

All Around News

VOL. 14

REGION EIGHT NEWSLETTER
WWW.REGION8GYMNASTICS.ORG

2004

State Chairman Election

Deb Kornegay, RACC

In Alabama, Georgia, Mississippi, North Carolina, South Carolina and Tennessee there is no election needed since only one person was nominated. Congratulations to **Debbie Walls** - AL, **Peggy Simpson** - GA, **Nancy Hawkins** - MS, **Jennie Adams** - NC, **Joanne Child** - SC and **Robert Valley** - TN upon their re-election.

Louisiana and Florida USA Gymnastics Professional members were mailed ballots from USA Gymnastics national mailing list. Congratulations to **Patricia Boudreaux** and **Mike McCabe** for their election as State Chairman in their respective states. State Chairmen terms begin June 1, 2004 and are for two years.

Thank You!

Deb Kornegay, RACC

Region 8 extends a big thank you to Regional meet directors **Dan Thaxton**, **Gwyn Puckett**, **Sheila Grimes**, **Tim Keckler**, **Kevin Griffin** and **Heather Erickson** for a fabulous job hosting Level 8, 9, 10 & Elite Regionals. *Gwinnett Gymnastics* did a wonderful job with a marathon Level 9 & 10 Regionals. To keep everyone smiling until the end of a very long week-end was a great accomplishment. *Lightning City and Tampa Parks and Recreation* hosted Level 8 Regionals and added on an Elite National qualifier without a hitch. Both of these organizations continue to serve Region 8 by continuing to bid and host many Regional events.

Region 8 Address Book

Deb Kornegay, RACC

The **2004-2005** version of the **Region 8 Address Book** will be available for sale at Region 8 Congress. Copies will be available by mail June 10, 2004. Please use the order form in this newsletter. This Address Book contains Region 8 Clubs listed by state, Head and Assistant Coaches, Judges, USAG and NAWGJ Regional Committees and Index. Also available—information in Excel Spreadsheet for easy mailing label printing.

Upcoming Region 8 Events

Deb Kornegay, RACC

Region 8 Congress - June 3-6 in Nashville, TN
Registration form and schedule in center of NL.

**Silent Auction - June 4 in Nashville at
Region 8 Congress**

Moneys from this event go directly to athlete apparel. Donation form in this NL.

Training Camps

Future Stars - July 9-11 Lightning City, Tampa, FL
Level 8 & 9 - July 23-25 Tampa Bay Turners, FL
Lev. 9, 10 & Elite - Oct. 1-3 Auburn Gymn., AL
Registration forms and volunteer form in this NL.

2005 Level 8 Regionals - April 8-10

Boca Twisters - Fort Lauderdale, FL

2005 Level 9 & 10 Regionals - April 14-17

Masters Gymnastics - Nashville, TN

Web Page Updates and Newsletter by e-mail

Deb Kornegay, RACC

If you would like to receive an e-mail each time the Region 8 web page is updated or receive your Region 8 Newsletter by e-mail, please e-mail Debby Kornegay at DebGK@Bellsouth.net. Let me know which service you would like. Please e-mail me your Name, e-mail address. If you sign up for Newsletter by e-mail, include what State you live in, so that I can find your mailing label easier. If you previously received this service, but have not received updates lately, please join up again.

LOOK

FOR

Regional and

National Results

IN THIS NEWSLETTER

All Around News

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

Elite and TOPS Report

TOPS Program: The new TOPS testing schedule is ready and available at the Region 8 Website and included in this Newsletter. It has also been emailed to the State Chairmen and will be posted on the websites of each State. Please note that we are offering a variety of sites and dates this season. This will allow clubs to test more often and hopefully make it more convenient to attend a testing with their athletes. **Clubs may select a site and date that works for them and send their paperwork directly to the site that they would like to attend.** The host club will be directly responsible for the running of the event so please direct any questions for times, maps, etc to the Test Host. The staff to test the athletes will be selected from attending clubs, area gyms and the host gym based on number needed. If you are interested in participating as a staff member, please indicate this on your entry form.

Most of the other regions in the USA offer multiple sites and dates and this will bring us in line with what other regions do. I know there is some concern over the consistency from test to test however; the benefit of more sites with less travel was a trade off that I felt was important. It is really no different than our State meets that qualify athletes to the regional competition. Some states may be judged a little harder or a little easier however, once the athletes get to regionals the athletes are all judged the same. It is no different with this - No matter how it goes, the National testing site will offer a consistent staff and it will be at this test that everyone will be tested by the same staff. We will look very closely at test scores from each of our sites and compare them with the National test scores. If we notice that one of our regional testing sites was way out of line with the National scores we will consider not using that staff again for a regional test. We will encourage all staff to take their job seriously and to do the most consistent job that they can.

New TOPS Coordinator: We have postponed appointing a new TOPS coordinator for our region. At this time, anyone who applied for the position has been requested to host a testing. We will use the evaluations in our selection of our regional TOPS coordinator. We hope to appoint someone by the fall.

TOPS Clinic: Since we were offering so many sites for the TOPS testing, we decided not to offer a clinic this summer, as we did not want to select one of the sites to host the clinic with the test. Instead we will offer a **TOPS clinic September 11-12 at Gymnastics Academy of Atlanta for all athletes that have qualified to Nationals.** In addition, we will offer a **TOPS clinic with the Elite clinic in December.** This clinic will be open to all TOPS athletes and any club that is interested in learning more about TOPS. The elite athletes will also be there and this will give the athletes the opportunity to see what the elite program is all about. The clinic will be held at **American Twisters** in Coconut Creek, Florida (Fort Lauderdale area) on **December 18 & 19th, 2004.**

Elite-News

Gary Anderson, National Elite Committee Chairman

Just a brief note to let you know of a recent motion that our National Elite Committee **has passed.** It affects those gymnasts who are **TOP "age eligible" for the 2004 TOPS season and participate in the 2004 American or US Challenge**

Background: The athletes participating in the TOP and Child PreElite divisions at a Challenge must do the entire compulsory routines and the Elite physical abilities test. They are judged by the national coaching staff and the top elite judges. Doing both of these things at a high proficiency level is obviously more difficult than doing

just the TOP physical abilities test at our regional testing. After studying the past two years of qualifying scores to the National TOP Testing and then studying both the compulsory routine scores and physical abilities scores from both Challenge meets last year, we have come up with and **PASSED Feb.23, 2004,** the following proposal.

PROPOSAL: *"When participating in the American or US Challenge meets in 2004, any age eligible (for the 2004 TOP program) athlete that scores 58.00 in the All Around, with a minimum score of 32.00 in compulsories and a 24.00 adjusted score in physical abilities (this is a 6.0 average per test although a minimum of 6.0 is NOT needed in each test), will receive a waiver from 2004 TOP regional testing and be invited directly to the 2004 National TOP Test."*

All Around News

Elite Results

Toni Rand, RECC

The Elite athletes from our region have been busy in March and April with Classic and International assignments. We have four Elite USA National Team athletes in our region at this time. They are:

Melanie Sinclair	<i>Orlando Metro</i>
Shayla Worley	<i>Orlando Metro</i>
Kassi Price	<i>Orlando Metro</i>
Jana Bieger	<i>American Twisters</i>

Below are results:

Cottbus World Cup in Germany

Melanie Sinclair	3rd	Vault, Beam
	4th	Bars

Coach in attendance - *Jeff Wood*

Pacific Alliance Championships in Hawaii

JUNIOR TEAM: WON GOLD

Shayla Worley (Metro)	4th AA	36.832
Jana Bieger (Amer. Twist.)	2nd AA	37.365

EVENT FINALS

Jana Bieger (Amer. Twist.)	1st V	9.387
	2nd BB	9.575

Alternate Gymnast: **Kassi Price** (Metro)

Coaches in attendance - *Tim Rand* (American Twisters)
Jeff Wood & Christy Barineau (Orlando Metro)

Classic Results - Junior International

Jana Bieger (Amer. Twist.)	2nd	AA	36.950
	1st	V	9.325
	2nd	UB	9.125
	2nd	BB	9.300
	2nd	FX	9.200
Kassi Price (Metro)	3rd	AA	35.625
	2nd	V	9.250
	3rd	Fx	8.975
Shayla Worley (Metro)	4th	AA	35.325
	3rd	UB	8.850

Classic Results - Senior All Around Standings

Grace Taylor (Aiken) 16th

Regional Qualifier: held April 16 & 17th in Tampa

Unfortunately we did not have any athletes qualify to the Classic competition at this meet. A few of the athletes did obtain the score to allow them to attend the Challenge competition, which is held in conjunction with the Classic. They are:

Brittany Emmons	<i>First City - FL</i>
Gloria Johnson	<i>Elite - LA</i>
Hailey Bodenheimer	<i>GymCats - NC</i>
Tatjana Thuener Rego	<i>Universal - FL</i>
Devin Mann	<i>Cartersville - GA</i>

These athletes are still considered JO athletes and may attend both JO Nationals as well as the Challenge.

American Classic Pre-Elite Optional

Tatjana Thuener-Rego (Universal - FL)	8T	AA
Vanessa Rodriguez (Universal - FL)	10	AA
Brittany Emmons (First City - FL)	19	AA

I have a meeting in May at the US classic. I will email a report after the meeting to all clubs on the Elite/TOPS list. The region will host our Elite clinic at **American Twisters on December 18 & 19, 2004**. By then we should have all new information and changes on the *Code of Points* for FIG.

