL BARS? YES ___ NO ___ IS TOP BAR OFFSET? YES ___ NO ___

NUMBER OF RESTROOMS: WOMEN ___ MEN ___ DRESSING ROOM FOR GYMNASTS: YES ___ NO ___

AIR CONDITIONED YES ___ NO ___

DESCRIBE PARKING FACILITIES _____

NEAREST AIRPORT(S) _____ DISTANCE FROM SITE _____

HOTEL ACCOMMODATIONS _____

COST _____ DISTANCE FROM SITE _____

HOTEL ACCOMMODATIONS _____

COST _____ DISTANCE FROM SITE _____

HOTEL ACCOMMODATIONS _____

COST _____ DISTANCE FROM SITE _____

I certify that the above information is accurate.

MEET DIRECTOR _____ DATE _____

MAIL BID TO: DEB KORNEGAY
394 Stonebridge Road,
Birmingham, AL 35210
(205) 951-0184 FAX

DEADLINE FOR TOPs CLINIC BID MUST BE RECEIVED BY OCTOBER 6, 2003

REGION 8 JUDGING DIRECTOR ELECTION INFORMATION

The election process for the Region 8 Regional Judging Director will start in January of 2004. I have listed below all of our judges that are eligible to run for this position. Please check the list carefully and let me know if your name should be added to the list or if your name has been listed and you are not eligible. To be eligible to run for RJD, you must meet the following criteria:

1. Must be 21 years of age or older
2. Must be a Level 10 judge or above
3. Must have been an SJD or have served on the National NAWGJ board for at least 12 months.
4. Must be in good standing under the canons and disciplinary rules of the NAWGJ Code of Professional Responsibility
5. A current officer must be up-to-date with all required reports

The dates for the election are as follows:

January 1, 2004 Each eligible candidate will be sent a notice which includes a letter of eligibility and the duties of the office and a form letter to be completed if you are interested in running for the position. There is a February 1 deadline to return this form. Failure to respond by **February 1** indicates that the candidate does not wish to run for the office.

February 15, 2004 Ballots are mailed to all Level 10 and above rated judges in the region. Any NAWGJ voting member must meet the criteria for eligibility to vote 90 days prior to the date ballots are sent. Deadline to return your ballot is **March 15**. If you do not receive a ballot and you are eligible to vote, you must contact the Vice President of NAWGJ.

April 7, 2004 The Vice President will send the results to the candidates and the President of NAWGJ.

June 1, 2004 The RJD will take office

The following people are eligible to run for Region 8 RJD.

Jennie Adams	Pat Frew	Paula Northius
Doug Ashmore	Dianna Gasquez	Carol Olney
Cookie Batsche	Mary Hoagland	Margie Pierce
Evelyn Chandler	Carol Ingold	Sheila Ragle
Delene Darst	Mendi Knisley	Joy Schmidt
Jean DeArmon	Deb Kornegay	Carol Smitherman
Mary Lou Dillard	Sibby Lane	Mary Thacker
Marian Dykes	Wendy Luce	Diane Thompson
Brenda Eberhardt	Cindy McLane	Mary Ann Wallace
Janet Efland	Rene Niccollai	Winnie Witten

Thank you for all of your hard work and for your dedication to the sport of gymnastics. It's says a lot when we have 30 people that have met the requirements for this position. That's a lot of volunteer time over the years. See you all at Training Camp and Regional Judging Symposium.

Sheila Ragle, Region 8 NAWGJ - RJD

2005

AGE GROUP REGION 8 JUDGES' AVAILABILITY and EXPERIENCE RESUMÉ

Check here if any of this info is different from last year

Name: _____ Home #: _____

Address: _____ Work # _____

City: _____ State: _____ Zip: _____

E-mail address _____@_____

USA Gymnastics #: _____ Expiration Date: _____

Current Ratings Held (2001-2005): _____

AVAILABLE	NOT AVAILABLE	NAME OF MEET	SITE	DATES
<input type="checkbox"/>	<input type="checkbox"/>	Level 8 Regionals	TBD	April 8-10, 2005*
<input type="checkbox"/>	<input type="checkbox"/>	Level 9 & 10 Regionals	TBD	April 15-17, 2005*
<input type="checkbox"/>	<input type="checkbox"/>	Level 9 Eastern Nationals**	St. Pete, FL	May 6-7, 2005*
<input type="checkbox"/>	<input type="checkbox"/>	Level 10 J.O. Nationals**	TBD	May 12-15, 2005*

* 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 Regulation in Fall 2003 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:

- 2003 Region 8 Congress (Coral Springs, FL)
- 2003 Region 8 Level 8 Training Camp (Tampa, FL) (For Level 8 Regionals only)
- 2003 USA Gymnastics National Congress (Anaheim, CA)
- 2003 Region 8 Level 9/10 Training Camp (Auburn, AL)

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 by 6/01/04? Yes No

How many Junior Olympic optional invitationals have you judged or contracted to judge from 6/14/2003 to 6/1/2004? _____

*This form must be sent back to Marian Dykes with a copy to Sheila Ragle. Failure to respond by June 1, 2004 indicates you **DO NOT** wish to be considered for the above-mentioned meets.*

...continued on other side

2005

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 @ 36¢ 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? _____

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 send back to Marian Dykes with a copy to Sheila Ragle. Failure to respond by June 1, 2004 indicates you **DO NOT** wish to be considered for the above-mentioned meets.*

All Around News

BUSINESS

RULES & REGULATIONS FOR REGION 8

Compilation of Region 8 USA Gymnastics Board Minutes

Prepared by Marian Dykes, RTCC and Deb Kornegay, RACC

Revised 7/9/03

JUNIOR OLYMPIC PROGRAM

The JOCC will form a Regional JO Committee. Each state must appoint one person for the JO Committee. Brad Harris will serve as Assistant JO Chairman and will work with Paul Padron to setup and administer Training Camps. (7/3/02)

The WTC is encouraging the flashing of Start Values at all Level 8, 9 & 10 competitions. (7/3/02)

STATE MEETS

Base score video were discussed. SACC's must mandate the use of base score videos at Level 8, 9 & 10 State Meets. (7/3/02)

SACC's were reminded to have judging selection for Optional State Meet to Marian Dykes, RTCC by November 1st of each year. (7/3/02)

Region 8 strongly recommends that each state use 4-judge panels for all state championships. (12/20/02)

Region 8 USAG Board suggest the Optional State Meet entry fees, set by USAG State Boards, not exceed \$75, with consideration to facility, equipment, judging expenses and awards. (10/18/99)(12/20/02)

Regional Meet entry forms should be Xeroxed (copied) from form. Four copies should be made:

1 to RACC, 1 to RTCC, 1 for Meet Director, 1 for State Chair to keep. (12/18/99)

Regional Meet entries must be paid with one club check. Individual checks cannot be used. (12/18/99)

ELITE REGIONALS

If a gymnast's Regional Meet entry is NOT turned in by deadline date, in order to enter the gymnast(s) in the Regional Meet, the following penalty will apply to the coach:

A \$25 late fee per gymnast (in addition to the regular entry fee) must be paid to the Regional Meet Director.

\$200 fine payable to Regional 8 USA Gymnastics for each meet involved.

Fines must be received prior to training day (6/7/00)

REGIONALS

The Level 8, 9 & 10 Regional entry fee be \$85 because of the required use of outside facility, air conditioning, equipment rental, and regional representation of judges. (7/27/01)

The Meet Director will pay a fee of \$10 perathlete from all Regional Championships to the regional account. (7/27/01)

Region 8 will pay half the cost of awards at Level 9/10 Regional Championships, the other half to be paid by the Meet Director. The Level 8 Meet Director pays the entire awards expenses. (7/27/01)

Region 8 will give all-around awards to 33% of competitors at Level 8, 9 & 10 Regionals, or at Level 10 to all athletes qualifying to Nationals, whichever is greater.(7/27/01)

All graduating seniors at Regional Meets will be presented with flowers by the region. (1/4/97)

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 late fee per gymnast (in addition to the regular entry fee) must be paid to the Regional Meet Director.

A \$200 fine payable to Regional 8 USA Gymnastics for each meet involved.

Fines must be received prior to training day (6/7/00)

All Around News

BUSINESS

RULES & REGULATIONS FOR REGION 8 [Cont'd.]

Injury petitions are accepted for Level 9 & 10 regionals. All petition information along with the entry check still must be sent to Marian Dykes, RTCC with a copy to Paul Padron, RJOCC. A regional Entry Form will be published in the Winter Region 8 Newsletter and will include a place for petitioned gymnasts. (7/3/02)

Maximum gate fees are \$10.00 Adults, \$5.00 students and 5 and under free. Gate entry charges should be included in pre-meet information. (7/9/03)

Region 8 Committee strongly recommends that judges assigned to Regional Championships wear official NAWGJ uniform and that females wear skirts and men wear ties. (7/9/03)

The RACC will do the draw for Level 8,9 & 10 Regionals by computer program before open workout day and post the draw on the Region 8 web page. (7/9/03)

LEVEL 10 REGIONALS

The RACC will set the meet schedule (order of age groups) to facilitate the schedule of the entire competition (7/9/03)

The RACC will do the draw for Level 8,9 & 10 Regionals by computer program before open workout day and post the draw on the Region 8 web page. (7/9/03)

Qualification to regionals 34.00 AA at State meet with no minimum number guaranteed (6/27/96)

Maximum gate fees are \$10.00 Adults, \$5.00 students and 5 and under free. Gate entry charges should be included in pre-meet information. (7/9/03)

Region 8 Committee strongly recommends that judges assigned to Regional Championships wear official NAWGJ uniform and that females wear skirts and men wear ties. (7/9/03)

LEVEL 10 NATIONALS

Region 8 Level 10 National alternates work out in the workout gym. These alternates will not be included during the designated Region 8 workout on the competition equipment. (7/9/03)

LEVEL 9 REGIONALS

The RACC will set the meet schedule (order of age groups) to facilitate the schedule of the entire competition (7/9/03)

The RACC will do the draw for Level 8,9 & 10 Regionals by computer program before open workout day and post the draw on the Region 8 web page. (7/9/03)

Maximum gate fees are \$10.00 Adults, \$5.00 students and 5 and under free. Gate entry charges should be included in pre-meet information. (7/9/03)

Region 8 Committee strongly recommends that judges assigned to Regional Championships wear official NAWGJ uniform and that females wear skirts and men wear ties. (7/9/03)

LEVEL 8 REGIONALS

The RACC will set the meet schedule (order of age groups) to facilitate the schedule of the entire competition (7/9/03)

The RACC will do the draw for Level 8,9 & 10 Regionals by computer program before open workout day and post the draw on the Region 8 web page. (7/9/03)

The number of gymnasts at Level 8 Regionals All Stars is 208 + all ties. The number of team members is 64 (8 per state with 5 scores counting for team). There are no petitions accepted to Level 8 Regionals. (6/7/00)

A foreign athlete is eligible to compete as an all star at Level 8 Regionals as long as an additional gymnast from that state is accepted to Level 8 Regionals. The foreign athlete would receive duplicate awards at Regionals. Foreign athletes would be in addition to the percentage Level 8 numbers for each state. Foreign athletes cannot qualify on a state team. (7/3/02)

If a state does not have sufficient athletes to fulfill allotted spaces on state team at Level 8 Regionals, RACC will notify all-star with the highest All Around score from all State Meet results to fill available slots. (6/30/99)

Level 8 all-star alternates will be placed in any slots that become available up to forty-eight hours prior to the start of warm-ups of the first session of competition. (6/30/99)

All Around News

BUSINESS

RULES & REGULATIONS FOR REGION 8 [Cont'd.]

