



All Around News

Nominations

Deb Kornegay, RACC



A call for nominations for Region 8 Junior Olympic Committee Chairman and Technical Committee Chairman will be issued in the Winter 2005 Region 8 Newsletter. The election will be held in the Spring of 2005. Terms for Regional Administrative Committee Chairman and Elite Committee

Chairman have been extended for two years by National Women's Administrative Committee. Nominations and elections for Administrative and Elite Committee Chairman will be held in 2007.

Level 9 & 10 Regional Schedule

Deb Kornegay, RACC

Due to the large number of competitors at Level 9 & 10 Regionals, competition will probably begin on Thursday night. In 2004 we competed from 8:00a.m. to 10:00p.m. Friday, Saturday and Sunday. With competition on Thursday, open workout time will be shortened or done away with. Please train your athletes accordingly.

2004 Region 8 Congress

Deb Kornegay, RACC

If you did not come to Nashville, boy did you miss it! Special thanks to **Marian Dykes, Sheila Ragle and their crew!** I can not say it any better than the quote from Deb Walls, Alabama USAG State Chairman:

"Thank you for the best to date congress in our history!!!! Everything from the credential holder to the pillows on the bed was First Class!!!! I am so proud to have the opportunity to work with all of you. You are our measurable assets!!!!"

First class, 5 Stars, beyond expectations! Well, you raised the bar again-you created an experience that not only educated our region, but gave us the well needed fellowship that keeps us the proud bearer of the standard known as Region 8!!!!!"

2004 Olympics - Athens

Deb Kornegay, RACC

WOW! What a great 10 days for gymnastics. NINE medals. I hope all of your gyms are busting at the seams with students. Aren't you proud? Even with all the controversy and the press trying to create negative vibes, gymnastics came away with a great image. Thank you athletes, coaches, judges and USA Gymnastics staff who made what seemed like an impossible dream come true for all of us.

2005-2006 Regionals

Deb Kornegay, RACC

Bids have been awarded for 2005 and 2006 Level 8 and 9 & 10 Regionals.

2005

Level 8 Regionals

April 8-10

Randy Sikora and Boca Twisters Ft Lauderdale, FL

Level 9 & 10 Regionals

April 14-17

Bob Valley and Masters Gymnastics Nashville, TN

2006

Level 9 & 10 Regionals

March 31-April 2

Jon Aardema and Gymnastics Academy of Atlanta Kennesaw, GA

Level 8 Regionals

April 7-9

James Linderholm and Huntsville Gymnastics Huntsville, AL

Deb Kornegay, RACC

Region 8 thanks **Lightning City Gymnastics** and **Tampa Bay Turners** for hosting Future Stars and Level 8 & 9 Training Camps. Both camps were very successful for athletes and coaches and raised money for the Region 8 Athlete Fund.



Region 8 also thanks **Diane Hewitt** from *Gymnastics Academy of Atlanta* for donating her fee for teaching at Region 8 Congress to Region 8. Also thanks go to **Alabama, North Carolina and Georgia** for donating funds won at the State Games contest to Region 8.

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Rules and Policies

Deb Kornegay, RACC

The 2004-2005 *Rules and Policies* is available online at

<http://www.usa-gymnastics.org/women/rulesand-policies/>.

You can also request a hard copy through USAG membership at

http://www.usa-gymnastics.org/membership/wrp_request.html

All changes are in **Bold**.

It is your responsibility as a Professional member to know all the rule and policies that affect our sport.

2005 Region 8 Congress

Deb Kornegay, RACC

Due to National Compulsory and Technical Workshops and Congress, Region 8 will not host a regional congress in the Summer of 2005. **We are planning to host Region 8 Congress with Level 9, 10 & Elite Training Camp October 7-9, 2005.** If you have a great gym with a quality hotel located close by, please consider bidding on Level 9, 10 & Elite Training Camp.

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.alausag.org
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

For links to above pages go to Region 8 web page
<http://www.region8gymnastics.org>

E-mail your vote and any comments by **September 24, 2004** to DebGK@Bellsouth.net.



The Internet Connection

Deb Kornegay, RACC

If you sign up for e-mail newsletter you will receive your Region 8 Newsletter 7-10 days before it can be received by regular mail. When the newsletter is ready to go to the printer to be printed, folded, stapled, labeled, stamped and mailed, it is ready to be zapped to you over the internet. This costs you NOTHING, but saves Region 8 money in printing and mailing costs. Sign up by e-mailing Deb at: DebGK@Bellsouth.net.