Competition calendar for elites will be set after we know the dates and sites of the National qualifiers.

ELITE COMPETITION ENTRY FORM

December 18-19 Elite / TOPs Clinic
 American Twisters
 Coconut Creek, FL \$100.00
 DEADLINE: November 17, 2004

Team Name: _____

Email: _____ @ _____ Phone: _____

Team Address: _____ Fax #: _____

City: _____ State: _____ Zip: _____

1. Coach/Judge _____ USAG # _____ Exp. Date _____

2. Coach _____ USAG # _____ Exp. Date _____

3. Coach _____ USAG # _____ Exp. Date _____

4. Coach _____ USAG # _____ Exp. Date _____

I give my permission for the above information to be used in the Region 8 Address book.

Signature

Competitor Name	Athlete Registration #	Nat. Test	OPT.	Date of Birth
1)				
2)				
3)				
4)				
5)				
6)				
7)				
8)				
9)				
10)				

Number of **GYMNASTS** for **Optional Competition** _____ x \$100.00 = _____

Number of Coaches/National and below rated judges
without registered gymnast _____ x \$60.00 = _____

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

Number of Brevet Judges _____ x \$00.00 = _____

TOTAL AMOUNT \$ _____

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

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

Region 8 TOPs Registration Form

Check each box that applies

TOPs Testing
 5/29, 6/12, 6/13, 6/26
 7/9, 7/10, 7/11 or 7/23
 \$35 *Deadline 30 days before test*
 \$25 late fee per gymnast
 Mail Entry form and check to site
 of testing (see Testing Schedule)

TOPs / Clinic
 Ga. Academy of Atl. - Kennesaw
 September 11-12, 2004
 \$60 - [Same Fee for 1 or 2 days]
Deadline August 10th
 \$25 late fee per gymnast / coach
 Mail Entry form and check to
 Toni Rand (See address below)

ELITE / TOPs Clinic
 Amer. Twisters Gymn. - FL
 December 18-19, 2004
 \$100 - [Same Fee for 1 or 2 days]
Deadline November 17th
 \$25 late fee per gymnast / coach
 Mail Entry form and check to
 Toni Rand (See address below)

**ALL TESTINGS ARE ON A
 1st COME—1st SERVE BASIS!**

**ENTRIES WITHOUT PAYMENT, USAG NUMBERS
 or COMPLETED FORMS 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	1st Test, Clinic or 2nd Test (Please check above.)
1.				
2.				
3.				
4.				
5.				
6.				
7.				
8.				
9.				
10.				

Number of **GYMNASTS** for TOPs Testing - Date: _____ x \$35.00 = _____

Number of **GYMNASTS** for TOPs Clinic - Sept. 11-12, 2004
 (Coaches free with registered athletes) _____ x \$60.00 = _____

Number of **COACHES** without registered athletes - Date _____ x \$60.00 = _____
 (for TOPs Clinic Sept. 11-12, 2004 or Elite/TOPs Clinic Dec. 18-19,2004)

Number of **GYMNASTS** for ELITE / TOP's Clinic - Dec. 18-19, 2004 _____ x \$100.00 = _____

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.**

**REMEMBER: TOPs Testing requires
 TOPs forms from TOPs manual also!!**

**MAIL TESTING ENTRY FORM to: Testing Site (See TOPs Testing schedule for address)
 MAIL CLINIC ENTRY FORM to: Toni Rand, 6808 Lyons Technology Circle, Coconut Creek, FL 33073**

All Around News

New TOPs Testing Information and Schedule

Toni Rand, RECC

This year we will do the **TOPS testing** a little different than has been done in the past. We will offer a variety of testing sites and dates throughout the region. By doing this we hope that this will make it easier for more athletes to participate and we will be moving toward the way that most of the other regions do this. In addition, **we will not be offering a TOPS clinic with any of these testings.** We encourage athletes to attend the Future Stars camp or any of the other Regional training camps that they are qualified for. We will also review the TOPS program at our regional congress and at National congress.

Please select a site and date that you wish to test.

Athletes may test more than once. The required paperwork is only required for your first test.

The regional entry fee of **\$35.00** is required for **EVERY test that you sign up for.**

The highest ranking regional test will be used by the National office to rank the athletes.

Send your check for **\$35.00 per test to the SITE(s) THAT YOU WISH TO TEST** or address listed for that site.
The Check should be made out to Region 8.

With your check you must attach the required forms **filled out completely.**

Athletes will not be allowed to test until all forms are received. This includes the Medical form.

There may not be any blank spaces on the forms. Forms are available at the USAG national website.

Advanced sign up for each test is REQUIRED. You may not just show up for a test

No exceptions will be made to this.

The Deadline for each test will be 3 weeks prior to the test date. Entries received after the deadline date may be denied.

General Information:

- Each athlete testing must be between the ages of 7-11 years old in 2004
- Each athlete must test the age that they will be as of December 31, 2004
- Each athlete must have a current USA Gymnastics Athlete Membership
- All Coaches must have a current USA Professional membership and be safety certified
- Regional testing does NOT include any skill testing (this will be done at the National testing in October if your athlete qualifies)
- Athletes will be tested on the following only:
 - Active shoulder flexibility test
 - Leg lifts (total in 30 seconds)
 - Push Ups (total in 60 seconds)
 - Vertical Jump
 - Rope Climb (7 & 8 yrs-6 feet) (9-11yrs-12feet)
 - Right and Left forward splits
 - Pull Ups (total with no time limit)
 - 20 Meter fun for time (65.5 feet)
 - Press Handstands

The new **2004 TOPS manual** is available for purchase from USA Gymnastics Merchandise Department or you may go online at USAG website and download the manual. We highly recommend that you have this manual. You can call 1-800-345-4719 to order a manual. For additional TOPS information, please go to www.usag-gymnastics.org, then go to womans program and then TOPS.

TESTERS: If any of the coaches attending would like to be considered to help test the athletes on an event, please indicate this on your entry form. We will be encouraging all Directors to use attending coaches or other TOPS coaches in the area. You will be notified if needed. There will be a small fee paid for your time if selected. You will need to be at the site one hour prior to the start of the test. Thank you

All Around News

2004 REGION 8 TOPS TESTING SCHEDULE

<u>DATE</u>	<u>Time</u>	<u>SITE</u>	<u>CONTACT</u>	<u>Phone</u>	<u>Email</u>
May 29	1:00pm	American Elite 3442 Battlefield Pkwy., Ft Oglethorpe, GA 30742	<i>Rebekah Reyher</i>	706-861-4500	AmericanElite9@aol.com
June 12	1:00pm	Charleston Twisters, SC 9549 Hamburg Road, Ladson, SC 29456	<i>Davita Ivey</i>	843-875-5489	iveygym@bellsouth.net
June 12	1:00pm	Park Avenue, FL 12239 SW 53 St., Cooper City, FL 33330	<i>Kathy Semok</i>	954-434-0099	ksemok@juno.com
June 12	1:00pm	Ultimate Dream, GA 403 McDonough Pkwy., McDonough, GA 30253	<i>Tara Wallace-Boone</i>		BTBOONE8@aol.com
June 13	10:00am	Elite Gym, LA 8321 Bluebonnet Blvd., Baton Rouge, LA 70810	<i>Kristie Phillips/Johnny Moyal</i>	225-766-0312	iamolympian@aol.com
June 26	3:30pm	In-flight Gymnastics, NC PO Box 4501 Statesville, NC 28117	<i>Kristie Phillips</i>	704-506-4197	kristiepb@yahoo.com
June 26	1:00pm	JFK Elite 3314 Old Columbiana Rd., Hoover, AL 35216	<i>Kathy Chambers</i>	205-979-7969	Kathy@JKJElite.com
July 9	9:00am	Lightning City, FL 14214 N Nebraska Ave., Tampa, FL 33613	<i>Toni Rand</i>	954-755-1750	AmTwist@aol.com
July 10	1:00pm	Georgia Gymn. Acad., GA 98 Patterson Rd., Lawrenceville, GA 30044	<i>Judy Prestigiacom</i>	770-962-5867	Gpresto@bellsouth.net
July 11	2:00pm	Elite Gym, MS 2845 Southland Drive, Tupelo, MS 38801	<i>Kristie Phillips/Metry McGaughy</i>	662-840-9228	elitegymnastics2@yahoo.com
July 23		TAG, TN 6242 Perimeter Dr., Ste. 102, Chattanooga, TN 37421	<i>Emily Hubbuch</i>	423-894-3910	esh813@comcast.net

TOPs CLINIC

Gymnastics Academy of Atlanta - 3126 Cobb Parkway, Kennesaw, GA
MAIL FORM TO: Toni Rand, 6805 Lyons Technology Circle, Coconut Creek, FL 33073
September 11-12, 2004

Cost Per Gymnast: \$60.00 Cost Per Coach Without Registered Athlete \$60.00

ELITE / TOPs CLINIC

American Twisters Gymnastics • Coconut Creek, FL
December 18-19, 2004

Our Region will host our annual Elite Clinic on December 18 & 19, 2004 at American Twisters Gymnastics in Coconut Creek, Florida. The Clinic and/or Testing competition will not start before 1:00 pm on Saturday. We will try to be done by 3:00 pm on Sunday so everyone can make travel plans home. We will present any changes that have been made to the *Code of Points* and offer practice judging and review sessions for judges invited to the Brevet Courses.