Level 8 team alternate will be placed in any slots that become available up to the start of warm-ups of the first session of competition. (6/30/99)

All regional teams will receive plaques at Level 8 Regionals. The plaques will be presented prior to the team competition as the official state photograph is taken. The teams finishing first through third will receive additional tabs to attach to the plaques reflecting their respective finishing positions at the awards ceremony. (7/3/02)

Maximum gate fees are \$10.00 Adults, \$5.00 students and 5 and under free. Gate entry charges should be included in pre-meet information. (7/9/03)

Region 8 Committee strongly recommends that judges assigned to Regional Championships wear official NAWGJ uniform and that females wear skirts and men wear ties. (7/9/03)

If a tie for state team occurs at Level 8 Regionals Team competition the tie will not be broken. (7/9/03)

MINI-CONGRESS

The fee for using the Region 8 name for Regional Congress is \$1,000. (12/18/99)

TRAINING CAMP

The entry fee for the Regional 8/9 and 9/10 training camps is \$130. (7/27/01)

10% of all profits from regional training camps, elite clinics and TOPs testing will be earmarked for regional administrative cost. (6/17/98)

The region will administer as many training camps as needed. The Region will accept bids for a site for all training camps. Level 9's will be offered the option of attending either the 8/9 or the 9/10/E camp. (7/9/03)

TOPS National Team Members from the current or previous year be permitted to register for the Regional 9/10/Elite training camp. (12/16/00)

Petitions will be considered for acceptance to the training camps. Petitions are to be sent to the RTCC and a copy to RJOCC and reviewed under normal Rules & Policies petition guidelines. (6/27/96) (7/9/03)

Level 8 - All Level 8 gymnast who qualify to the State Meet and above are permitted to register for the Level 8/9 Regional Training Camp. (7/9/03)

Level 9 - All Level 9 gymnasts who qualify to the State Meet, but do not qualify to Level 9 Regionals Championships are permitted to register for the Level 8/9 Regional Training Camp. (1/9/99)

Level 9 - All Level 9 gymnasts who qualified to Regionals at State Meet, who competed at Regionals or had petitions accepted to regionals are eligible for the 9/10/E camp. (6/7/00)

Level 10 - All Level 10 gymnasts who qualified to Regionals at State Meet, who competed at Regionals, or had petitions accepted to Regionals are eligible for the 9/10/E camp (6/7/00)

Elite all current Elite gymnasts would be eligible for the 9/10/E camp. (6/27/96)

No fees will be paid for clinician service at training camps. Services will be donated to the region in order to use this as a fund-raiser for the Regional Apparel Fund. (6/27/96)

TOPs

The TOPs Coordinator is authorized to use proceeds of TOPs testing to pay TOPs testers as necessary, up to \$10 an hour, and to reimburse necessary expenses. (6/17/98)

FINANCIAL STATEMENTS

Quarterly financial reports are required. Hard copies of receipts are needed if reports are faxed in. (7/3/02)

Each state chairman should publish financial statements in their newsletters on a regular basis. (7/3/02) (12/20/02)

JUDGING ASSIGNMENTS

Region 8 will use NAWGJ as the regional judging contractor. (7/9/03)

Level 10 National Championship and the Level 9 Eastern Championship: Marian Dykes will set the starting point for the rotation with the judges who received assignments in 1998 placed at the bottom of the 1999 rotation.

All Around News

BUSINESS

RULES & REGULATIONS FOR REGION 8 [Cont'd.]

The number of judging slots received by Region 8 will be filled based on the corresponding number of judges at the top of the judges' rotation. Should a Brevet who would be in a slot eligible for assignment make the decision not to take the assignment, or not judge once assigned, he/she will automatically be dropped to the bottom of the rotation.

Extenuating Circumstances: Should an emergency situation occur and cause the assigned Brevet to miss his/her assignment, the next judge in the rotation will move up. The situation will be presented to the board to determine if the effected judge takes the rotation slot of the replacement judge or is dropped to the bottom of the rotation.

Should the circumstances occur in which Region 8 received additional slots because a meet is hosted in our region, consideration will be given to assigning National rated officials who are not formally in the rotation but meet the criteria (see below.)

CRITERIA FOR NATIONAL ASSIGNMENTS

In gym experience per existing regional guidelines every year. (12/20/02)

Volunteer to teach or work actively with the athletes at least one Region 8 training camp each year. In the case of a valid conflict, a written request for a waiver may be submitted with the Availability Form to Marian Dykes. Requests for waiver will then be submitted to the Regional Board. Must work one camp the year of assignment and at least one of the three years before. (1/9/99) (12/20/02)

Actively judging at the Junior Olympic level as required by Rules and Policies.

Judge Regional Championship in the current year and 1 of the 2 prior years. (12/20/02).

If a judge recommended to Nationals does not judge at Regionals, the board will replace that judge unless it decides, based on financial considerations, to keep the original judge (6/30/99)

If a judge does not satisfy the current elite active-status requirements, they will drop to the bottom of the rotation for Level 10 Nationals and Level 9 Easterns and will therefore be ineligible for that year. (7/27/01)

PROCEDURE

The Regional Board will decide upon judges assignments for each national and regional meet independently. Every attempt will be made to assign different judges to Level 10 Nationals and Level 9 Eastern Nationals within each year.

The order is as follows:

- Level 10 Nationals
- Level 9 Easterns
- Level 10 Regionals
- Level 9 Regionals
- Level 8 Regionals

(8/21/98)

Judges attending the Level 8/9 Training Camp be permitted to use that to satisfy their clinic attendance requirement for assignment to the following year's regional Level 8 or 9 meet. (1/4/97)

APPAREL

Level 8 State Team to Level 8 Regionals must have a minimum of competitive leotard provided by SACC at no cost to those athletes or their parents. (6/17/98)

10% of all profits from regional training camps, elite clinics and TOPs testing will be earmarked for regional administrative cost. (6/17/98)

Elite athletes qualifying to Challenge or Classic Elite Nationals who did not compete in the J.O. Program the same season will receive a full set of Regional apparel. (Elite season from August to August) (1/9/99)

A committee will compile a slate of apparel items. This list will be presented to the gymnasts at Level 9, 10 and Elite Training Camp to vote on their selection. (1/4/97) (7/3/02)

All Around News

BUSINESS

RULES & REGULATIONS FOR REGION 8 [Cont'd.]

Regional apparel as follows:

1. All athletes qualifying to an elite national meet or to JO Nationals receive a base set of apparel. Level 9 Eastern National qualifiers will receive apparel as designated.
2. A club will receive no more than a combined total of three sets or pieces of coach's apparel.
 - a) All clubs that provided one coach who worked at the regional training camps will receive:
 - 1) One set of coach's apparel per Level 10 athlete qualified to Nationals (6/30/99)
 - 2) One piece of coach's apparel per Level 9 athlete qualified to Eastern Nationals (6/30/99)
 - b) All clubs that provided additional coaches to work at any regional training camps will receive one additional set of apparel. (7/9/03)
3. All judges who worked at a regional training camp and are assigned to judge Level 10 JO Nationals or Level 9 Easterns will receive apparel.
4. All clubs that donate \$1,000 or more by State Meet will receive 1 set of apparel only.
5. All coaches with qualified athletes may purchase a shirt to wear for competition.
6. Apparel items will be offered for sale.
7. All coaches and judges who have worked camp or donated \$50 will receive a regional shirt.
8. Gymnasts qualified to Nationals who attended Training Camp or who coaches worked camp will receive a bonus pack.

9. Apparel will be provided to the current members of the Regional Committee.

NEWSLETTERS

Regional Board recommends that each state chairman produce 3-4 newsletters per year. (8/21/98)

Each state chairman should publish financial statements in their newsletters on a regular basis. (7/3/02) (12/20/02)

There was no need to send newsletters to both officers at the USA Gymnastics office. Choose either Connie Maloney or Kathy Kelly. (6/7/00)

A Web Winner Award will be given annually as part of the best State communication effort for gymnastics. (7/9/03)

The Sophomore/Junior Information sheets should be placed in each state's newsletters at least once a year. (6/7/00)

ANNUAL REPORT

State Chairmen must submit an annual summary report. Office equipment purchases, the state chair is responsible for sending a copy of the annual equipment form to the RACC by July 10th of each year. (8/21/98) (12/20/02)

STATE BOARD

A list of elected state committees should be sent to the RACC annually. Also a list of all other persons attending State Committee meetings. (8/21/98) (12/20/02)

Any appointed board member or invited guests to a state or regional board meeting need only participate in a meeting during that portion that pertains to them. (8/21/98)

MISCELLANEOUS

The regional competition fee paid from the states to the regional account is \$1.50 per athlete per year. (7/27/01)

All Around News

BUSINESS

Region 8 USA Gymnastics Administrative Committee Meeting
July 9, 2003
Marriott Resort at Heron Bay • Region 8 Congress • Coral Springs, FL

The meeting was called to order at 2:10 P.M. Ray Gnat agreed to be secretary.

Roll call

Debby Kornegay	RACC
Marian Dykes	RTCC
Paul Padron	RJOCC
Ray Gnat	RECC
James Linderholm	RTOPC (absent)
Sheila Ragle	NAWGJ (Non Vote)
Deb Walls	Alabama
Mike McCabe	Florida
Peggy Simpson	Georgia
Michelle Wagsuepack	Louisiana(absent)
Jennie Adams	N. Carolina
Joanne Child	S. Carolina
Bob Valley	Tennessee

Sheila Ragle left the room.

Motion that the Region 8 committee appoint NAWGJ as the Region 8 contractor.

Motion Nancy Hawkins
Second Joanne Child
Unanimous

Sheila was asked back into the room.

Bids for Level 8 Regional competition, Level 9 & 10 competition and Level 8 & 9 Training camp for 2004 were reviewed.

Motion to accept Level 8 Regional bid from Lightning City Gymnastics.

Motion Marian Dykes
Second Mike McCabe
Unanimous

Motion to accept Level 9 & 10 Regional bid from Gwinnett Gymnastics.

Motion Ray Gnat
Second Deb Walls
Unanimous

Motion to accept Level 8 & 9 Regional Training Camp bid from Tampa Bay Turners.

Motion Marian Dykes
Second Ray Gnat
Unanimous

Motion to set maximum gate fees at \$10.00 Adults, \$5.00 students and 5 and under free. Gate entry charges should be included in pre-meet information.

Motion Peggy Simpson
Second Bob Valley
Unanimous

Marian Dykes distributed Judges Availability to the Regional Committee. Discussion was held about late, missing and submitted judges. The Region 8 Committee emphasized to Marian that she must mark all forms with the date received. Only forms received in a timely manner will be accepted for consideration.

Motion for Region 8 to recommend for 2004 Level 10 Nationals:

Delene Darst Deb Kornegay
Diane Thompson Shirley Tranquil
Motion Marian Dykes
Second Jennie Adams
Unanimous

Motion for Region 8 to recommend for 2004 Level 9 Eastern Nationals:

Sheila Ragle
Lucy Fox
Marian Dykes
Motion Bob Valley
Second Peggy Simpson
Unanimous

Region 8 Committee strongly recommends that judges assigned to Regional Championships wear official NAWGJ uniform and that females wear skirts and men wear ties.