Please include your name, address and USAG# so that you can be pulled off the label sheets. You will be notified that we have received your request.

You can also sign up for Web page updates. Just e-mail Deb at DebGK@Bellsouth.net to sign up. Each time the Region 8 web page is updated you will receive an e-mail telling you the update and giving you a link to view the updated page.

State Calendars

Deb Kornegay, RACC

The state calendars that are normally listed in this edition of the Region 8 Newsletter are available on the web. Below are the links to each state's calendar:

Alabama	http://www.alausag.org/pages/calendar.html
Florida	http://www.usag-fl.org/fall04spring05.htm
Georgia	http://www.wutka.com/gymsched/showusagmeets.php
Louisiana	http://www.gymnasticsla.com/Calendar/LouisianaCalendar.htm
Mississippi	http://www.msusag.org/pages/Calendar.htm
No. Carolina	http://www.nc-usag.org/calendar.htm
So. Carolina	http://eteamz.active.com/scgym/files/04CompCal.pdf
Tennessee	http://www.tngym.org/calendar

All Around News

REGIONAL

Region 8 Rules and Regulations

Deb Kornegay, RACC

This Region 8 newsletter contains a copy of Region 8 Rules and Regulations. These Rules and Regulations are a compilation of rules from Region 8 Committee meeting minutes. Thank you to **Marian Dykes** for compiling this document.

Special Thank You

I would like to thank each of you for the Special Recognition Award given to me at Region 8 Congress. The glass sculpture is truly beautiful, but your recognition and love that I felt at the banquet mean much, much more. It is an honor to serve the outstanding members of Region 8 USA Gymnastics.

Debby Kornegay

Best State Newsletter and Web Page Awarded at National Congress

Deb Kornegay, RACC

Each year USA Gymnastics awards the silver quill award to the best state USAG newsletter in the nation and this year added an award for the best state web page. I am proud to announce that **Mississippi won the Silver Quill for the best State USAG newsletter and also the best state USAG web page.** Way to go **Nancy Hawkins! Deb Walls** won the **Regional Silver Quill award for the best newsletter in Region 8.** Congratulations to these ladies for keeping their membership informed.



Nancy Hawkins Deb Walls

Compulsory Elements Out of Order *by Marian Dykes, RTCC*

If a JO athlete omits a major element in a compulsory exercise and then performs it later (out of order) or at the completion of the routine, the deduction for deliberate omission will be applied. The element is not to be evaluated, except in the case of a fall, for which a 0.50 deduction will be applied. Once the deduction listed above is taken it is as if the skill does not exist. Do not take a second omission deduction for the same occurrence.

The following examples may help understand this new rule.

Level 5 Beam:

Routine 1 - Gymnast does the routine in the following order:

Mount, backward swing turn, Cross handstand, 1/2 turn, arabesque scale, arabesque, straight leg leap, 1/2 squat turn, cartwheel, 1/2 pivot turns (L&R), straight jump, straight jump, split jump, cartwheel dismount

No deduction - all elements done in order

Routine 2 - Gymnast does the routine in the following order:

Mount, backward swing turn, Cross handstand, 1/2 turn, arabesque scale, arabesque, straight leg leap, 1/2 squat turn, 1/2 pivot turns (L&R), two straight jumps & split

jump, cartwheel dismount — gets back on the beam and does the cartwheel

The routine is considered ended with the dismount. The cartwheel is considered changed or omitted — deduct 1.00 + 0.80 (the value of the element) = 1.80 total deduction, do not take execution for the cartwheel since it is considered omitted but take a fall if it occurs on the cartwheel. The time ends with the dismount; do not restart the time or take any execution deduction for getting back on the beam. The only deduction would be for a fall if it occurs on the cartwheel.

Routine 3 - Gymnast does the routine in the following order:

Mount, backward swing turn, Cross handstand, 1/2 turn, arabesque scale, arabesque, straight leg leap, 1/2 squat turn, cartwheel, 1/2 pivot turns (L&R), straight jump, split jump, straight jump, cartwheel dismount

One of the straight jumps are out of order, therefore changed or omitted — deduct 1.00 + 0.40 (the value of the element) = 1.40 total deduction, do not take execution on the second straight jump since it is considered omitted, but take a fall if it occurs on the second straight jump.

Have a great compulsory season.