Cost Per Gymnast: \$100.00 Cost Per Coach Without Reg. Gymn.: \$60.00
 Cost Per Judge Attend Practice / Review: \$ 60.00 Brevet Judges Invited to the Course FREE

All Around News

REGION 8 CALENDAR • 2004 - 2005

June 2004

- 2-5 US Gymnastics Championships
Nashville, TN
- 3-6 Region 8 Congress
Nashville, TN
- 12 TOPs Testing
Charleston Twisters, SC 843-761-3409
Park Ave., FL 954-434-0099
Ultimate Dream, GA 770-957-5970
- 13 TOPs Testing
Elite Gym, LA 225-766-0312
- 24-27 Olympic Trials
Anaheim, CA
- 25-27 USA Gymnastics Congress
Anaheim, CA
- 26 TOPs Testing
In-flight Gymnastics, NC 704-506-4197
JFK Elite, AL 205-979-7969

July 2004

- 9 TOPs Testing
Lightning City Gym., FL 813-558-0035
- 9-11 Future Stars Camp
Lightning City Gymn., Tampa, FL
- 10 TOPs Testing
Georgia Gym-Law., GA 770-962-5867
- 11 TOPs Testing
Elite Gym, MS 662-840-9228
- 23 TOPs Testing
TAG, TN 423-894-3910
- 23-25 Level 8 & 9 Training Camp
Tampa Bay Turners, Tampa, FL

September 2004

- 11-12 TOPs Clinic
GGA, GA [Toni Rand] 954-755-1750

October 2004

- 1-3 Level 9, 10 & Elite Training Camp
Auburn Gymnastics, Auburn, AL
- 1-3 National TOPs Testing
Houston, TX

November 2004

- 6 Region 8 Committee Meeting
Charleston, SC

December 2004

- 4-8 National TOPs Training Camp
Houston, TX
- 8-12 National TOPs B Training Camp
Houston, TX
- 18-19 Elite/TOPs Clinic
American Twisters Gymn., FL

April 2005

- 8-10 Level 8 Regionals
Boca Twisters, Fort Lauderdale, FL
- 14-17 Level 9 & 10 Regionals
Nashville, TN

May 2005

- 6-8 Level 9 Easterns
St. Petersburg, FL
- 13-15 Level 10 Nationals
To Be Determined

June 2005

- 2-5 Compulsory WTC Master Workshop
Louisville, KY
- 9-12 Compulsory WTC Master Workshop
Reno, NV

2004 REGION 8 TRAINING CAMPS

JULY 9-11, 2004 • FUTURE STARS CAMP

Lightning City Gymnastics • Tampa, Florida

Comp. Lev. 5-7 (must have already competed Lev. 5) For gymnasts with outstanding optional promise

FEE: \$130.00 per athlete
(includes camp, lunch on Sat. and T-shirt)
\$50.00 per coach or judge
(discounts if bringing athletes)



HOTEL: Amerisuites Busch Gardens
(813) 979-1922 [ask for Lightning City rate]
\$69.00 (free breakfast)
5 minutes from gym

JULY 23-25, 2004 • Level 8 & 9

Tampa Bay Turners - Tampa, Florida

Open to all Level 8 and Level 9 athletes who competed in Level 8 or 9 State or above

FEE: \$130.00 per athlete
(includes camp, lunch on Sat. and T-shirt)
\$50.00 per coach or judge
(discounts if bringing athletes)

HOTEL: Hampton Inn - St. Petersburg
(727) 322-0770 • 1200 34th Street North
\$72.00
5 minutes from gym

OCTOBER 1-3, 2004 • Level 9, 10 & Elite

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 Sat. and T-shirt)
\$50.00 per coach or judge
(discounts if bringing athletes)

HOTEL: Auburn Univ. Hotel & Dixon Conf. Ctr.
334-821-8200 Phone • 334-826-8755 Fax
241 South College Street
\$95.00 - ask for Region 8 Gymn. rate

Tentative Schedule for ALL camps:

FRIDAY: 3:00 P.M. - 8:30 P.M. • SATURDAY: 10:30 A.M. - 6:00 P.M.
SUNDAY: 9:30 A.M. - 1:00 P.M.

PROVIDE EMAIL INFORMATION FOR CONFIRMATION OF ENTRY AND FINAL SCHEDULE

Camps will fill on a first-come basis.

Registration forms are available at Regionals and in Region 8 newsletter. There will be **NO** direct mailing to clubs.

NAWGJ Region 8 Symposium will be held with the October camps. Clinic for Elite Testing will be offered at October camp. Camps open to all USAG Professional

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

REGION 8 TRAINING CAMP 2004

CLINICIAN APPLICATION

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: _____ @ _____

If you would like confirmation of receipt of entry and acceptance to Training Camp please provide email address

I give my permission for the above information to be used in the Region 8 Address book.

Signature

TRAINING CAMP YOUR COACHES WILL BE ATTENDING AND ARE ABLE TO WORK:

- | | | |
|--|---|---|
| <input type="checkbox"/> FUTURE STARS CAMP
July 9-11, 2004
Tampa, Florida
Lightning City Gymnastics | <input type="checkbox"/> LEVEL 8 & 9
July 23-25, 2004
Tampa, Florida
Tampa Bay Turners | <input type="checkbox"/> LEVEL 9, 10 & ELITE
October 1-3, 2004
Auburn, Alabama
Auburn Gymnastics |
|--|---|---|

NAME OF COACHES ATTENDING CAMP FROM YOUR GYM:

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

DID YOU HAVE GYMNASTS AT LEVEL 10 OR 9 NATIONALS IN 2004? YES NO

DID YOU HAVE GYMNASTS AT LEVEL 10 OR 9 REGIONALS IN 2003? 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:

June 9 (Future Stars Camp), June 23, 2004 (Lev. 8 & 9), September 1 (Lev. 9, 10 & Elite)

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 2005 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 2005. Clubs who do not work and contribute at least \$1000.00 will also be eligible to receive apparel if athletes qualify to Nationals!

REGION 8 TRAINING CAMP

CHECK ONE:

FUTURE STARS CAMP
Tampa, Florida

LEVEL 8 & 9 CAMP
Tampa, Florida

LEVEL 9, 10 & ELITE CAMP
Auburn, Alabama

TEAM NAME: _____

MAILING ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

COACHES NAME: _____

DAY PHONE: _____ FAX: _____

NIGHT PHONE: _____ EMAIL: _____ @ _____

If your coach is not planning to attend,
please designate 1 person to pick up all packets for your team: _____

If you would like confirmation of receipt of entry and acceptance to Training Camp please provide email address

GYMNAST	USAG#	DOB	AGE	CURRENT LEVEL	2004 REGIONAL SCORE	T-Shirt SIZE	FEE \$130.00

PETITION: Must fill out separate petition form

(Region 8 Petition Form for Level 9/10 Regionals) and mail to Marian Dykes and Paul Padron.

COACHES ATTENDING	USAG#	Clubs with 1-4 gymnasts attending 1 COACH - \$25 / 2 COACHES - \$50

ADDITIONAL COACHES ATTENDING	USAG#	FEE - \$50.00 EACH COACH

I give my permission for the above information to be used in the Region 8 Address book.

Signature

FIRST COME - FIRST SERVE!

TOTALS \$ _____

\$25.00 processing fee on all refunds -
refunds will only be given if gymnast can be replaced
No refunds within two weeks of Training Camp

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

Please make checks payable to: **REGION 8 USA GYMNASTICS**

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 _____

CITY: _____ STATE: _____ ZIP: _____

DAY PHONE _____ FAX _____

NIGHT PHONE _____ EMAIL _____ @ _____

If you would like confirmation of receipt of entry and acceptance to Training Camp please provide email address

I give my permission for the above information to be used in the Region 8 Address book.

Signature

COST: \$50.00

Make checks payable to REGION 8 USA GYMNASTICS

FUTURE STARS CAMP (Tampa, Florida [7/9-11/04]) DEADLINE 6/9/04 - FIRST COME, FIRST SERVE

LEVEL 8 & 9 CAMP (Tampa, Florida [7/23-25/04]) DEADLINE 6/23/04 - FIRST COME, FIRST SERVE

LEVEL 9, 10 & ELITE CAMP (Auburn, AL [10/1-3/04]) DEADLINE 9/1/04 - 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 _____

CITY: _____ STATE: _____ ZIP: _____

DAY PHONE _____ FAX _____

NIGHT PHONE _____ EMAIL _____ @ _____

If you would like confirmation of receipt of entry and acceptance to Training Camp please provide email address

I give my permission for the above information to be used in the Region 8 Address book.