All Around News

BUSINESS

Motion to accept panel for 2004 Level 9 and 10 Regionals:

Deb Kornegay	Cookie Batsche
Evelyn Chandler	Cindy McLane
Sheila Ragle	Jean DeArmon
Brock White	Gwyned Bius
Patricia Boudreaux	Teri Jenkins
Delene Darst	Shirley Tranquil
Diane Thompson	Winnie Witten
Carol Olney	Lucy Fox
Marian Dykes	

Motion Bob Valley
Second Deb Walls
9 For 1 Opposed

Motion to accept panel for 2004 Level 8 Regionals:

Deb Kornegay	Phyllis Thompson
René Niccollia	Joan Gnat
Kim Joye	Stacey Harris
Brenda Eberhardt	Susan Sommer
Teri Jenkins	Mary Thacker
Jennie Adams	Mary Hoagland
Wendy Luce	Mendi Knisley
Kerma Headrick	Sibby Lane
Marian Dykes	

Motion Peggy Simpson
Second Mike McCabe
9 For 1 Opposed

Motion to accept the alternates for Level 9/10 regionals:

Denise Brumsey out of state
Stacey Harris home state

Motion Bob Valley
Second Deb Walls
7 For 1 Opposed 1 Abstained

(Note: If alternates are needed for Level 8 Regionals, replacement will be made on a state-by-state basis as finances allow.)

In Gym Cards will be mailed to each judge that sent in a form last year. Forms can also be downloaded from the Region 8 web page or Marian Dykes, SACC and SJD's will have additional in gym cards.

NAWGJ will host Regional Symposium with Level 9, 10 & Elite Training Camp in Auburn in October.

Sheila Ragle left the meeting.

Rules and Regulations were distributed to the Committee.

Motion that the RACC will set the regional meet schedule, including the order of age groups, to facilitate the schedule of the entire competition

Motion Marian Dykes
Second Jennie Adams
Unanimous

The Region 8 Committee gave Debby Kornegay, RACC permission to do the draw for Level 8,9 & 10 Regionals by computer program before open workout day and post the draw on the Region 8 web page.

Motion that the Region 8 Committee administer as many training camps as the RJOCC deems necessary.

Motion Marian Dykes
Second Jennie Adams
Unanimous

Motion that coaches who do not work any training camps must purchase their own Region 8 apparel.

Motion Paul Padron
Second Jennie Adams
Unanimous

Motion that gymnasts who qualify to Level 10 Nationals who attended training camp or their coaches volunteered to work camp will receive a bonus pack of apparel.

Motion Paul Padron
Second Joanne Child
Unanimous

Motion that Level 9 Eastern National Qualifiers will receive apparel as designate.

Motion Marian Dykes
Second Deb Walls
Unanimous

Motion that coaches who qualify one gymnast to Level 10 Nationals and volunteered to work more than one camp will receive a second set of apparel.

Motion Paul Padron
Second Peggy Simpson
Unanimous

All Around News

BUSINESS

Motion that changes to the Region 8 Rules and Regulations be approved as stated.

Motion Marian Dykes
Second Deb Walls
Unanimous

(A complete copy of the Regional Rules and Regulations will be published in the Fall 2003 All Around News.)

New Planners were distributed to Committee.

Dates of each Optional State Competition were noted.

Thank you notes and Address lists were passed around table.

Each State Calendar must be sent to Deb by 8/20/03.

Date for Future Stars Training Camp for 2004 was set as July 9-11. Bid needed.

Setting dates for Future Stars, Level 8 & 9 Training Camp and Level 9, 10 & Elite Training Camp for 2005 was tabled to the fall meeting.

State Newsletters were distributed. The Silver Quill Award vote was taken.

Web Winner award Region 8 USAG members that are signed up for newsletters by e-mail and e-mail web page updates will be asked to view the 8 state web pages and vote. It will be awarded annually.

Address Books and Disks were distributed.

Regional Financial report were distributed and reviewed.

Motion that if a tie for state team occurs at Level 8 Regionals Team competition the tie will not be broken.

Motion Nancy Hawkins
Second Peggy Simpson
Unanimous

The Regional newsletter deadline for regional officers is 08/29/03.

Regional Committee was assigned duties for Congress and Silent Auction

Sophomore/Junior Sheets were distributed for State newsletters.

Motion that the Level 8 & 9 Training camp be open to any gymnast that competed at Level 8 or 9 State competition.

Motion Paul Padron
Second Joanne Child
Unanimous

The Region 8 Committee gave permission to accept Training Camp petitions that are non-injury. Training camp petitions should be sent to Marian Dykes, RTCC and Paul Padron, RJOCC.

Both Level 9 & 10 Regional Competition and Level 8 Regional Competition Financial Statements were presented. Both competitions made a profit. Profit amounts from the Level 8, 9 & 10 Regional Competitions will be in the next Region 8 newsletter to encourage more bids.

All TOPs scheduling and appointment of TOPs coordinator was tabled until a new RECC can be elected.

State Chairman were reminded that the 2nd quarter financial statement and Inventory report are due 7/10/03. That USAG Competitive information report is due 8/31/03.

Elite financial statement for Elite and Metro were presented.

A Region 8 Elite Newsletter was mailed to every club that entered an Elite Regional Qualifier since 2000 season. This newsletter was distributed to Regional Congress attendees and State Chairman for their state newsletter. This newsletter calls for nominations. Ballots for RECC election will be in the Fall Region 8 USAG Newsletter if any election is necessary.

Region 8 Elite Clinic and National Testing will be held December 19-21, 2003 at Orlando Metro.

Motion that Region 8 Level 10 National alternates work out in the workout gym. These alternates will not be included during the designated Region 8 workout on the competition equipment.

Motion Paul Padron
Second Peggy Simpson
Unanimous

State Chairmen were reminded that State Judging Selections are due to Marian by November 1, 2003.

Reports for each national committee were given. Please see National minutes for this information.

Date for Winter Region 8 Committee Meeting is December 19th in Orlando, FL

Next meeting at Level 9, 10 & Elite Training Camp October 10th or 12th in Auburn, AL.

Adjourned 7:20 P.M.

All Around News

BUSINESS

**Financial
Report
4/1/03 - 6/30/03**

INCOME:

Clinics/Workshop- - - - -	7,953.00
Competition Fees from states	6,437.00
Competitions - - - - -	6,313.56
Donations- - - - -	2,135.00
Promotional - - - - -	2,843.00
Rebates Athlete - - - - -	2,281.50
Rebates Pro - - - - -	2,071.20

Total Income - - - - - \$30,034.26

EXPENSES:

Awards/Apparel - - - - -	9,898.53
Competitions - - - - -	3,189.24
Travel - Meetings - - - - -	4,234.27
Clinics/Workshop Exp. - - - - -	5,846.00
Communications - - - - -	6,318.19
Office - - - - -	580.26
Promotional - - - - -	550.00

Total Expenses - - - - - \$ 30,616.49

Total Income/ Expenses \$ 582.23

2003-2004

REGION 8 ADDRESS BOOK & DISK

Wire bound booklet with Addresses, Phone & Fax Numbers,
and Email Addresses for

- **Region 8 Clubs**
- **Head & Assistant Coaches**
- **Region 8 Board**
- **Judges**
- **Region 8 NAWGJ Board**

**BOOK ONLY
\$15.00**

**BOOK & DISK
(to make your own labels)**

\$25.00

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Region 8
2003
Congress
Memories

The
Good

ELITE NAT'L TEAM
& COACHES

LEVEL 9 EASTERN
NAT'L CHAMPS
& COACH

LEVEL 10 NAT'L CHAMPIONS & COACHES

RAY GNAT — ELVIS?

BRAD HARRIS

PAUL BREAKS OUR HEARTS
WITH HIS SINGING!

The Bad and The Ugly

A HORSE AT THE BANQUET.

WHO'S IN THE HORSE? RAY TIM RAND — DOLLY PARTON??

WYNN-WYNN ATHLETIC

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Lawrenceville, GA 30043
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(F) 770-614-9206

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NEW VAULT TABLES
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SOPHOMORE / JUNIOR FORM

FOR JUNIORS GRADUATING 2005 AND SOPHOMORES GRADUATING 2006

OPTIONAL GYMNASTS ONLY

PERSONAL INFORMATION

Name _____ Height _____ Weight _____

Address _____

City _____ State _____ ZIP _____

Phone (_____) _____ Email: _____@_____

ACADEMIC INFORMATION

Please check one of the following: Junior Graduating 2005 Sophomore Graduating 2006

High School: _____ City _____ State _____

College Major: _____

GPA: _____ Out of: _____ ACT: _____ Date test was/will be taken: _____
 (Grade Point Average) (4.0, 100, etc.) SAT: _____ Date test was/will be taken: _____

GYMNASTICS INFORMATION

Gym: _____ Present Level: _____ # of Years: _____

Address: _____ Previous Level: _____ # of Years: _____

Gym Phone: (_____) _____ Strongest Event(s): _____

Coach: _____

GYMNASTICS ACCOMPLISHMENTS

ONLY USAG Meets qualify to be listed for Nationals, Regionals and State

All other Meets should be listed under invitationals

Only list event scores **if you placed in that event**

	YEAR	NAME OF MEET	AA SCORE	PLACE	VAULT	PLACE	BARS	PLACE	BEAM	PLACE	FLOOR	PLACE
Nationals:												
Regionals:												
State:												
Invitationals: (Limit 3)												

MAIL FORM TO: Debby Kornegay, 394 Stonebridge Road, Birmingham, AL 35210 OR

FAX FORM TO: (205) 951-0184

FORMS MUST BE RETURNED BY OCTOBER 13, 2003!

Nashville, TN
June 3-5, 2004
at the
Sheraton Music
City

US Gymnastics Championships

June 2-5, 2004

Priority seating and discount tickets will be available. Information to be included with registration confirmation.

Registration:

\$155.00 Early Bird by March 20th
\$140.00 For 5 or more paid with one check
\$195.00 After March 20th/On-Site

No Discounts After March 20th

SESSIONS TO INCLUDE:

Beginner-Advanced Sessions for Coaching & Judging
Pre-School and Class Programs
Business

JCI JUDGES EXAMS

Minimum Registration Required

Sheraton Music City

(615) 885-2200

Room Rate: \$110.00 per night

(Ask for Region 8 Congress)

Free Parking & Airport Shuttle

Reserve Early!

Lots of Southern Charm!

For More Information Contact:

Marian Dykes

(770) 451-6910

mariandykes@aol.com

Sheila Ragle

(770) 513-7015

sraglesjd@aol.com

PLEASE USE ONE (1) FORM PER PERSON

REGION 8 CONGRESS

June 3-5, 2004 with USA Championships

NASHVILLE, TN

FOR INFORMATION CONTACT: SHEILA RAGLE OR MARIAN DYKES

NAME _____

USAG # _____ EXP. DATE _____ SAFETY EXP. _____

MAILING ADDRESS _____

CITY

STATE

ZIP

HOME PHONE _____ WORK _____

FAX _____ E-MAIL _____

GYM AFFILIATION _____ JUDGING RATINGS _____

I GIVE PERMISSION TO PUBLISH THIS INFORMATION _____
SIGNATURE

\$155 *Early Registration by March 20th*

\$140 *For 5 or more on one check*

\$195 *After March 20th and on site - no discounts*

Please make checks payable to: **Region 8 Congress**

I WILL OR WILL NOT ATTEND THE BANQUET. (Please Circle One).

