



# 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 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!

## 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.



## 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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# All Around News

## REGIONAL

### 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](mailto: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

### 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](mailto:dkornegay@mindspring.com) by October 1, 2003.



# All Around News

## REGIONAL

### 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.

# All Around News

## REGIONAL

**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*