Signature

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

FUTURE STARS CAMP (Tampa, Florida [7/9-11/04]) DEADLINE 6/9/04 - FIRST COME, FIRST SERVE

LEVEL 8 & 9 CAMP (Tampa, Florida [7/23-25/04]) DEADLINE 6/23/04 - FIRST COME, FIRST SERVE

LEVEL 9, 10 & ELITE CAMP (Auburn, AL [10/1-3/04]) DEADLINE 9/1/04 - FIRST COME, FIRST SERVE

MAIL TO:

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

All Around News

MARIAN DYKES

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

TECH
NOTES
ICAL

Work 770-451-6910
Fax 770-457-0943
Home 404-325-3745
Cell 404-408-6699

The USA Women's Technical Committee has finalized some information for the 2005 National Judges' courses. The complete minutes of the conference call covering this important issue can be found on the USA Gymnastics web site. Several highlights are:

- ◆ **First National Course:** All current National or Brevet-rated judges are eligible.
- ◆ **Second National Course:** Individuals who have held a Level 10 rating for two 4-yr cycles (since at least Dec. 31, 1997).
- ◆ The proposed dates of the two National Courses are:
 - 1st course - for current National-rated judges: **July 27-30, 2005 or Aug. 14-17**
 - 2nd course- for individuals invited for the first time to a National Course: **July 31- Aug. 3, 2005 or Aug. 18-21**
- ◆ The site is to be determined, but it tentatively will be conducted in Indianapolis.
- ◆ All judges invited to take their first National Judges' Course are required to take a graded "*Written and Practical*" exam.
- ◆ Current National-rated judges attending the 2005 National Judges' Course will **NOT** be required to take a graded "*Practical*" exam.
- ◆ Current National-rated judges attending the 2005 National Judges' Course be required to take a written exam. The Written exam for the National Judges' Course consist of one-concept questions and some visual (via video) skill and connection identification, emphasizing new changes in rules and element values.
- ◆ All National Course participants be allowed one re-test opportunity (per part-written and/or practical) to be administered by a member of the Technical Committee at a Regional or National USA Gymnastics event. Each region will offer a re-test opportunity, if necessary. All re-tests must be completed by December 31, 2005.
- ◆ Current National-rated judges be required to score a minimum of 80% on the written exam to retain their National rating (with one re-test by a WTC member allowed).
- ◆ First-time participants at the National Judges' Course be required to score a minimum of 80% on both the written and practical exams to achieve a National rating. One re-test opportunity by a WTC member will be allowed.

Level 10 Re-certification courses will be offered to any individual who has passed the Level 10 exam two times (once in the current 2001 - 2005 cycle and once in the previous cycle). The Level 10 Re-certification Courses will be offered at the WTC Symposiums held in conjunction with the Master Compulsory Workshops (first two weekends in June, 2005), the NAWGJ National Symposium July 14-17 and the USA Gymnastics National Congress Aug. 11-13, 2005. Since the Level 10 Re-certification Courses will once again be offered (with self-testing only), any individual who fails to meet the minimum standard to pass the National Course will automatically receive a Level 10 rating.

A special thank you to **NAWGJ** for all of their help at **Level 9/10 and Level 8 Regionals** with supplying the auxiliary judges. **Gwyned Bius**, Georgia NAWGJ, assigned or coordinated the help of Georgia NAWGJ at the Level 9/10 Regionals. **Cookie Batsche** worked with the Florida NAWGJ to provide volunteers for the Level 8 Regionals as well as Level 10 Junior Olympic Nationals. Thank you!

All Around News

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

Another competition season is coming to a close and Region 8 has never looked better. The quality of gymnastics at both the Level 8 and Level 9 & 10 Regionals was incredible as well as the performance of our athletes at the National Championships. It is with great expectation that I look forward to the 2004-2005 competition season especially in this Olympic year. As everyone knows this will be the last year of the current compulsory routines. I think you will be very pleased with the new routines that will be presented in June 2005. The JO Committee met this past weekend and there are several changes that will be implemented this coming season as well as for the new cycle. As soon as the minutes are approved by the office they will be posted on the web and in *Technique*. Although we got a chance to review the results of the JO Survey, the finalizing of the new compulsory routines took most of our time. This in turn means that you have more time to give us your input on what you would like the level 7-10 optional rules to look like for the next cycle. Our next national meeting will be Oct. 6 so please get your suggestions in to me as soon as possible.

With summer right around the bend we are looking forward to our regional training camps. The **Future Stars Camp** will be held in **Tampa, July 9-10** in conjunction with the **Tops Testing** and the **Level 8 & 9 Training Camp** will be held in **St. Petersburg, July 23-25**. These camps usually fill up very quickly so it is imperative that you get your entry in early. Remember that these camps succeed because of volunteers like you. If you haven't signed up to work one of the camps, I urge you to do so as soon as possible. All of the proceeds from these camps go back to our athletes and to Region 8. In closing I would like to take a moment out to thank each and every one of you for your support of Region 8 and our athletes. It is with great pride and honor that I represent you on the Junior Olympic Committee. Please feel free to contact me if I can be of any assistance to you.

Financial Report 1/1/04 - 3/31/04

INCOME:

Clinics/Workshop	- - - - -	850.00
Competition Fees	- - - - -	1,090.50
Competitions	- - - - -	1,125.00
Donations	- - - - -	1,080.00
Promotional	- - - - -	25.00
Rebates Athlete	- - - - -	2,309.50
Rebates Pro	- - - - -	2,163.60

Total Income - - - - - \$8,643.60

EXPENSES:

Awards/Apparel	- - - - -	6,393.51
Travel - Meetings	- - - - -	2,860.59
Clinics/Workshop Exp.	- - - - -	4,979.31
Communications	- - - - -	8,698.72
Office	- - - - -	527.17
Total Expenses	- - - - -	<u>\$ 23,459.30</u>

Total Income / Expenses - \$ -14,815.70

Don't run out of time!

Volunteer now to help with Training Camps

BID FORM FOR

2005 Future Stars Training Camp • TBD, 2005

2005 Level 8 & 9 TRAINING CAMP • July 29-31, 2005

2005 Level 9, 10 & Elite REGION 8 TRAINING CAMP • Oct. TBD, 2005

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 LEVEL 8 & 9 LEVELS 9, 10 & ELITE

SITE COORDINATOR _____

ADDRESS _____

PHONE (gym) _____ (home) _____

Email: _____ @ _____

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) _____ # OF BEAMS(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 May 28, 2004

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 (TBD), 2006

Level 9 & 10 Regionals

April 6-9, 2006

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 _____

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 May 28, 2004

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

REGISTRATION FEE \$195.00

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

sragle@bellsouth.net

Marian Dykes

mariandykes@aol.com

FOR OFFICE USE ONLY:

DATE RECEIVED:

AMOUNT RECEIVED:

CHECK #

PAID BY:

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:

\$195.00 After March 20th/On-Site

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

sragle@bellsouth.net

Region 8 Congress 2004 Schedule

June 3-6, 2004

Sheraton Music City, Nashville, TN

TENTATIVE SCHEDULE: Every attempt has been made to obtain complete course descriptions. Final details were not available for this printing. Additional Clinicians and topics will be added as Championship of USA competitors are confirmed.

Check for updates at www.Region8Gymnastics.org

TIME	EVENT	SPEAKER
Wednesday, June 2, 2004		
3:00 - 9:00 Registration for Congress - Plantation Lobby		
9:00 am - 11:30 am	Region 8 State Chairman Workshop - CLOSED	<i>Debby Kornegay</i>
1:00 pm - 10:00 pm	Region 8 Board Meeting - CLOSED	<i>Debby Kornegay</i>
2:00 pm - 9:00 pm	KAT - PRE-REGISTRATION REQUIRED	<i>Judy Weckerly</i>
5:00 pm - 9:00 pm	Safety Certification - PRE-REGISTRATION REQUIRED	<i>Chris Calvert</i>
5:00 pm - 10:00 pm	Judges Certification Exam (Written & Film) - PRE-REGISTRATION REQUIRED	<i>René Niccollai</i>
Thursday, June 3, 2004		
8:00 am - Registration for Congress - Plantation Lobby		
8:50 am - 9:45 am	Understanding Giant Swings for Blind Changes and Beyond	<i>Larry Denham</i>
	JO Update	<i>Maloney, Padron, Dykes</i>
	Pre-School	<i>Sandi Stevens</i>
	Ballet on Beam	<i>Melisse Makaroff</i>
	Communicating with Staff	<i>Judy Weckerly</i>
9:45 am - 10:05 am	Visit the Exhibition Hall for a Coffee Break	
10:05 am - 11:00 am	Preschool 101	<i>Lee Ann Denham</i>
	Overcoming Bar Phobia	<i>Cookie Batsche</i>
	Microsoft Office for Computers	<i>TG Hawkins</i>
	Spotting Bars - Part I	<i>Bob Valley</i>
11:10 am - 12:05 pm	Level 7	<i>Elena Piskun</i>
	Level 4 thru Optional Vault	<i>Paul Padron</i>
	Unusual Judging Situations	<i>René Niccollai</i>
	Spotting Bars - Part II	<i>Bob Valley</i>
	Business	<i>Tom Burgdorf</i>
12:05 pm - 1:30 pm	LUNCH ON YOUR OWN	
12:05 pm - 1:30 pm	NAWGJ / USAG Regionals Board Lunch - CLOSED	
1:30 pm - 2:20 pm	Level 8 Jumps and Tumbling	<i>Elena Piskun</i>
	Comparison of Amp. & Exec. on Optional Tumbling	<i>Connie Maloney</i>
	Pre-School	<i>Sandi Stevens</i>
	Business	<i>Tom Burgdorf</i>
	Beginning Optional Bars Level 7 & 8	<i>Brad Harris</i>
2:30 pm - 3:20 pm	Advanced Computer Skills	<i>TG Hawkins</i>
	Judging Optional Vault	<i>Paul Padron</i>
	Lost in Translation - Organizational Dis-Ease Part I	<i>Linda Johnson</i>
3:20 pm - 3:40 pm	Visit the Exhibition Hall for a Coffee Break	
3:40 pm - 4:30 pm	Level 7 Bars - Do the Circles Have you Going in Circles?	<i>Connie Maloney</i>
	Making a Smooth Transition from Compulsories to Optionals	<i>Brad Harris</i>
	Lost in Translation - Organizational Dis-Ease Part II	<i>Linda Johnson</i>
5:00 pm - 10:00 pm	American Association of Cheerleading Safety Course - PRE-REGISTRATION REQUIRED	<i>Chris Calvert</i>