MAIL REGISTRATION TO:

SHEILA RAGLE
Region 8 Congress
1870 Eagle Summit Court
Lawrenceville, GA 30043-6669
(770) 513-7015

E-Mail:

Sheila Ragle
Marian Dykes

sraglesjd@aol.com
marianandykes@aol.com

FOR OFFICE USE ONLY:

DATE RECEIVED

AMOUNT RECEIVED:

CHECK #

PAID BY:

Women's National Team Training Center *Walk of Fame*

Join Our Team! USA Gymnastics' Women's National Team has recently cut the ribbon in a grand opening ceremony for its new Training Center. As an addition to the existing gym at the Karolyi Ranch in Huntsville, Texas, the new state-of-the-art facility offers a permanent site for the National Team to conduct training camps as they prepare for upcoming international competitions and the Olympic Games.

Team bonding and unity have been the primary focus for this quadrennium. For the first time in history, the women have founded and embraced a National Program. What better a way for the "team" to feel as if they are one solidified unit, than to inaugurate a new National Team Training Center dedicated to them! Gymnasts and coaches alike take pride in the ownership of the new training center; a testimonial to their unity and sense of purpose.

Two of the first teams to train at this new facility were the 2003 Pan American Games Gold Medal Team, and our own **2003 World Championships Gold Medal Team**. Get on the bandwagon and continue to celebrate team USA's successes!

We invite you all to partner with us to make this the state-of-the-art facility that our athletes need and deserve. Ballet bars, stall bars, strength equipment, medical supplies, a training room and rehab technology are just some of the items still needed to elevate the Center to the next level. You can help by buying a commemorative brick which will become a permanent part of the center. Part of the proceeds from this project will go toward preserving gymnastics history by placing a "brick" with the name of every female Olympian in a special "Circle of Champions".

Clubs of current and past National Team Members will be recognized in a special section too. Be a part of our history! Make sure to let us know when purchasing your brick if your club has placed an athlete on the national team.

The commitment to excellence for the Women's team has been apparent on the competitive floor, in the training camps, and in the heart of the athletes. We need your help to complete the dream by adding a brick to the beautifully landscaped Walk of Fame just outside the training center. **For a \$150.00 contribution, your name or personalized inscription will be etched on a 4x8 brick with the message of your choice (up to 3 lines and 28 characters). This is a limited opportunity to become a part of history in Women's gymnastics with a permanent tribute on the Walk of Fame. You will be proud to be an American!**

Women's National Team Training Center *Walk of Fame*

Order Form

Plaque Size _____

Brick Size _____

Name _____

Address _____

Phone Number _____

E-Mail _____

Inscription

28 Characters, 3 line Maximum

Corporate Sponsors

\$10,000 12x12 Bronze Plaque

\$5,000 8x8 Bronze Plaque

\$1,000 12x12 Brick

Individual or Club Sponsors

\$250 8x8 Brick

\$150 4x8 Brick

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Amount _____

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Printed Name _____

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USA Gymnastics; Attn: Renee Behrens
201 S. Capitol, Suite 300
Indianapolis, IN 46225
Fax: (317) 237-5069

Daytona Beach Open 2004

February 20-21-22, 2004



Entry Fees:

Women

Levels 2-6 \$50.00

Levels 7-Elite \$75.00

Men

All levels \$65.00

All teams \$50.00

“The World’s Most Famous Beach”

Levels 2-3-4-5-6-7-8-9-10-Elite ~ USAG Florida Qualifier
Class VII VI V IV III II I Elite

Mail all entries to:

Ray Gnat
Ace Gymnastics
805 Waterway Place
Longwood, Florida 32750

Meet Directors

Ray Gnat
407.831.2582 phone
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rgnat21960@aol.com

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Come have fun at the beach.
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*** Capitol Cup format ***

Individual medals
will be awarded
after each session
Teams will be awarded
each day per level

<http://www.meetminders.com/daytona04.htm>

South Florida Presidential Classic

Meet Dates: February 14 - 16, 2004 (Entry Deadline Jan 2nd)

Meet Site: Broward County Convention Center, Ft Lauderdale

Meet Director: Randy Sikora - send all entry forms with one club check
phone: 561.750.6001 fax: 561.750.8814
e-mail: Captwst@aol.com

Equipment: All AAI / Proscore

Entry Fees: USAG Optional : \$80 (Level 7 - Open & C4-1 boys)
USAG Compulsory/AAU: \$55 (Level 3-6, C7-5 boys)

Team Format: 4-man team/3 scores count Team Entry is FREE!

*Cash Prizes for 1st-3rd place team every session!

1st Place \$300 opt/ \$150 comp/AAU

2nd Place \$200 opt/ \$100 comp/AAU

3rd Place \$100 opt / \$50 comp/AAU

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Awards: Individual: 100% AA awarded!
Medals/plaques awarded after each session
Team: Trophies/plaques awarded each session

** Note: Cash prizes are awarded 50% to coaches from the winning teams at the meet
& 50% to gym or booster club via check..*

\$5000 in Prize Money to Win!

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Tampa Bay Turners Optional Invitational

January 16-17-18, 2004

Levels 7-8-9-10-Elite ~ USAG Florida Qualifier

Join us in beautiful St. Petersburg, Florida
Competition site: **Bayfront Center**

Host venue of the '98 Reese's Cup, '99 American Cup,

Future site of the 2005 Level 9 Eastern National Championships



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5300 Gulf Blvd.

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The Hilton Hotel

2 minute walk to arena

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St. Petersburg, Florida 33701

727.894.5000

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Downtown

2 minute walk to arena

80 Beach Drive NE

St. Petersburg, FL 33701

727.892.9900

Entry Deadline

Monday December 1st

\$80.00 per athlete

\$50.00 team fee per level

4 man—3 scores

\$50 team level fee covers

multiple teams

Mail \$100 deposit ASAP to:

Tampa Bay Turners Invite ~ 2301 26th Street North
St. Petersburg, Florida 33713

Meet Directors

Brad Harris

727.328.8500

727.328.8522

tbayturnrs@aol.com

phone

fax

e-mail

Mike McCabe

407.830.9222

888.839.887 2

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**Individual medals
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after each session**

Teams will be awarded
each day per level

ONE FEE for all your teams per level

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TBT

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DON'T MISS THIS GREAT COMPETITION ~ ENTRIES WILL BE LIMITED

<http://www.meetminders.com/tampabay2004.htm>

Updated Changes from WTC & JO May 2003 Meetings

JO OPTIONAL & COMPULSORY RESOURCES

For Coaches & Judges

BAR INDEX

Price \$3.00

List of bar elements cross referenced to give value for JO and FIG, element number, and *Code of Points* page number. Now in full color. **UPDATED 6/02**

COMPULSORY CARDS

Price \$6.00 for set

Level 4, 5 and 6 compulsory elements and deductions on a 5½"x8½" card. Cards are color coded by event and level. **UPDATED 6/02.**

NEW
UPDATE

EVENT CHARTS

Price \$8.00

4 - 2 sided code size cards

For easy reference of Value Parts—these charts for Bars, Beam and Floor are great to use for that quick element value part check while judging. These charts list value parts in ENGLISH and judges shorthand and each value part letter is printed in its own color for rapid identification. **UPDATED 8/03**

FLASH CARDS

Price \$25.00

Business Card size—these two sided cards have every element from the new *JO Supplement* and *Code of Points* for Bars, Beam and Floor. One side has word description and shorthand symbols and the other side gives code reference number with JO and FIG value. Great study aid for testing judges and quick reference for coaches. Packaged in their own box for easy handling and color coded by event. **UPDATED 6/02**

NEW
UPDATE

LEVEL 7 OPTIONAL CARD

Price \$2.00

8½"x11" cardstock with Level 7 rules and requirements. **UPDATED 8/06/03**

NEW
UPDATE

OMNI CARD

Price \$6.00

FORMERLY KNOWN AS LAMINATED CARD.

You have to see it to believe it! Now in full color by event. One card with Vault, Bars, Beam, Floor and General deductions, special connection bonus, special requirements, range, compositional faults, specific apparatus deductions and composition requirements. Also value part, start value and bonus requirements and restrictions for Level 8, 9 and 10. **UPDATED 8/03**

NEW
UPDATE

NCAA OMNI CARD

Price \$6.00

Same as above with NCAA requirements.

NOT AVAILABLE UNTIL 10/03

VAULT

JUDGING NOTEBOOK

Price \$12.00

Bound notebook with alternating highlighted line to judge vaulting. Comes with laminated strips with deductions for JO and Elite, Optional, Level 4, 5 & 6 compulsory vaults. **UPDATED 1/02**

NEW
ITEM

VAULT STRIPS

Price \$8.00

Laminated strips with deductions for JO and Elite, Optional, Level 4,5,& 6 Compulsory Vaults.

NEW
UPDATE

WALL CHARTS

Price \$12.00

6 - 1 sided charts

Easy reference of Value Parts. Just like the code size charts but enlarged to 11"x17" to hang on the gym wall. The skills are all written out in ENGLISH as well as shorthand symbols. **UPDATED 8/03**

SOLD OUT

CONTACT: DEBBY KORNEGAY

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email:dkornegay@mindspring.com

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JO OPTIONAL & COMPULSORY RESOURCES

FOR COACHES AND JUDGES

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QUANTITY	DESCRIPTION	UNIT PRICE	TOTAL PRICE
	BAR INDEX	\$ 3.00 each	
	COMPULSORY CARDS	\$ 6.00 set	
	EVENT CHARTS	\$ 8.00 set	
	FLASH CARDS	\$ 25.00 set	SOLD OUT
	LEVEL 7 OPTIONAL CARD	\$ 2.00 each	
	OMNI CARD (FORMERLY LAMINATED CARD)	\$ 6.00 each	
	NCAA OMNI CARD [NOT AVAILABLE UNTIL 10/03]	\$ 6.00 each	
	VAULT JUDGING NOTEBOOK	\$ 12.00 each	
	VAULT STRIPS	\$ 8.00 set	
	WALL CHARTS	\$ 12.00 set	
	COACHES PACKET - NO SHIPPING CHARGE	\$ 44.50 packet	
	JUDGES PACKET w/out flash cards - NO SHIPPING CHARGE	\$ 44.50 packet	
SHIPPING CHARGES:			SUB TOTAL
up to \$11.00	_____ \$3.50	\$22.01 - \$44.00 _____ \$7.50	SHIPPING
\$11.01 - \$22.00	_____ \$5.50	\$44.01 - \$66.00 _____ \$9.50	TOTAL
		\$66.01 and up _____ \$12.50	

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\$44.50

FOUR YEAR PLANNER FOR COACHES & JUDGES

Each year the Regional Board uses this planner to prepare for the upcoming seasons. Now you can use this planner for all your activities. Some of the features for each month are:

: **Holidays**

: **REGIONAL, NATIONAL AND INTERNATIONAL GYMNASTIC PUBLISHED EVENTS**



: **CONTACT Info for REGIONAL BOARD AND NAWGJ BOARD**

: **ONE MONTH PER PAGE WITH LARGE SQUARES AND ROOM FOR NOTES**

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Please make check payable to **Reg. 8 USAG**

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Region 8 NAWGJ Regional and State Directors