Region 8 Congress 2004 Schedule (Continued)

TENTATIVE SCHEDULE: Every attempt has been made to obtain complete course descriptions. Final details were not available for this printing. Additional Clinicians and topics will be added as Championship of USA competitors are confirmed. Check for updates at www.Region8Gymnastics.org

Friday, June 4, 2004

8:00 am Registration for Congress - Plantation Lobby

8:50 am - 5:30 pm	NAWGJ National Board - CLOSED	<i>Carole Ide</i>
8:50 am - 9:45 am	Judges Morning Wake Up	<i>Melisse Makaroff</i>
	Express Yourself	<i>Linda Johnson</i>
	Common Orthopedic Injuries in the Female Gymnasts	<i>David Marshall, MD</i>
	Release Moves on Bars: Seeing the Difference	<i>Cookie Batsche</i>
	Parents & Tots (Part I)	<i>Judy Weckerly</i>
9:45 am - 10:05 am	Visit the Exhibition Hall for a Coffee Break	
10:05 am - 11:00 am	Running a Great Meet	<i>Paul Padron, Deb Walls Tim Keckler, Diane Berry</i>
	Teaching & Understanding Bar Skills Levels 4-6	<i>Dennis Hayden</i>
	Optional Bars - Execution vs Composition	<i>Connie Maloney</i>
	Parents & Tots (Part II)	<i>Judy Weckerly</i>
11:10 am - 12:05 pm	Beam Artistry	<i>Linda Johnson</i>
	Triad Issues in the Female Gymnasts	<i>David Marshall, MD</i>
	Getting the Most Out of Our Athletes in Today's Society (Train in 20 hours or less)	<i>Brad Harris</i>
	What is that Vault?	<i>Cindy McLane</i>
	Business	<i>Tom Burgdorf</i>
12:05 pm - 1:30 pm	LUNCH ON YOUR OWN	
1:30 pm - 2:05 pm	USAG Open Meeting	<i>Deb Kornegay</i>
2:15 pm - 3:10 pm	Systematizing Your Recreational Program for Success	<i>Brad Harris</i>
	How to Stay on the Beam	<i>Tanya Hayden</i>
	Clean Sweep for Your Computer - Part I	<i>TG Hawkins</i>
	Comparison of Amplitude & Execution on Compulsory Tumbling	<i>Connie Maloney</i>
	Teaching Gross Motor Skills	<i>Judy Weckerly</i>
3:10 pm - 3:30 pm	Visit the Exhibition Hall for a Coffee Break	
3:30 pm - 4:25 pm	Pirouetting on Bars	<i>Tim Rand, René Niccollai</i>
	Floor Choreography	<i>Linda Johnson</i>
	Leaps, Jumps & Turns	<i>Cindy McLane</i>
	Business	<i>Tom Burgdorf</i>
4:35 pm - 5:30 pm	Saltos on Beam; From Drills to Competition	<i>Tim Rand</i>
	Starting a Cheerleading Program in Your Gym	<i>Dennis Hayden</i>
	The Importance of Dance	<i>Lucy Fox</i>
	Comparing Execution & Amplitude on Acro Elements on Balance Beam	<i>Connie Maloney</i>
	A Fly Girls Top Ten Coaching Tips	<i>Diane Hewlitt</i>
6:00 pm - 7:00 pm	Silent Auction	
7:00 pm - 12:00 am	Banquet and Entertainment	

Region 8 Congress 2004 Schedule (Continued)

TENTATIVE SCHEDULE: Every attempt has been made to obtain complete course descriptions. Final details were not available for this printing. Additional Clinicians and topics will be added as Championship of USA competitors are confirmed. Check for updates at www.Region8Gymnastics.org

Saturday, June 5, 2004

8:50 - 9:45 am	Teaching Beginning Vault: Running, Hurdling, Punching the Board, Preflight, Repulsion - Part I	<i>Jim Gault</i>
	Preschool Skills & Themes	<i>Lee Ann Denham</i>
	2005 Compulsories	<i>Connie Maloney, Paul Padron</i>
	Composition	<i>René Niccollai</i>
9:45 am - 10:05 am	Visit the Exhibition Hall for a Coffee Break	
10:05 am - 11:00 am	Teaching Beginning Vault Continued - Part II	<i>Jim Gault</i>
	Dance Back to Basics	<i>Linda Johnson</i>
	Hands on Spotting Basic Tumbling - Part I	<i>Bob Valley</i>
	Business	<i>Tom Burgdorf</i>
11:10 am - 12:05 pm	Preschool Warm-up	<i>Judy Weckerly</i>
	Hands on Spotting Basic Tumbling - Part II	<i>Bob Valley</i>
	Series on Beam	<i>Paul Padron, Marian Dykes</i>
12:05 pm - 1:30 pm	LUNCH ON YOUR OWN	
1:30 pm - 2:20 pm	Teaching a Full Step by Step	<i>Dennis Hayden</i>
	Clean Sweep for Your Computer - Part II	<i>TG Hawkins</i>
	Dynamic Alignment	<i>Linda Johnson</i>
2:30 pm - 3:20 pm	Floor Choreography 101	<i>Tanya Hayden</i>
	Business	<i>Tom Burgdorf</i>
	How Much Should I Deduct?	<i>Paul Padron</i>
3:20 pm - 3:40 pm	Visit the Exhibition Hall for a Coffee Break	
3:40 pm - 4:30 pm	Yurchenko Drills	<i>Dennis Hayden</i>
	Common Sense Physics Tumbling	<i>Larry Denham</i>
	Ideas, Ideas - More Ideas for Preschool Classes	<i>Judy Weckerly</i>
	Cheerleading Choreography	<i>Chris Calvert</i>

Sunday, June 6, 2004

9:00 am - 5:00 pm	NAWGJ Workshop - CLOSED	<i>Carole Ide</i>
12:00 pm - 1:00 pm	SJD Luncheon - CLOSED	<i>Carole Ide</i>

Sheraton Music City

(615) 885-2200

Room Rate: \$110.00 per night

(Ask for Region 8 Congress)

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Reserve Early!

Lots of Southern Charm!

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: May 28, 2004

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 May 21, 2004

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 • **DebGK@Bellsouth.net**

WEGA

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*All available for rental at
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and SAVE more than 50% on

The Gymnastics Library

(Each item bought individually would total more than \$500)

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The CD-ROM includes the following book and report titles:

- Welcome to the Team Manual
- Employee Manual: Gymnastics
- Gymnastics Business Forms
- 101 Ways to Increase Class Enrollment
- How to Create Exciting Lesson Plans
- Safety Basics Every Gymnastics Instructor Should Know
- Gymnastics: A Guide for Parents and Athletes
- Hire Great Gymnastics Coaches and Instructors
- Fabulous Brochures and Newsletter
- GymText (all five disks!)
- Raising Funds for the Team!
- The Flip Flop Clinic
- Gymnastics Progressions
- Run a Great Gymnastics Meet
- Employee Job Descriptions
- Planning an Exhibition
- Gymnastics Birthday Party Program
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Updated Changes from WTC & JO May 2004 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" x 8½" card. Cards are color coded by event and level. **UPDATED 6/02.**

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 8/04**

LEVEL 7 OPTIONAL CARD

Price \$2.00

8½" x 11" cardstock with Level 7 rules and requirements. **UPDATED 8/06/03**

OMNI CARD

Price \$6.00

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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 8/04**

NCAA OMNI CARD

Price \$6.00

Same as above with NCAA requirements.

WALL CHARTS

Price \$12.00

6 - 1 sided charts

Easy reference of Value Parts. Just like the code size charts but enlarged to 11" x 17" to hang on the gym wall. The skills are all written out in ENGLISH as well as shorthand symbols. **UPDATED 8/04**

CONTACT: DEBBY KORNEGAY

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email: DebGK@Bellsouth.net

All Around News

Region 8 will honor our 2004 National Champions at a banquet at Region 8 Congress in Nashville, TN on Friday, June 4th

LEVEL 9	Kristin Taylor	NC	GymCarolina	All Around, Bars & Beam
	Reema Zakharia	FL	Universal	Vault
	Talita Norberto	FL	Orlando Metro	Floor
	Hannah Meyer	GA	Gymn. Academy of Atlanta	All Around
	Kristin Fiorello	LA	North Shore	Floor
	Cameron White	NC	Salem	Floor
LEVEL 10	Brittney Emmons	FL	First City	Floor
	Amanda Castillo	FL	Orlando Metro	Floor
	Brandi George	FL	Orlando Metro	Beam
	Tatjana Thuener-Rego	FL	Universal	Floor
	Abby Stack	NC	International	Floor
	Tiffany Murry	FL	Orlando Metro	All Around, Vault, Bars

LEVEL 10 JUNIOR OLYMPIC NATIONALS TEAM

Congratulations to the gymnasts that placed in the TOP 4 ALL AROUND in their respective age groups!