REGIONAL JUDGING DIRECTOR	SHEILA RAGLE sraglesjd@aol.com	1870 Eagle Summit Court Lawrenceville, GA 30043-6669	770-513-7015 Home 770-682-6289 Fax 770-945-8419 Work 770-361-4249 Cell
ALABAMA	MARY ANN WALLACE mawalsjd@bellsouth.net	P. O. Box 145 Killen, AL 35645	256-757-8403 Phone/Fax 256-335-0192 Cell
FLORIDA	CATHERINE (COOKIE) BATSCHÉ cbatsche@tampabay.rr.com	17817 Green Willow Drive Tampa, FL 33647-2242	813-973-1240 Home 813-334-5386 Work 813-974-7571 Fax 813-334-5386 Cell
GEORGIA	JEAN DeARMON jeangasjd@yahoo.com	544 James Street Lilburn, GA 30047	770-921-4182 Phone/Fax 404-862-1711 Cell
LOUISIANA	BRENDA EBERHARDT BLEgym@aol.com www.NAWGJLouisiana.com	4008 Ellen Drive Marrero, LA 70072-6222	504-347-4089 Home 504-341-8153 Fax 504-400-8213 Cell
MISSISSIPPI	MARY THACKER mssjdmmt@aol.com	926 Jackson Avenue Yazoo City, MS 39194	662-746-5639 662-571-2335 Cell
NORTH CAROLINA	MARY W. HOAGLAND marygymjud@aol.com	6614 Creekr Ridge Road Wilmington, NC 28411	910-392-0885 910-790-3378 Fax 910-612-6960 Cell
SOUTH CAROLINA	MENDI KNISLEY mendi-gary@Juno.com	400 McCue Street Easley, SC 29642	864-306-9180 Phone/Fax 864-646-9420 Home 864-320-8602 Cell
TENNESSEE	SIBBY LANE TNNAWGJ2@cs.com	2121 Mark Lane Maryville, TN 37803	865-984-3738 Home 865-970-3738 Fax (call first)

REGION 8 ATHLETE FUND

1. All athletes qualifying to an elite national meet or to JO Nationals receive a base set of apparel. Level 9 Eastern National qualifiers will receive apparel as designated.
2. A club will receive no more than a combined total of three sets or pieces of coach's apparel.
 - a) All clubs that provided one coach who worked at the regional training camps will receive:
 - 1) One set of coach's apparel per Level 10 athlete qualified to Nationals (6/30/99)
 - 2) One piece of coach's apparel per Level 9 athlete qualified to Eastern Nationals (6/30/99)
 - b) All clubs that provided additional coaches to work at any regional training camps will receive one additional set of apparel. (7/9/03)
3. All judges who worked at a regional training camp and are assigned to judge Level 10 JO Nationals or Level 9 Easterns will receive apparel.
4. All clubs that donate \$1,000 or more by State Meet will receive 1 set of apparel only.
5. All coaches with qualified athletes may purchase a shirt to wear for competition.
6. Apparel items will be offered for sale.
7. All coaches and judges who have worked camp or donated \$50 will receive a regional shirt.
8. Gymnasts qualified to Nationals who attended Training Camp or whose coaches worked camp will receive a bonus pack.
9. Apparel will be provided to the current members of the Regional Committee.

REGION 8 ATHLETE FUND -

This fund supports our efforts in the region to give some extra rewards for our gymnasts who qualify to Regional and National meets in their respective levels - Elite, Level 10, Level 9 and Level 8.

**WE NEED
EVERYONE'S
SUPPORT!**

THANK YOU TO THESE CONTRIBUTORS!

Patricia Boudreaux, Brian & Sally Dasto - Quality Action Photo,
Judy Hancock, Rene Niccollai, Terry Mula - Terry & Don's Gymnastics

REGION 8 ATHLETE FUND CONTRIBUTION

Name _____

Club _____

Address _____

Amount \$ _____ Make checks payable to Region 8 USA Gymnastics

**PLEASE MAIL YOUR CONTRIBUTION TO:
Debby Kornegay
394 Stonebridge Road • Birmingham, AL 35210**

Auction Donation Form

Name: _____

Address: _____

Phone: () _____

Fax: () _____ Special fax instructions: _____

E-mail: _____ @ _____

Item for auction: _____

Estimated price \$ _____

Mail to **DEB WALLS**, 308 East Sixth Street, Tuscumbia, AL 35674 or FAX 256-381-1243

DEADLINE: OCT. 6 2003

REGION 8 SPECIAL RECOGNITION AWARD NOMINATION FORM

Name _____

Address _____

List contributions to Region 8: _____

Explain other reason(s) why you think this person should be recognized: _____

RETURN TO: **Debby Kornegay**, 394 Stonebridge Road, Birmingham, AL 35210 • (205) 951-0184 Fax

DEADLINE FOR NOMINATION POSTMARKED BY OCTOBER 6, 2003

REGION 8 ADVERTISEMENTS

THE REGION 8 NEWSLETTER ACCEPTS ADVERTISEMENTS FOR PUBLICATION.

1/4 page - - - - - \$50.00

1/2 page - - - - - \$75.00

full page- - - - - \$100.00

*Your ad will also be with the Newsletter
on the Region 8 Web Page!*

Please send your ad "Camera Ready."

Make checks payable to Region 8 USAG.

Dates of publication may vary.

For further information, please contact: Deb Kornegay

Debby Kornegay, RACC

394 Stonebridge Road • Birmingham, AL 35210-4111

(205) 951-0184 Phone/Fax • dkornegay@mindspring.com

BID FORM FOR

2004 Future Stars Training Camp, July 9-11, 2004

2004 Level 9, 10 & Elite REGION 8 TRAINING CAMP. Oct. 8-10, 2004

Bid is for the site of the Camp. Region 8 Board will still organize and direct the event.

Site Coordinator is responsible for arranging host hotel and meals for gymnasts.

PLEASE CHECK YOUR PREFERENCE:

Future Stars LEVELS 9, 10 & Elite

SITE COORDINATOR _____

ADDRESS _____

PHONE (gym) _____ (home) _____

NAME OF FACILITY _____

ADDRESS _____

HAVE YOU ATTENDED A REGION 8 TRAINING CAMP? Yes No

LEVEL(S) ATTENDED: Future Stars 8 & 9 9, 10 & Elite

SIZE OF FACILITY: _____

OF VAULTS _____ # OF VAULT RUNWAYS - _____

OF BARS _____ # OF SINGLE BARS _____

OF BEAMS(high) _____ (low) _____

OF FULL FX MATS _____ # OF TUMBLING STRIPS _____

OF PITS _____ SIZE _____

LIST EQUIPMENT OVER PITS _____

IS THERE A SEPARATE DANCE AREA? Yes No SIZE _____ SURFACE _____

LIST OTHER EQUIPMENT/APPARATUS/GYM AREAS THAT COULD BE USEFUL FOR A TRAINING CAMP _____

AIRPORT _____ DISTANCE FROM SITE _____

NAME OF HOTEL _____ DISTANCE FROM SITE _____

ROOM RATE _____

PLEASE INCLUDE A DESCRIPTION AND DIAGRAM OF FACILITY LAYOUT FOR A TRAINING CAMP SET-UP;

DATE _____ SIGNATURE _____

RETURN TO: **DEB KORNEGAY**
394 Stonebridge Road
Birmingham, AL 35210
FAX 205-951-0184

DEADLINE FOR TRAINING CAMP BIDS MUST BE RECEIVED BY OCTOBER 6, 2003

REGION 8 CONGRESS BID FORM - 2005 or 2006

[CIRCLE ONE]

- There will be a \$1,000.00 fee for use of the "Region 8 Congress" name.
- Region 8 will include Regional Congress information and registration forms in Regional Newsletter.
- Director will work in conjunction with Region 8 officers concerning events schedule, meeting schedule, and testing.
- Director provides discount registration to USAG State Chairmen who will assist Director during the event.
- Regional officers (RACC, RTCC, RECC, RJOCC) are to be used as clinicians and director covers expenses of these officers.

Name of Event Director _____

Address _____

Phone (Work) _____ (Home) _____ Email _____ @ _____

How many meets have you hosted in the last 5 years?

Meets: Sectional _____ State _____ Regional _____ National _____ Invitational _____

Clinics: State _____ Regional _____ National _____

How many events did you attend in the last 2 years?

Meets: Sectional _____ State _____ Regional _____ National _____ Invitational _____

Clinics: State _____ Regional _____ National _____

Facility Name _____

Address _____

Date available for Regional Contress _____

List size of meeting rooms: 1) Size _____ Ceiling Height _____

2) Size _____ Ceiling Height _____

3) Size _____ Ceiling Height _____

4) Size _____ Ceiling Height _____

5) Size _____ Ceiling Height _____

Planned Registration fee \$ _____ Is Audio/Visual available? _____ Cost _____

Nearest Airport _____ Distance from site _____

Is there airport/hotel shuttle? _____ Cost _____

Hotel _____ Cost of Room _____

Please give us a list of topics you are considering and Clinicians you intend to invite:

Topic _____ Clinician _____

Topic _____ Clinician _____

Topic _____ Clinician _____

Topic _____ Clinician _____

Date _____ Signature _____

RETURN TO: Debby Kornegay - 394 Stonebridge Road • Birmingham AL 35210-4111 • (205) 951-0184 Phone/Fax

MUST BE RECEIVED BY OCTOBER 6, 2003

All Around News

REGIONAL JO MEET BID INFORMATION

Level 9 and 10 Meet will have 17 judges including Meet Referee.

Level 8 Meet will have 17 judges including Meet Referee. There must be 2 judges per state.

Cost for awards for Level 9 & 10 will be divided between Region and Meet Director. Level 8 is responsible for purchasing awards through the Regional Chairman.

Meet Director receives entry fees, admissions, concessions, & other sales.

Meet Director pays judges fees & expenses and any other expenses associated with meet (except ½ awards for Levels 9 & 10).

Meet Director has responsibility to arrange for equipment contract for the meet and is responsible for this meet expense.

Meet Director arranges for necessary skill cushion matting and score flashing equipment.

Meet Director makes hotel arrangements and arrangements for judges transportation.

Meet Director furnishes room accommodations for Regional officers acting in an official capacity at the meet (RACC, RTCC, RJOCC) - if not already covered as a judge or coach.

An outside facility (other than a gymnastics business) must be used for JO Regional Meets (high school, college, convention center, city arena, etc.).

The competitive gym area must accommodate 4 simultaneous events with proper distance and spacing requirements (refer to equipment section in

R & P Book). There must be adequate seating for gymnasts and 4 judges per event.

It is strongly recommended that a separate warm-up area be available. Equipment should be identical to competition equipment. (Floor may be a spring tumbling strip comparable to competition floor exercise mat).

The spectator area must be adequate to accommodate the families and friends of 132 gymnasts per day. This includes adequate restroom facilities and parking.

All equipment must meet the specifications as listed in the R & P Book.

A separate meeting room adequate for 17 officials must be provided with TV & VCR.

An area for changing clothes/leotards must be provided for the gymnasts.

An EMT or equivalent personnel should be present at the site and a physician be on call should one be needed.

Experienced computer scoring personnel is required with electronic score flashing.

The facility must be air conditioned.

The hotel should provide facilities and atmosphere conducive to athletes in a competitive situation.

Facility must be available for open work-out on the day before competition begins.

Competition fee of \$10.00 per gymnast must be paid to Region 8 USA Gymnastics.

BIDS NEEDED

Level 8 Regionals

April 8-10, 2005

Level 9 & 10 Regionals

April 14-17, 2005

BID FORM FOR REGION 8 USAG REGIONAL COMPETITIONS

Please read section on Regional Meet Bid Information

NAME OF COMPETITION _____ DATE _____

NAME OF HOST GROUP _____ HOW LARGE IS GROUP? _____

NAME OF MEET DIRECTOR _____ USAG # _____
(MUST HAVE MEET DIRECTOR CERTIFICATION)

ADDRESS _____

PHONE # (GYM) _____ (HOME) _____ E-MAIL: _____@_____

HOW MANY MEETS DID YOU CONDUCT IN THE LAST 2 YRS.? Inv. ____ Sect. ____ State ____ Reg. ____ Nat'l ____

WHAT WAS THE NUMBER OF ATTENDANCE AT YOUR LARGEST MEET? _____

HOW MANY MEETS DID YOU ATTEND IN THE PAST 2 YRS.? State ____ Reg. ____ Nat'l ____

FACILITY NAME _____

ADDRESS _____

SIZE OF COMPETITION AREA _____ SPECTATOR CAPACITY _____

NUMBER OF RESTROOMS: WOMEN ____ MEN ____ DRESSING ROOM FOR GYMNASTS: YES ____ NO ____

AIR CONDITIONED? YES ____ NO ____ SEPARATE MEETING ROOM FOR 17 JUDGES/OFFICIALS: YES ____ NO ____

DESCRIBE PARKING FACILITIES: _____

LENGTH OF VAULTING AREA (including runway, horse, mat area) _____

CLEARANCE DISTANCES: END OF VAULT MAT TO WALL _____ AROUND FX MAT _____

ENDS OF BEAM _____ ON BOTH SIDES (front & back) OF BARS _____

ELITE MEETS: DO YOU HAVE A NEW VAULT TABLE? YES ____ NO ____

TYPE OF EQUIPMENT TO BE USED: (list manufacturer) _____

BAR SPREAD: MIN. ____ MAX. ____ TYPE OF RAILS _____

NO OF IDENTICAL WARM-UP EQUIPMENT: VAULT ____ BARS ____ BEAM ____ FLOOR ____

SEPARATE WARM-UP AREA? YES ____ NO ____ DIMENSIONS OF WARM-UP FACILITY _____

DISTANCE FROM WARM-UP AREA TO COMPETITIVE GYM _____

AMOUNT OF GATE TO BE CHARGED _____

WHAT TYPE OF EMERGENCY MEDICAL PERSONNEL AND SUPPLIES WILL BE AVAILABLE AT THE MEET SITE? _____

NEAREST AIRPORT(S) _____ DISTANCE FROM SITE _____

HOTEL ACCOMMODATIONS _____ COST _____ DISTANCE FROM SITE _____

*I certify that the above information is accurate. I agree to follow the guidelines as listed in the
USAG Women's Rules and Policies in the conduct of this meet.*

MEET DIRECTOR: _____ DATE: _____

MAIL ELITE BIDS TO: TONI RAND: 6805 Lyons Technology Circle, Coconut Creek, FL 32750 • (954) 755-1750 FAX
[You must mail a copy of your Elite Bids to Deb Kornegay]

MAIL JO BIDS TO: DEB KORNEGAY: 394 Stonebridge Road, Birmingham, AL 35210 • (205) 951-0184 FAX

DEADLINE FOR ELITE REGIONAL BIDS & JO REGIONAL BIDS MUST BE RECEIVED BY OCTOBER 6, 2003

Levels 9, 10 & Elite Training Camp October 10-12, 2003

Auburn Gymnastics Academy - Auburn, Alabama

***Open to all Level 9, 10 & Elite athletes who competed at regionals and Level 9 athletes who competed ONLY at State are NOT eligible for this camp.**

FEE: \$130.00 per athlete (includes camp, lunch on Saturday and T-Shirt)

\$50.00 per coach or judge (discounts if bringing athletes)

*** Camp is presently full for athletes**

Still accepting volunteer Coaches and Judges

**H
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S**

Auburn University Hotel and Dixon Conference Center

(334) 821-8200 or
Toll-free: (800) 228-2876
Rate: \$89.95

Please ask for rooms under
Region 8 Training Camp

The Best Western Auburn Conference Center

(334) 821-7001

Rate: \$55.00 + tax

Please ask for Jennifer or tell
reservationist they were
quoted \$55.00 group rate

Training Camp Schedule

FRIDAY: 3:00 P.M. - REGISTRATION

4:00 P.M. - 8:30 P.M.

SATURDAY: 10:30 A.M. - 6:00 P.M.

SUNDAY: 8:30 A.M. - 12:00 NOON

Camps will fill on a first-come basis.

Registration forms are available at Regionals and in Region 8 newsletter.

There is **NO** direct mailing to clubs.

Camp open to all USAG Professional Members.

NAWGJ Region 8 Symposium Schedule:

FRIDAY: 4:00 P.M. - 8:30 P.M.

SATURDAY: 8:30 A.M. - 10:30 A.M.

10:30 A.M. - 6:00 P.M.

SUNDAY: 8:30 A.M. - 11:45 A.M.

ROTATE EVENTS AT TC

LECTURES IN GYM

ROTATE EVENTS AT TC

LECTURES IN GYM

VOLUNTEERS:

No fee is required to attend camp and you will be eligible for apparel if your athlete qualifies to JO Nationals!

MAIL ALL FORMS WITH FEES TO: Debby Kornegay

394 Stonebridge Road
Birmingham, AL 35210

GYMNASTICS CERTIFICATION EXAM

DATE: October 11, 2003
PLACE: Region 8 Training Camp Auburn, AL (specific site and time will be sent after confirmation.)
TIME: TBD Depends on the number of tests at each level
Test Administrators: Sheila Ragle (770-513-7015 for questions)
1870 Eagle Summit Court
Lawrenceville, GA 30043-6669
COST: \$30.00 per part if registration is postmarked by October 3rd
\$40.00 per part if registration is postmarked after October 3rd.
\$50.00 on site

Please pre-register by October 3rd.

REGISTRATION FORM

Enclosed is a **non-refundable** registration fee for the judging test that is being given on October 11th. **Please make checks payable to Region 8 NAWGJ and send to Sheila at the above address.**

A COPY OF CURRENT RATING CARD OR EXAM RESULTS LETTER SENT BY THE CERTIFICATION OFFICE WILL BE REQUIRED TO VERIFY THE EXAM YOU ARE ELIGIBLE TO TAKE.

JCI # _____

NAME _____ PHONE _____

ADDRESS _____

CURRENT RATING _____

ENCLOSE A COPY OF CURRENT RATING CARD OR EXAM RESULTS LETTER

CHECK THOSE THAT APPLY

Form A is for the first time you test in 2003.

Form B is for the second time you test on a previously failed exam in 2003.

_____ This is the first time I have tested.

_____ Practical Exam (Video) _____ Level 7/8 _____ Level 9 _____ Level 10

_____ Optional Level _____ 7/8 Form A _____ 7/8 Form B

_____ Optional Level _____ 9 Form A _____ 9 Form B

_____ Optional Level _____ 10 Form A _____ 10 Form B

_____ Compulsory Level _____ 5/6 Form A _____ 5/6 Form B

AMOUNT ENCLOSED: _____

REGION 8 TRAINING CAMP 2003

CLINICIAN APPLICATION

LEVEL 9, 10 & ELITE • OCTOBER 10-12, 2003
Auburn, Alabama • Auburn Gymnastics

*If you will have coaches at the training camp and would like to offer their services to assist as clinicians, please fill in the form below. **THIS IS A VOLUNTARY POSITION.** Clubs will be notified in advance if services will be required. Thank you for your offer!*

NAME OF GYM: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

DAY PHONE: _____ FAX: _____

NIGHT PHONE: _____ EMAIL: _____@_____

NAME OF COACHES ATTENDING CAMP FROM YOUR GYM:

1. _____ USAG# _____ 2. _____ USAG# _____

DID YOU HAVE GYMNASTS AT LEVEL 10 OR 9 NATIONALS IN 2003? YES NO

DID YOU HAVE GYMNASTS AT LEVEL 10 OR 9 REGIONALS IN 2002? YES NO

IS THERE AN EVENT(S) THAT THE COACHES WOULD **NOT** WANT TO BE ASSIGNED TO?

1. _____ 2. _____

PLEASE SEND THIS FORM IN BY: September 20, 2003

TO: Debby Kornegay, 394 Stonebridge Road, Birmingham, AL 35210 (205) 951-0184

Thank you for offering to help! Your assistance will be greatly appreciated! You will be contacted with your event and day approximately 30-45 days prior to the Camp date. Everyone who volunteers that had an athlete at Level 9 Regionals or above will be assigned to work! All proceeds from these events will go to the 2004 Region 8 Apparel Fund.

Support your Region - Support your athletes - Volunteer to work today!

Clubs that have coaches work the camps will be eligible to receive apparel if they have athletes qualify to Nationals in 2004. Clubs who do not work and contribute at least \$1000.00 will also be eligible to receive apparel if athletes qualify to Nationals!

TRAINING CAMP REGISTRATION FORM

FOR COACHES & JUDGES WITHOUT PARTICIPATING GYMNASTS

Judges registered for the October Camp are automatically registered for NAWGJ symposium.

NAME _____ COACH JUDGE

USAG# _____ EXP DATE _____

MAILING ADDRESS _____

DAY PHONE _____ FAX _____

NIGHT PHONE _____ EMAIL _____ @ _____

COST: \$50.00

Make checks payable to REGION 8 USA GYMNASTICS

LEVEL 9, 10 & ELITE CAMP (Auburn, AL [10/10-12, 2003]) **DEADLINE 9/20/03 - FIRST COME, FIRST SERVE**



MAIL TO:

Debby Kornegay, 394 Stonebridge Road, Birmingham, AL 35210 (205) 951-0184

TRAINING CAMP REGISTRATION FORM

FOR VOLUNTEER JUDGES

NAME _____ RATING _____

USAG# _____ EXP DATE _____

MAILING ADDRESS _____

DAY PHONE _____ FAX _____

NIGHT PHONE _____ EMAIL _____ @ _____

You will be actively working on the floor. Please check below any event(s) that the judge would **NOT** want to be assigned to? VAULT BARS BEAM FLOOR

COST: FREE - If assigned to work camp

LEVEL 9, 10 & ELITE CAMP (Auburn, AL [10/10-12, 2003]) **DEADLINE 9/20/03 - FIRST COME, FIRST SERVE**



MAIL TO:

Debby Kornegay, 394 Stonebridge Road, Birmingham, AL 35210 (205) 951-0184

All Around News

UPCOMING EVENTS

REGION 8 CALENDAR • 2003 - 2004

October 2003

- 3-5 National Top Testing
Houston, TX
- 10-12 Level 9, 10 & Elite Training Camp
Auburn, AL

December 2003

- 3- Jan. 4 Pan Am Maccabi Games
Santiago, Chile
- 6-10 National TOP Training Camp
Houston, Texas
- 10-14 National TOP "B" Camp
Houston, Texas
- 19-21 Region 8 Elite Clinic & Testing
Orlando Metro, Orlando, FL

January 2004

- 3-4 TOPs Clinic
NEED BID
- 23-25 National Elite Qualifier
Sand Dollar Inv., Orlando, FL

March 2004

- 12-14 Last Weekend for 9 & 10 State Meets
Various Sites

April 2004

- 2-4 Level 9 & 10 Regionals
Gwinnett Gymnastics, Atlanta, GA
- 16 Elite Qualifier
Tampa, FL
- 16-18 Level 8 Regionals
Lightning City Gymn., Tampa, FL
- 17 Elite Testing Competition
Tampa, FL
- 23-25 Level 9 Eastern Nationals
Virginia Beach, VA

May 2004

- 1-2 Level 10 Nationals
Orlando, FL
- 13-16 US Classic & Challenge
Rochester, NY

June 2004

- 2-5 US Gymnastics Championships
Nashville, TN
- 3-6 Region 8 Congress
Nashville, TN
- 24-27 Olympic Trials
Anaheim, CA
- 25-27 USA Gymnastics Congress
Anaheim, CA

July 2004

- 9-11 Future Stars Camp
NEED BID
- 25-27 Level 8 & 9 Training Camp
Tampa Bay Turners, Tampa, FL

October 2004

- 8-10 Level 9, 10 & Elite T C
NEED BID

Team Coaches Wanted - Girls & Boys

Gymnastics Coaches Needed for an established competitive program about 20 minutes southwest of Atlanta in **Fayetteville, GA**. We are looking for two coaches who have experience with compulsory and optional gymnastics. One, to primarily coach girls Level 7 and up with dance and choreography experience and one to assist with the compulsory and optional boys program.