Jacquelyn Holmes	NC	Southeastern
Brandi George	FL	Orlando Metro
Tatjana Thuener-Rego	FL	Universal
Abby Stack	NC	International
Tiffany Murry	FL	Orlando Metro

2004 USA GYMNASTICS

LEVEL 10 REGION 8 NATIONAL RESULTS

TEAM STANDINGS

JUNIOR A

1	Region 5	189.100
2	Region 7	185.600
3	Region 2	184.575
6	Region 8	182.750

JUNIOR B

1	Region 5	189.325
2T	Region 3	186.475
2T	Region 1	186.475
4	Region 8	185.575

JUNIOR C

1	Region 5	188.250
2	Region 1	186.175
3	Region 7	185.150
4	Region 8	184.825

JUNIOR D

1	Region 5	190.550
2	Region 7	190.125
3	Region 1	188.975
5	Region 8	185.575

SENIOR A

1	Region 1	187.000
2	Region 7	185.450
3	Region 8	185.850

SENIOR B

1	Region 5	189.125
2	Region 3	187.875
3	Region 8	186.500

SENIOR C

1	Region 1	187.775
2	Region 8	186.900
3	Region 3	186.800

SENIOR D

1	Region 1	189.200
2	Region 8	188.375
3	Region 5	187.350

OVERALL TEAMS

1	Region 5	54	5	Region 3	33
2	Region 1	52	6	Region 4	30
3	Region 8	43	7	Region 2	21
4	Region 7	41	8	Region 6	15

All Around News

2004 LEVEL 10 REGION 8 NATIONAL RESULTS

April 30 - May 2 • Orlando, Florida

JUNIOR A

VAULT

8T **Britney Taylor** River City - TN 9.425

FLOOR

8T **Kyra Platt** Coast Elite - FL 9.450

JUNIOR B

VAULT

8 **Gloria Johnson** Elite - LA 9.625

9T **Brittney Emmons** First City - FL 9.600

FLOOR

1 **Brittney Emmons** First City - FL 9.625

10T **Gloria Johnson** Elite - LA 9.450

JUNIOR C

ALL AROUND

3 **Jacquelyn Holmes** Southeastern - NC 38.050

VAULT

7T **Jacquelyn Holmes** Southeastern - NC 9.550

BARS

3 **Jacquelyn Holmes** Southeastern - NC 9.550

9T **Alexandria Cavaretta** North Shore - LA 9.375

BEAM

4 **Jacquelyn Holmes** Southeastern - NC 9.550

5T **Brigitte Kivisto** Amer. Twisters - FL 9.525

10T **Madison Andrews** High Point - NC 9.325

FLOOR

7T **Jacquelyn Holmes** Southeastern - NC 9.400

JUNIOR D

BARS

4 **Amanda Castillo** Orlando Metro - FL 9.575

FLOOR

1 **Amanda Castillo** Orlando Metro - FL 9.675

6T **Stephanie Albert** Southern Starz - FL 9.500

SENIOR A

ALL AROUND

4T **Brandi George** Orlando Metro - FL 37.625

VAULT

6T **Margaux Meeks** Orlando Metro - FL 9.525

8T **Brandi George** Orlando Metro - FL 9.500

BEAM

1 **Brandi George** Orlando Metro - FL 9.550

FLOOR

6T **Brandi George** Orlando Metro - FL 9.475

10T **Amanda Morales** North Shore - LA 9.425

SENIOR B

ALL AROUND

2 **Tatjana Thuener-Rego** Universal - FL 38.200

BARS

3 **Tatjana Thuener-Rego** Universal - FL 9.550

9T **Courtney Achter** High Point - NC 9.375

BEAM

3T **Tatjana Thuener-Rego** Universal - FL 9.500

3T **Natalie Rubinstein** Park Avenue - FL 9.500

FLOOR

1 **Tatjana Thuener-Rego** Universal - FL 9.725

4 **Natalie Rubinstein** Park Avenue - FL 9.550

SENIOR C

ALL AROUND

4 **Abby Stack** International - NC 37.800

7T **Yuki Lamb** Premier Knox. - TN 37.400

VAULT

2 **Ashley Armour** Classic City - GA 9.650

3T **Yuki Lamb** Premier Knox. - TN 9.600

5 **Lesley Valenty** LaFleur's-Largo - FL 9.575

10T **Abby Stack** International - NC 9.500

BARS

4 **Abby Stack** International - NC 9.525

FLOOR

1 **Abby Stack** International - NC 9.675

3T **Ashley Armour** Classic City - GA 9.550

SENIOR D

ALL AROUND

1 **Tiffany Murry** Orlando Metro - FL 38.450

9 **Ashley Reed** Orlando Metro - FL 37.675

VAULT

1T **Tiffany Murry** Orlando Metro - FL 9.725

3 **Ashley Reed** Orlando Metro - FL 9.675

BARS

1 **Tiffany Murry** Orlando Metro - FL 9.675

3T **Ashley Reed** Orlando Metro - FL 9.550

BEAM

5T **Tiffany Murry** Orlando Metro - FL 9.475

5T **Audrey Bowers** Gwinnett - GA 9.475

FLOOR

3 **Tiffany Murry** Orlando Metro - FL 9.575

8T **Audrey Bowers** Gwinnett - GA 9.500

All Around News

2004 LEVEL 9 EASTERN CHAMPIONSHIPS - REGION 8

April 23 - 25 • Virginia Beach, Virginia

JUNIOR A

ALL AROUND

1st	Kristin Taylor	GymCarolina-NC	37.350
2nd	Talita Norberto	Orlando Metro-FL	37.050
3rd	Madison Turchin	Brandy Johnson's-FL	37.025
10th	Cheryne Hammond	Orlando Metro-FL	36.675

VAULT

1st	Reema Zakharia	Universal-FL	9.200
6th T	Madison Turchin	Brandy Johnson's-FL	9.100
6th T	Jaleesa Wilson	GymCarolina-NC	9.100

BARS

1st	Kristin Taylor	GymCarolina-NC	9.525
5th	Alyssa Adrian	Tampa Bay Turners-FL	9.350
7th	Talita Norberto	Orlando Metro-FL	9.325
8th	AnnaLisa Drummond	Bay City-FL	9.300

BEAM

1st	Kristin Taylor	GymCarolina-NC	9.675
4th	Madison Turchin	Brandy Johnson's-FL	9.325
6th T	Cheryne Hammond	Orlando Metro-FL	9.250
6th T	Jami Woodling	Elite-LA	9.250
10th	Reema Zakharia	Universal-FL	9.225

FLOOR

1st	Talita Norberto	Orlando Metro-FL	9.550
3rd	Madison Turchin	Brandy Johnson's-FL	9.425
5th	Abbey Habicht	Orlando Metro-FL	9.400
9th T	Kari Dieffenderfer	Gwinnett-GA	9.350
9th T	Alex Deluca	Ace-FL	9.350

JUNIOR B

ALL AROUND

3rd	Elyse Breit	Ace-FL	37.100
5th	Rachel Breit	Ace-FL	36.950
6th	Briana Melander	Tampa Bay Turners-FL	36.875
8th	Ashanee Dickerson	Gym Unlimited-FL	36.800

VAULT

3rd	Rachel Breit	Ace-FL	9.250
8th	Melissa Hamel	North Shore-LA	9.175

BARS

6th	Kali Dunning	Suncoast-FL	9.350
-----	---------------------	-------------	-------

BEAM

2nd	Elyse Breit	Ace-FL	9.400
6th T	Briana Melander	Tampa Bay Turners-FL	9.300
6th T	Jordan Windschauer	Tampa Bay Turners-FL	9.300

FLOOR

3rd T	Elyse Breit	Ace-FL	9.475
3rd T	Jessica Gil	Park Avenue-FL	9.475
7th	Rachel Breit	Ace-FL	9.425
8th	Veronica Ridgley	Elmwood-LA	9.400

JUNIOR C

ALL AROUND

1st	Hannah Meyer	Gym Acad. of Atl.-GA	37.375
3rd	Kristin Fiorello	North Shore-LA	37.175

VAULT

4th	Hannah Meyer	Gym Acad. of Atl.-GA	9.275
6th	Mariel Box	Cartersville-GA	9.250

BARS

3rd	Mariel Box	Cartersville-GA	9.375
6th	Meg Harris	Brandy Johnson's-FL	9.325
8th T	Hannah Meyer	Gym Acad. of Atl.-GA	9.300
8th T	Shannon Walpole	Electric City-SC	9.300

BEAM

3rd T	Hannah Meyer	Gym Acad. of Atl.-GA	9.375
3rd T	Kristin Fiorello	North Shore-LA	9.375
7th	Taylor Brown	GymCarolina-NC	9.175

FLOOR

1st	Kristin Fiorello	North Shore-LA	9.550
3rd	Mariel Box	Cartersville-GA	9.500
6th T	Meg Harris	Brandy Johnson's-FL	9.475
6th T	Madeline Edwards	High Point-NC	9.475

SENIOR A

ALL AROUND

3rd	Megan Mashburn	Electric City-SC	36.750
6th	Cameron White	Salem-NC	36.500
8th	Natalie Parrish	United-AL	36.300

VAULT

2nd	Megan Mashburn	Electric City-SC	9.300
4th	Devin Corgan	Moultrie YMCA-GA	9.175
7th	Cameron White	Salem-NC	9.100

BARS

8th T	Megan Mashburn	Electric City-SC	9.125
8th T	Sarah Bankhead	Elite-LA	9.125
8th T	Courtney Corrao	Flip Factory-FL	9.125

BEAM

8th T	Natalie Parrish	United-AL	9.125
8th T	Brittany Dutton	Gwinnett-GA	9.125
10th	Cameron White	Salem-NC	9.100

FLOOR

1st	Cameron White	Salem-NC	9.400
6th	Sarah Bankhead	Elite-LA	9.350
8th T	Megan Mashburn	Electric City-SC	9.300
8th T	Jacqueline Higuieris	LaFleur's Largo-FL	9.300

SENIOR B

ALL AROUND

5th	Lindsey Shilling	Orlando Metro-FL	36.625
7th	Ashley Kerr	Orlando Metro-FL	36.325
8th	Sloan Burdick	Tallahassee-FL	36.150

All Around News

2004 LEVEL 9 EASTERN CHAMPIONSHIPS - REGION 8

April 23 - 25 • Virginia Beach, Virginia

SENIOR B (cont'd.)

VAULT			
2nd	Ashley Kerr	Orlando Metro-FL	9.350
BARS			
2nd	Sloan Burdick	Tallahassee-FL	9.350
BEAM			
2nd	Lindsay Weber	Tampa Bay Turners-FL	9.300
7th	Lindsey Shilling	Orlando Metro-FL	9.100
8th T	Stephanie Schinaman	GymCarolina-NC	9.075
8th T	Rhiannon Daniel	North Shore-LA	9.075
FLOOR			
3rd	Ashley Kerr	Orlando Metro-FL	9.400
6th	Lindsey Shilling	Orlando Metro-FL	9.375
7th	Lindsay Weber	Tampa Bay Turners-FL	9.350

SENIOR C

ALL AROUND			
10th	Brett Halas	Raleigh-NC	36.275
VAULT			
2nd	Brett Halas	Raleigh-NC	9.400
9th	Nia Dillard	Bay City-FL	9.125
BARS			
2nd	Justina Evans	Orlando Metro-FL	9.325
4th	Ashley Ford	Bama Bounders-AL	9.225
5th	Nia Dillard	Bay City-FL	9.200
BEAM			
6th	Jorgette Simpson	Countryside-NC	9.125
FLOOR			
6th	Marie Boyette	Sarasota YMCA-FL	9.350

2004-2005

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

- **Region 8 Clubs**
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All Around News

2004 USA GYMNASTICS
LEVEL 10 REGIONAL CHAMPIONSHIPS
Gwinnett Gymnastics - Atlanta, GA - April 2-4, 2004
NATIONAL QUALIFIERS

LEVEL 10 JUNIOR A

1	Kyra Platt	FL	Coast Elite	37.425
2	Kimberly Jacob	NC	GymCarolina	37.225
3	Rheagan Courville	LA	Elite	37.075
4	Britney Taylor	TN	River City	36.700
5	Haley Bodenheimer	NC	Gym Company	36.625
6	Moriah Martin	FL	Ace	36.325
7	Karlyann Santiago	FL	Coast Elite	36.025

LEVEL 10 JUNIOR B

1	Gloria Johnson	LA	Elite	38.175
2	Brittney Emmons	FL	First City	37.425
3	Clare Gregetti	FL	Browns Alt. Springs	37.350
4	Kristina Beck	FL	Starlight Gym	37.025
5	Daneen Haba	MS	USA Gymstars	36.575
6	Kaitlin Kotler	LA	Elite	36.500
7	Andrea Mitchell	TN	TNT	36.475

LEVEL 10 JUNIOR C

1	Naja Johnson	GA	ASG - Tucker	37.725
2	Jacquelyn Holmes	NC	Southeastern	37.550
3	Madison Andrews	NC	High Point	37.325
4	Alexandria Cavaretta	LA	North Shore	37.300
5	Brigitte Kivisto	FL	American Twisters	37.225
6	Caitlin Woodson	TN	Tataru's	36.800
7	Jessica Young	NC	Southeastern	36.725

LEVEL 10 JUNIOR D

1	Jordan Sexton	NC	Southeastern	37.775
2	Christine Girard	FL	Orlando Metro	37.550
3	Stephanie Albert	FL	Southern Starz	37.375
4	Amanda Castillo	FL	Orlando Metro	37.325
5	Carmen Nelms	GA	ASG - Tucker	36.800
6	Kiersten Spoerke	GA	GGA - Law	36.550
7T	Michelle Vera	FL	Universal	36.500
7T	Dana Echols	GA	ASG - Tucker	36.500

All Around News

2004 USA GYMNASTICS LEVEL 10 REGIONAL CHAMPIONSHIPS

Gwinnett Gymnastics - Atlanta, GA - April 2-4, 2004

NATIONAL QUALIFIERS

LEVEL 10 SENIOR A

1	Brandi George	FL	Orlando Metro	38.375
2	Margaux Meeks	FL	Orlando Metro	37.825
3	Amanda Morales	LA	North Shore	37.675
4	Lauren Sessler	GA	Gwinnett	37.425
5	Yvette Triay	LA	North Shore	37.275
6	Emily Bridgers	GA	Gwinnett	36.925
7	Monica Lucas	NC	Salem	36.775

LEVEL 10 SENIOR B

1	Tatjana Thuener-Rego	FL	Universal	38.400
2	Ashley French	FL	Brandy Johnson's	37.450
3	Ashley O'Neal	GA	GAA	37.400
4	Vanessa Rodriguez	FL	Universal	37.350
5	Natalie Rubinstein	FL	Park Avenue	37.300
6	Courtney Achter	NC	High Point	37.225
7	Kristen Cabibi	FL	American Twisters	37.175

LEVEL 10 SENIOR C

1	Abby Stack	NC	International	38.450
2	Christina Suhr	FL	Orlando Metro	37.875
3	Kristen O'Shields	GA	Cartersville	37.625
4	Yuki Lamb	TN	Premier - Knoxville	37.500
5	Ashley Armour	GA	Classic City	37.325
6	Lesley Valenty	FL	LaFleur's Largo	37.050
7	Maalika Moore	FL	Tampa Gym	36.500

LEVEL 10 SENIOR D

1	Ashley Reed	FL	Orlando Metro	38.825
2	Tiffany Murry	FL	Orlando Metro	38.175
3	Tawna Bennett	FL	Gymnastics Unlimited	37.375
4	Tiffany Robinson	AL	United	37.350
5T	Audrey Bowers	GA	Gwinnett	37.300
5T	Jolene Worley	FL	Orlando Metro	37.300
7	Beth Bronson	FL	North Florida	37.200

All Around News

2004 USA GYMNASTICS

LEVEL 9 REGIONAL CHAMPIONSHIPS

Gwinnett Gymnastics - Atlanta, GA • April 2-4, 2004

NATIONAL QUALIFIERS

LEVEL 9 JUNIOR A

1T	Kristin Taylor	NC GymCarolina	37.375
1T	Talita Norberto	FL Orlando Metro	37.375
3	Madison Turchin	FL Brandy Johnson's	37.325
4	Abbey Habicht	FL Orlando Metro	37.250
5	AnnaLisa Drummond	FL Bay City Gymn.	36.975
6	Jaleesa Wilson	NC GymCarolina	36.950
7	Michelle Shealy	GA Gwinnett	36.600
8	Morgan Derner	FL Ace	36.725
9T	Kari Dieffenderfer	GA Gwinnett	36.600
9T	Reema Zakharia	FL Universal	36.600
11	Alyssa Adrian	FL Tampa Bay Turners	36.550
12	Alex Deluca	FL Ace	36.500
13T	Alexia Armias	FL St. Cloud	36.425
13T	Cheryne Hammond	FL Orlando Metro	36.425
13T	Jami Woodling	LA Elite	36.425

LEVEL 9 JUNIOR B

1	Rachel Breit	FL Ace	37.725
2	Briana Melander	FL Tampa Bay Turners	37.275
3	Melissa Hamel	LA North Shore	37.100
4	Elyse Breit	FL Ace	37.025
5	Samantha Isaacs	FL American Twisters	37.000
6	Jessica Gil	FL Park Avenue	36.775
7T	Veronica Ridgley	LA Elmwood	36.525
7T	Sarah Mackey	FL Orlando Metro	36.525
9	Kali Dunning	FL Suncoast Gym	36.400
10T	Ashanee Dickerson	FL Gymnastics Unlimited	36.350
10T	Kelsey Carver	TN Tumble Kids Gymn.	36.350
10T	Amanda McCune	FL Ace	36.350
13	Jordann Windschauer	FL Tampa Bay Turners	36.300
14	Victoria Spreen	LA North Shore	36.175