Please contact **Stefan Benedict** at
770-461-5528 or email at
stefan@gymsouth.com.

GEORGIA

20

DATE	MEET	LEVEL	HOST GYM	CONTACT
OCTOBER 2003				
3-5	October Best	4-6	Cartersville Twisters	770-387-5629
4-5	Gold Rush	4-6	GGA	770-736-1336
4-5	Gymnat Invite	4-6	Atlanta School of Gymn.	770-938-1213
4-5	Autumn Classic	4-6	Albany Gymn. Academy	229-420-0809
11-12	Harvest Hoedown	4-6	Gwinnett Gymn. Center	770-921-5630
11-12	Kings Bay Classic	4-6	Camden Gymnastics	912-729-5600
11-12	Big Top Invite	4-6	Davis Flip Center	678-714-2850
18-19	Rocktober Challenge	4-6	Gymnastix	678-714-2850
18-19	Octoberfest	4-6	Classic City Gymnastics	706-369-1306
18-19	Wheel of Champions	4-7	The Gym Nest	912-474-3021
25-26	Tucker Halloween Invite	4-6	Tucker Gym Center	770-270-6227
25-26	Trick or Treat	4-6	Roswell Rec	770-641-3987
25-26	Dream It Invite	4-10	Dream It Gymnastics	229-382-2222
NOVEMBER				
1-2	Apple Classic	4-6	Gymnastics Acad. of Atlanta	770-975-8377
1-2	Metro Retro Invite	4-10	North Metro Gymnastics	770-384-8058
1-2	Autumn Challenge	4-6	Team NorthWind	770-475-6103
7-9	Nifty November	4-10	Cartersville Twisters	770-387-5629
8-9	Holiday Invite	4-6	GGA Lawrenceville	770-736-1336
8-9	Harvesting the GOLD	4-8	Vidalia	912-538-1000
15-16	Candy Cane Invite	4-10	Cobb Challengers	770-828-8477
15-16	Turkey Tumble	4-6	Ga. All-Star Gymnastics	770-516-2654
15-16	Sunbelt Shindig	4-6	Moultrie YMCA	229-985-1154
DECEMBER				
13-14	Ga. All Star Outersquad 2003	7-10	Georgia All-Star Gymn.	770-516-2654
13-14	Kountry Kringle	4-6	Gymn Acad. of West Ga.	770-838-7833
JANUARY 2004				
10-11	Flip Flop Invite	7-10	World of Gymnastics	770-516-6898
10-11	Rock 'n Roll Classic	7-10	Gymnastics Gold	706-650-2111
16-18	Crown Invite	4-Elite	Gwinnett Gym Center	770-938-1213
17-18	TGN Round-up	4-10	The Gym Nest	912-474-3021
24-25	Mardi Gras	7-10	GAA	770-975-8377
24-25	NorthWind Classic	7-10	NorthWind	770-475-6103
30/2-1	Hilton Head Island Gym Invite	4-10	Rockdale Gymnastics	770-483-0229
31	Rose City Invite	4-9	Thomasville YMCA Twisters	229-226-0133
FEBRUARY				
6-8	Tucker Valentine	7-10	Tucker Gym Center	770-270-6227
7-8	Roswell Champions Cup	4-10	Roswell Rec	770-641-3987
13-15	8th Annual Dawg Days	7-Elite	Classic City Gymnastics	706-369-1306
14-15	Coastal Georgia Classic	4-9	Camden Gymnastics	912-729-5600
20-21	Spring Fling Opt. Challenge	7-10	Cartersville Twisters	770-387-5629
21-22	Cartoon Classic	7-10	NorthWind	770-475-6103
21-22	Lolly Pop Meet	4-10	Davis Flip Center	678-714-2850
28-29	Clover Leaf	4-10	GGA Lawrenceville	770-736-1336
28-29	Okefenokee Invite	4-8	Southeastern Elite	912-283-1773
MARCH				
6-7	March Madness	4-10	Cobb Challengers	770-528-8477
6-7	Dream Believers Classic	4-10	Dream It Gymnastics	229-382-2222
6-7	Metro Irish Jig Classic	4-10	North Metro Gymnastics	770-384-8058
13-14	Shamrock Invite	4-7	Albany Gymnastics Acad.	229-420-0809
27-28	Sweet Onion Classic	4-8	Vidalia	912-538-1000
27-28	Red, White and You	4-9	Moultrie YMCA	229-985-1154
APRIL				
10-11	April in Paris	4-9	Paris Sch. Performing Arts	770-474-6184

LOUISIANA

3C

DATE	MEET	LEVEL	HOST GYM	CONTACT
OCTOBER 2003				
10-11	GymGest 2003	2-10	Gymnasiana	richgym@aol.com
17-19	The Winter Blast Off	2-6	Elite Gymnastics	IAMOLYMPIAN@aol.com
NOVEMBER				
7-9	Strawberry Open	2-8	M & M Gymnastics	mpearce@charter.net
14-16	Peach Invite	2-8	The Sportscenter	RBGasca@aol.com
14-16	Acadiana Classic	2-10	Acadiana Gymnastics	flipguy@bellsouth.net
DECEMBER				
12-14	Judges Holiday Classic	2-Open	TBA	504-347-4089
JANUARY 2004				
9-11	Festival of Flairs	2-Elite	North Shore Gymnastics	nsgymcoach@cs.com
16-18	Le Bon Temps Rouler	2-Elite	Elite Gymnastics	IAMOLYMPIAN@aol.com
23-25	LA Open	2-9	C.G.'s Gymnastics	cgs gym@aol.com
23-25	Cotton Country Classic	2-Open	River City Gymnastics	RCGSteve@centurytel.net
FEBRUARY				
6-8	Creole Classic	2-Elite	Westbank Gymnastics	Dynamicact@aol.com
13-15	Mardi Gras GymFest Comp.	2-6	Gymnasiana	richgym@aol.com
13-15	American Classic	2-Open	Gym Aces	gymaces@charter.net
13-15	Riverboat Classic	2-10	Gymnastics Plus	Gymplus@gymplus.net
13-15	Jill's Jubilee	4-Open	Jill's Gym	CTHirsch@bellsouth.net
20-21	Mardi Gras GymFest Opt.	7-Elite	Gymnasiana	richgym@aol.com
20-22	Louisiana Cup	2-Open	Acro Sports	gohardinc@aol.com
27-29	Elmwood Invite	2-Open	Elmwood Gymnastics Acad.	BMcGARTLIN@ochsner.org
27-29	Tobasco Invite	2-10	B.A.S.S.	BASSgymnastics@aol.com
MARCH				
5-7	Purple & Gold Invite	Prep-6	Bengal Gymnastics	skkcb@aol.com
26-28	Jambalaya Invite	2-6 & Prep	Gym Gems	225-673-8425
APRIL				
23-25	Governor's Games	2-6 & Prep	Michelle Waguespack	225-673-4966

MISSISSIPPI

DATE	MEET	LEVEL	HOST GYM	CONTACT
OCTOBER 2003				
17-18	Bulldog Invite	1-6 & Prep	Starkville Gymnastics	nancy@starkvillegymnastics.com
24-25	Latinfest	1-10 & Prep	Courthouse Gymnastics	courthousegym@earthlink.com
NOVEMBER				
7-9	NO Fear Invite	1-10 & Prep	Madison Cty. Gymnastics	mizzdawn@aol.com
21-23	Heartbeat Invite	1-10 & Prep	KIPS Center for Gymn.	kipsgymnast@aol.com
DECEMBER				
5-7	SEC Invite	1-6 & Prep	MS Center of Gymn.	mccgymnastics@aol.com
JANUARY 2004				
23-25	Winter Invite	1-10 & Prep	Courthouse Gymnastics	courthousegym@earthlink.com
30-2/1	All American Classic	1-10 & Prep	Tupelo Academy of Gymn.	TAGTWISTERS@aol.com
FEBRUARY				
6-8	Touch of Country	1-7 & Prep	Miller's Gymnastics	mabel@msusag.org
20-22	Luney Toons Classic	1-10 & Prep	Starkville Gymnastics	nancy@starkvillegymnastics.com
27-29	SweetHeart Invite	1-10 & Prep	Madison Cty. Gymn.	mizzdawn@aol.com

FLORIDA

4C

DATE	MEET	LEVEL	HOST GYM	CONTA CT
OCTOBER 2003				
4-5	Blackjack Invite	4-6	Ace Gymnastics	407-831-2582
4-5	Canopy Roads Classic	4-6	Tallahassee Gymnastics	850-891-3960
4-5	Fall Festival Invite	4-6	Brandy's Johnson Global	352-241-9300
11-12	Gold Coast Invite	4-6	Gold Coast Gymnastics	561-585-2700
11-12	Teddy Bear Invite	4-6	Sun Country Gymnastics	352-378-8711
18-19	Gasparilla Invite	4-6	Lightning City Gymnastics	813-558-0035
18-19	October Fest	4-6	Gymnastics Plus	904-769-1155
18-19	South Florida Fright Night Invite	3-6	Boca Twisters	561-750-6001
18-19	Trick or Treat Invite	4-6	LaFleur's Tampa	813-264-5000
26-27	Great Pumpkin Meet	4-6	All American - Jax	904-641-9966
NOVEMBER				
1-2	First Coast Invite	4-6	First Coast	904-260-1983
1-2	Gene Stowe Invite	4-6	Tampa Gymnastics	813-231-5273
1-2	Sports World Challenge	3-6	YMCA of The Treasure Coast	774-223-1606
8-9	Fall Trophy Classic	4-6	Medalist All-Star Gymnastics	727-527-9215
8-9	Jungle Gym Invite	2-6	Orlando Metro	407-246-1200
15-16	Tropicana Sunfest	4-6	Sarasota YMCA	941-955-8194
15-16	Turkey Trot Invite	3-6	Meetminders	407-830-9222
22-23	Garnet & Gold Invite	4-6	Trousdell Gym Center	850-891-3960
22-23	Orlando Invite	4-6	CFGa	407-869-8744
22-23	Wheel of Fortune	4-6	LaFleurs of Largo	727-586-4420
DECEMBER				
27-28	Cruise Classic	4-Open	Park Avenue Gymnastics	954-434-4481
JANUARY 2004				
10-11	Lightning City Invite	5-elite	Lightning City Gymnastics	813-558-0035
16-18	Junior Orange Bowl Invite	2-Elite	Jr. Orange Bowl	305-466-0620
16-18	Tampa Bay Turners Opt. Invite	7-elite	Tampa Bay Turners	727-522-2867
16-18	Universal International Invite	4-elite	Universal Gymnastics	305-233-7770
23-25	Sand Dollar & Sue Whitlow Invite	4-open	Orlando Metro Gymnastics	813-757-8007
23-25	Winter on the Beach	2-10	Gymnastics Plus	850-769-1155
24-25	Gym Force Classic	3-10	Gym Force ATC	850-877-4255
31/2-1	Battle of Champions	2-elite	Bayside Gymnastics	727-592-9232
31/2-1	Jax Winter Classic	3-elite	All American Gymnastics	904-641-9966
31/2-1	O-Town Classic	2-elite	St. Cloud Gymnastics	407-957-2227
31/2-1	Sportsworld Spectacular	2-10	YMCA of the Treasure Coast	407-830-9222
FEBRUARY				
6-8	Magical Classic	3-elite	Browns Gymnastics	407-869-8744
6-8	Universal Studios Invite	2-elite	Meetminders/Orlando Metro	407-830-9222
14-16	Florida West Coast Class. Invite	3-elite	Apollo Gymnastics	813-447-2108
14-16	Presidential Classic	3-elite	Boca Twisters	561-750-6001
14-16	Princess Invite	2-10	Horizon Gymnastics	941-627-5342
20-22	Daytona Beach Open	3-elite	Ace Gymnastics	407-831-2582
27-29	Gasparilla Classic	2-elite	Lightning City Gymnastics	813-558-0035
MARCH				
6-7	White Sands Invite	3-10	PJC Gymnastics	850-484-1319
27-28	Spring Fling	2-10	Medalist Gymnastics	727-527-9215
27-28	Easter Bunny Invite	3-6	All American Gymnastics	904-641-9966