LEVEL 9 JUNIOR C

1	Mariel Box	GA Cartersville	37.425
2	Kristin Fiorello	LA North Shore	37.325
3	Hannah Meyer	GA Ga. Acad. Of Atlanta	36.975
4T	Shannon Walpole	SC Electric City	36.925
4T	Ashton Morgan	LA Elite	36.925
6	Alyssa Collins	FL Tampa Bay Turners	36.850
7	Meg Harris	FL Brandy Johnson's	36.800
8	Taylor Brown	NC GymCarolina	36.750
9	Sabrina Thomas	GA Gwinnett	36.700
10T	Madeline Edwards	NC High Point	36.450
10T	Anna Kronenfeld	NC High Point	36.450
12	Megan Williams	NC High Point	36.400
13	Sydney Smith	NC Lacombe	36.325

All Around News

2004 USA GYMNASTICS LEVEL 9 REGIONAL CHAMPIONSHIPS NATIONAL QUALIFIERS

LEVEL 9 SENIOR A

1	Megan Mashburn	SC Electric City	36.925
2	Sarah Bankhead	LA Elite	36.375
3	Cameron White	NC Salem	36.350
4	Natalie Parrish	AL United	36.150
5T	Brittany Dutton	GA Gwinnett	36.050
5T	Allison Klauer	FL Gymnastics Unlimited	36.050
7	Jackie Dillon	SC Electric City	36.000
8T	Kara Gibbons	GA Ga. Gymn. Acad-Law.	35.950
8T	Milena Manrique	GA Islands	35.950
10T	Anna VanDerVoort	TN River City	35.900
10T	Shanna Breland	LA North Shore	35.900
12	Jacqueline Higueros	FL LaFleur's Largo	35.875
13	Courtney Corrao	FL Flip Factory	35.850
14	Devin Corgan	GA Moultrie YMCA	35.775

LEVEL 9 SENIOR B

1	Ashley Kerr	FL Orlando Metro	36.950
2	Lindsay Weber	FL Tampa Bay Turners	36.725
3	Karmin McNamara	FL LaFleur's Tampa	36.700
4T	Sloan Burdick	FL Tallahassee Gym	36.650
4T	Lindsey Shilling	FL Orlando Metro	36.650
6	Rhiannon Daniel	LA North Shore	36.350
7	Stephanie Schinaman	NC GymCarolina	36.050
8T	Ashley Shepard	SC Thomas Gymnastics	36.025
8T	Erica Moore	TN Let It Shine	36.025
10	Gina Ware	NC High Point	36.000
11T	Jenifer Voynovich	FL LaFleur's Largo	35.950
11T	Brittany Hunt	FL Tampa Bay Turners	35.590

LEVEL 9 SENIOR C

1	Ashley Ford	AL Bama Bounders	37.150
2T	Jeanne Barrera	FL Universal	36.275
2T	Nia Dillard	FL Bay City Gymnastics	36.275
4	Candace Riner	GA Dream It Gymnastics	36.200
5	Marie Boyette	FL YMCA Sarasota	35.925
6	Justina Evans	FL Orlando Metro	35.900
7T	Erin Switzer	GA Team Northwind	35.875
7T	Jorgette Simpson	NC Countryside	35.875
9T	Brett Halas	NC Raleigh	35.775
9T	Joana Everett	MS USA Gymstars	35.775

All Around News

2004 USA GYMNASTICS

LEVEL 8 REGIONAL CHAMPIONSHIPS

Lightning City Gymnastics, Tampa, FL • April 16-18, 2004

TEAM RESULTS



Level 8 State Teams

1	Florida	191.250
2	Louisiana	190.025
3	North Carolina	188.550
4T	Georgia	188.250
4T	Tennessee	188.250
6	South Carolina	184.325
7	Alabama	184.050
8	Mississippi	182.450

FLORIDA



Level 8 State Teams All Around Winners

JUNIOR TEAM

1	Taylor Jumonville	LA - Elite	38.375
2	Kailee Kovacs	FL - Orlando Metro	38.150
3	Ashtin Delatorre	LA - Elite	38.125
4	Samantha Vella	FL - Gymn. World	38.075
5T	Jaime Applefield	FL - Tampa Bay Turn.	37.975
5T	Victoria Upton	LA - North Shore	37.975
7	Sarah Ritchy	NC - Gym Company	37.700
8	Katlin Isaacs	NC - Salem	37.675
9T	Shannon Howerton	SC - Mega	37.650
9T	Hillary Poirrier	LA - Elite	37.650

LOUISIANA



SENIOR TEAM

1	Ashley Vila	FL - Park Avenue	38.200
2	Caitlin Martin	GA - Fantastic Gym	38.100
3	Amanda Lam	FL - Everglades	37.825
4	Lindsay DiSalvatore	FL - Orlando Metro	37.800
5T	Whitney Daugherty	GA - GAA-Atlanta	37.750
5T	Felicia Charles	FL - Park Avenue	37.750
7	Bethany Fuller	TN - Clarksville Elite	37.725
8T	Chelsea White	NC - Salem	37.575
8T	Heidi Olhausen	GA - Fantastic Gym	37.575
10	Melody Smith	TN - River City	37.425

NORTH CAROLINA

SUMMER NEWS EDITION
2004

All Around News

Level 8 State Teams

GEORGIA

MISSISSIPPI

ALABAMA

SOUTH CAROLINA

TENNESSEE

All Around News

2004 USA GYMNASTICS

LEVEL 8 REGIONAL CHAMPIONSHIPS

Lightning City Gymnastics, Tampa, FL • April 16-18, 2004

SESSION 1

1	Brianna Bautista	FL - Park Avenue	37.450
2	Janell Sargent	NC - Rose's	37.200
3	Samantha Musto	FL - Ace	37.100
4	Britni Strates	FL - Orlando Metro	37.050
5	Meagan Soderlund	GA - Roswell	36.925
6	Katherine Feyko	FL - Genie's	36.850
7	Taylor Calley	FL - Brandy Johnson's	36.825
8	Dacey Cockrill	TN - Excel Sports	36.775
9	Kennedy Mason	FL - First Coast	36.725
10T	Taylor Schick	GA - Gwinnett	36.700
10T	Whitney Pfohl	GA - N Metro Gymn. Ctr.	36.700
10T	Alexandra Porter	FL - Park Avenue	36.700

SESSION 2

1	Sasha Tichanovich	GA - Camden	38.200
1	MacKenzie Fanaro	FL - Orlando Metro	37.825
2	Sarena Bumbarger	FL - LaFleur's Largo	37.250
3	Lauren Rose	FL - Brandy Johnson's	37.200
4T	Danielle Levy	FL - Everglades	37.100
4T	Morgan Gunning	FL - Tampa Bay Turners	37.100
6	Shelby Lynch	FL - Starlight Gym	36.900
7	Brynn Fullmer	FL - LaFleur's Largo	36.825
8	Victoria Larvie	GA - Olympia	36.750
9	Chelsea Lunn	FL - Everglades	36.725
10	Leah Wilson	FL - Orlando Metro	36.625

SESSION 3

1T	Vanessa Cook	GA - Davis Flip Center	37.350
1T	Melissa Tomlin	FL - Bayside	37.350
3	Andrea Wellen	FL - Balcony Gym	37.200
4	Shelly Stirman	FL - Broadway	37.150
5	Nicole Abdo	FL - Tampa Bay Turners	37.000
6	Michaela Chernoch	FL - Gymnastics World	36.925
7	Alexa Bergeron	GA - Dream It	36.900
8	Danielle Kazakos	FL - LaFleur's Largo	36.825
9T	Courtney Anderson	FL - YMCA Challenge	36.775
9T	Cortney Halstead	FL - Brandy Johnson's	36.775

SESSION 5

1	Amy Clark	FL - Park Avenue	38.250
2	Stephanie Garber	FL - Brandy Johnson's	37.350
3	Mindy Richards	FL - Tampa Bay Turners	37.275
4	Sarah Simpson	FL - Broadway	37.175
5	Hillary Ackerman	GA - Southern Gym	37.050
6	Erica Rushing	LA - Elite	36.750
7	Kendall Swartz	FL - Trousdell Gym	36.625
8	Alexandria White	GA - Gwinnett	36.600
9	Kim Anaheim	FL - First Coast	36.525
10	Cori Padgett	FL - Brandy Johnson's	36.425

SESSION 6

1	Melanie Blohm	FL - Everglades	37.925
2	Amanda Braget	FL - US Gold	37.500
3	Melissa Cochran	FL - American Twisters	37.450
4	Lauren Pacetti	FL - Tampa Gym	37.325
5	Katie Balic	FL - Brandy Johnson's	37.175
6	Nicole Siciliano	FL - Orlando Metro	37.125
7	Alex Smith-Prance	FL - LaFleur's Largo	37.000
8	Kirsten Treglown	FL - Southern Starz	36.925
9	Laura Harrell	NC - Rose's	36.825
10	Erin Hutfilz	TN - Charles Harding	36.725

Level 8 & 9 Training Camp

July 23-25, 2004
Tampa Bay Turners
Tampa, Florida

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REGION 8 WEB PAGE: Region8gymnastics.org

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