SOUTH CAROLINA 5C

DATE	MEET	LEVEL	HOST GYM	CONTACT
OCTOBER 2003				
11-12	Flip Fest	2-6	NMB Gym & More	gymandmore@aol.com
NOVEMBER				
1-2	Palmetto Invitational	2-7 & Prep	Easley Gymnastics	864-269-2007
1-2	Autumn Classic	2-6 & Prep	Florence Gymscamps	gymskamps01@cs.com
8-9	Kozeev's Classic	2-10 & Prep	Kozeev's Gymnastics	gymnastics@kozeev.com
15-16	2003 Fall Flip	2-10 & Prep	Greenwood YMCA	gymnada@emerald.com
22	Turkey Tumble	2-6 & Prep	All American Twisters	864-682-5262
DECEMBER				
5-7	2003 Holiday Classic	2-10 & Prep	AGC	AGCGymnastics@mindspring.com
6-7	Candy Cane Invite	2-10 & Prep	Florence Gymnastics	843 667-5090
13-14	3rd Winter Invite	2-10 & Prep	Greenville Gymnastics	gforce@greenvillegymnastics.com
JANUARY 2004				
10-11	American Classic	2-9 & Prep	All American Twisters	864-682-5262
16-18	Carolina Classic	2-10 & Prep	Carolina Gymnastics	info@carolinagymnastics.com
24-25	2004 Winter Invite	2-10 & Prep	Greenwood YMCA	gymnada@emerald.com
31-2/1	Charleston Challenge	2-9 & Prep	Davita's Gymnastics	Iveygym@bellsouth.net
FEBRUARY				
14-15	Hearts Invite	4-10 & Prep	Greenville Gymnastics	jinkotula@msn.com
20-22	Beach Break	4-Elite & Prep	NMB Gym & More	gymandmore@aol.com
27-29	2002 Charleston Cup	4-Elite & Prep	Charleston Gymn.	charlestongym@aol.com
MARCH				
27	Azelea Classic	2-7	Summerville YMCA	jan.parsons@knology.net

TENNESSEE

DATE	MEET	LEVEL	HOST GYM	CONTACT
OCTOBER 2003				
4-5	Compulsory Classic	4-6	TAG	423-894-3910
18	Wimbledon Compulsory Invite	4-6	Wimbledon	901-388-4720
18-19	Foothills Fall Classic	4-6	Gymnastics Counts	865-856-5339
25-26	Fall Festival Invite	4-6	The Masters	615-822-8116
NOVEMBER				
7-9	Team Cup	4-6	River City	901-388-3737
21-23	Music City Invite	4-Elite	Let It Shine	615-369-3547
22-23	Tennessee Classic	4-6	The Masters	615-822-5339
DECEMBER				
13-14	Jeffrey Katcher	4-10	TAG	423-894-3910
28	Holiday Classic Meet	7-10	River City	901-388-3737
JANUARY 2004				
16-18	John MacReady FlipFest	4-10	Premier Knoxville	865-588-2105
FEBRUARY				
13-15	Gatlinburg Classic	4-10	Weyneth Gymnastics	828-252-8746
21-22	Ironhorse Invite	4-10	TAG	423-894-3910
28-29	USA Invite	4-10, Prep	The Masters	615-822-8116

NORTH CAROLINA 6C

DATE	MEET	LEVEL	HOST CLUB	CONTACT
OCTOBER 2003				
4-5	Foothills Invite	3-6	Foothills Gymnastics	amsimon@charter.net
4-5	Compulsory Invite	4-6	Omega Gymnastics	omegagymnastics@hotmail.com
4-5	Fall Frolic	4-6	Cabarrus County	ccgym01@attglobal.net
4-5	Port City Blast	4-6	Port City Gymnastics	pcgcoach@aol.com
11-12	Monkey Mania	4-6	Jimnastics	336-431-0763
11-12	Salem Fall Classic	4-6	Salem Gymnastics	bmorph@aol.com
18-19	Survivor Invite	4-6	International Gymn.	yougogirl@carolina.rr.com
18-19	Biltmore Classic	3-6	Olympia Gymnastics	olympia@cytechcis.net
18-19	American Awards	4-6	Weyneth Elite	mweyneth@aol.com
25-26	Fright Invite	4-6	American Stars	dkeane@triad.rr.com
25-26	Rocktoberfest	4-10	Artistic Gymnastics	karenartistic@aol.com
25-26	Ghost & Goblin	2-10	Raleigh School	akranick@nc.rr.com
NOVEMBER				
1-2	Let Freedom Ring	4-10	Countryside Gymn.	gym-for-2000@worldnet.att.net
1-2	Starlite Invite	4-10	Starlite Gymnastics	starlitegym@yahoo.com
1-2	High Point Classic	4-10	High Point Gymnastics	kimlesage@hotmail.com
8-9	Compulsory Invite	4-6	Omega Gymnastics	omegagymnastics@hotmail.com
8-9	Capital City Invite	2-10	Raleigh School	akranick@nc.rr.com
8-9	Triple S Bonanza	4-6	Southeastern Gymn.	lhawkins1@carolina.rr.com
8-9	Tumblebees Stinger Chal.	3-10	Tumblebees	sheilachewning@juno.com
15-16	Ready For State	4-10	Carolina Twisters	coachjack@carolinatwisters.com
15-16	Fall Beach Classic	4-9	Cedar Point Gymn.	Cpgym@clis.com
15-16	Get A Gript Invite	4-10	Weyandt's Gymnastics	weyandtsg@yahoo.com
22-23	Turkey Tumble	4-6	Salem Gymnastics	bmorph@aol.com
JANUARY 2004				
10-11	Carolina Classic	Prep-Elite	Southeastern Gymn.	drmootz@aol.com
24-25	New Year's Invite	2-10 & Prep	Raleigh School	akranick@nc.rr.com
24-25	Reach for Stars	4-10 & Prep	Kidsport Gymnastics	dsedmyers@triad.rr.com
31-2/1	Blast Into Winter	4-10	Countryside Gymn.	gym-for-2000@worldnet.att.net
31-2/1	Port City Blast	4-10 & Prep	Port City Gymnastics	pcgcoach@aol.com
FEBRUARY				
7-8	Winter Invite	2-10 & Prep	Raleigh School	akranick@nc.rr.com
7-8	Salem Invite	Prep-Elite	Salem Gymnastics	bmorph@aol.com
7-8	Carolina Crown	Prep-10	Gym Company	thegymcompany@alltel.net
14-15	Valentine Invite	3-10 & Prep	Foothills Gymnastics	amsimon@charter.net
14-15	Mardi Gras Invite	4-10 & Prep	Stanly County	dcaustin@quixnet.net
14-15	Gatlinburg Classic	4-10 & Prep	Weyneth Elite	mweyneth@aol.com
14-15	Sweatheart Invite	Prep - Elite	NC State	gkpleasants@nc.rr.com
21-22	Caribbean Invite	10 & Prep	North Raleigh	flippin@intrex.net
21-22	Highland Chall. Cup	3-10	Olympia Gymnastics	olympia@cytechcis.net
21-22	Optional Invite	All Levels	Omega Gymnastics	omegagymnastics@hotmail.com
28-29	Caribbean Holiday	10 & Prep	North Raleigh	flippin@intrex.net
MARCH				
6-7	Beach Blast	4-9 & Prep	Gymnastics Unlimited	GymnasticsUnltd@aol.com
6-7	Capital Crown Invite	7-Elite	Impact Gymnastics	admin@impact-gym.com
6-7	St. Patrick's Day	2-10 & Prep	Raleigh School	akranick@nc.rr.com
APRIL				
23-24	Gym Company 500	Mob. & Prep	Gym Company	thegymcompany@alltel.net
MAY				
15-16	Lumberton Fun Meet	1-2 & Prep	Lumberton Gymnastics	lumbertongymnastics@msn.com

ALABAMA

7C

DATE	MEET	LEVEL	HOST CLUB	CONTACT
OCTOBER 2003				
3-5	Bama Rama	4-6	Bama Bounders	bamagym@hotmail.com
18-19	Fliptanic	4-10	Tuscaloosa Tumbling Tide	Tumbletide@aol.com
25-26	Auburn Gymn. Invite	4-6	Auburn Gymn. Academy	thompj9@auburn.edu
25-26	Vulcan Invite	4-10	Mtn. Brook Gymnastics	actonp@mtnbrook.k12.al.us
NOVEMBER				
1-2	Anna Bama Invite	4-6	Noma's School of Gymn.	NMeeker599@aol.com
1-2	Huntsville Invite	4-10	Huntsville Gymnastics	huntsvillegym@comcast.net
DECEMBER				
13	Prep Opt. Meet	Prep	Shoals Gymnastics	shoalsgymnastics@aol.com
JANUARY 2004				
10-11	Magic City Classic	7-10 & Prep	American Gymnastics	administration@americangymnastics.com
17	Winter Blast	7-10 & Prep	Noma's School of Gymn.	NMeeker599@aol.com
23-25	North Ala Classic	3-10 & Prep	Shoals Gymnastics	shoalsgymnastics@aol.com
FEBRUARY				
7-8	Vulcan Challenge	7-10 & Prep	Mtn. Brook Gymnastics	actonp@mtnbrook.k12.al.us
7-8	Mardi Gras Invite	7-10 & Prep	Planet Gymnastics	Info@planetgymnastics.com
14-15	Carnival of Stars	7-10 & Prep	United GymStars	coaches@unitedgymstar.com
21	Rocket City Blast-off	4-10 & Prep	Rocket City Gymnastics	Stoneey1@comcast.net
28-29	Huntsville Invite	4-10 & Prep	Huntsville Gymnastics	huntsvillegym@comcast.net
MARCH				
6-7	Prep Opt. Meet	Prep	Shoals Gymnastics	shoalsgymnastics@aol.com
20	Cirque du Saltos	4-10 & Prep	Noma's School of Gymn.	NMeeker599@aol.com

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REGION 8 WEB PAGE: Region8gymnastics.org

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All Around News

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