

SUMMER EDITION



All Around News

VOL. 17

WWW.REGION8GYMNASTICS.ORG

2005



NEED BIDS NOW!!

Deb Kornegay, RACC

Region 8 USA Gymnastics needs bids for 2006. Please use the bid forms in this newsletter to bid for Region 8 events. Bids are needed for the following:

- Future Star Training Camps
- Level 8 & 9 Training Camp
- Level 9, 10 & Elite Training Camp
- Region 8 Congress

Bids are also open for 2007 **Level 8 Regionals** and **Level 9 & 10 Regionals**.

Region 8 Committee meets June 9th. Please note the deadline date for these bids are **JUNE 1st.**, so please fax or e-mail in your bid quickly. Let Deb Kornegay know by e-mail or phone that the bid is on the way. If you miss the June 1st date and still want to bid, go ahead and send it in. The Region 8 committee will meet again in Fall of 2005.

DebGK@Bellsouth.net or 205-951-0184

2005 Training Camps

Deb Kornegay, RACC

Registration forms for **Future Stars Florida, Future Stars South Carolina, Level 8 and 9 and Level 9, 10 & Elite Training Camps** are in this newsletter. As of print date of this newsletter, all camps have openings. Camps fill quickly! Get your registration form in **TODAY**.

To help make these camps outstanding for Region 8 athletes we need **YOU to volunteer** to work one or more of our training camps. Volunteer forms are available in this newsletter. **All funds raised at training camps go straight back to our athletes.** This money is used to provide apparel for athletes qualified to Level 9 Easterns, Level 10 Nationals and Elite Nationals and their coaches.



Deb Kornegay, RACC

- Region 8 thanks **Bob Valley** and **Master's School of Gymnastics** for an outstanding job hosting Level 9 & 10 Regionals. Vanderbilt Memorial gym was a wonderful facility that made our top level athletes feel very special.
- Also, a huge thank you to the **State and Regional Chairman** and **additional volunteers** who did a great job processing all the entries to Nationals, sizing and issuing apparel. I truly appreciate what you did to make my job so much easier.
- A big thank you to **Randy Sikora** and **Boca Twisters** for a wonderful Level 8 Regional Championship. This terrific facility was a wonderful backdrop for a well run competition.
- Thanks to **Toni Rand**, RECC and **American Twisters** for hosting Region 8 Elite Clinic and Elite National Qualifier. We appreciate your dedication.
- A big thank you to **Brad Harris, Mary Linnemeyer, Colleen Barger** and **Tampa Bay Turners** for a fantastic job hosting Level 9 Eastern Nationals for USA Gymnastics. Thanks for making **REGION 8 look GREAT!**

RJOCC & RTCC Elections

Deb Kornegay, RACC

Marian Dykes, Region 8 Technical Chairman and **Paul Padron**, Region 8 JO Chairman were re-elected by acclamation. They were the only ones nominated for their respective positions and have agreed to serve four more years.

**ELITE
COMPETITION**

Entry form for **June 25-26 Elite competition at The Gym Company in Mooresville, NC** is included in this newsletter. Deadline date for these entries was May 20th. If you are planning on competing an athlete at this competition call **Toni Rand 1954-755-1750 IMMEDIATELY!** See Elite section of this newsletter for more information on the Elite Program.

All Around News

Coaches and Judges Optional Update

Deb Kornegay, RACC

Due to all the National Workshops, Region 8 is not hosting a Regional Congress in 2005. We will host a **Coaches and Judges Optional Update October 14-16, 2005 in Auburn, Alabama** with the Level 9, 10 and Elite Training Camp. Clinicians are **Marian Dykes, Sheila Ragle, Paul Padron** and **Brad Harris**. Registration form and information sheet are in this newsletter.

Early registration discount is August 20th!

Silent Auction for Athlete Apparel

Deb Kornegay, RACC



At Region 8 Coaches and Judges Update / Level 9, 10 and Elite Training Camp the Region 8 Committee will hold our annual Silent Auction to **raise money for Region 8 Athlete's apparel**. **PLEASE** donate items for this auction. Each state is responsible for raising a minimum of \$1,000.00. There is a form in this newsletter to help us know what items you are bringing.

Special Recognition Award

Deb Kornegay, RACC

Check this newsletter for the Special Recognition Award form. Region 8 Committee will present Special Recognition Awards at Coaches and Judges Optional Update. Please fill out and submit Special Recognition Award form in this newsletter for individuals who have made outstanding contributions to Region 8 USA Gymnastics.

Sophomore / Junior Form

Deb Kornegay, RACC

All Level 9, 10 and Elite gymnasts who will be Sophomores (2008) or Junior (2007), should complete a Sophomore/Junior Form. This information is compiled into a document that is e-mailed to all NCAA schools with gymnastics programs in November of each year.

Correction

Deb Kornegay, RACC

TOPs Gold athlete **Kayla McCoy** from **Orlando Gymnastics** was listed in the Winter Newsletter from the incorrect team. Region 8 apologizes to Kayla and her coaches for this mistake!

TOPs Testing

Deb Kornegay, RACC

There are 17 TOPs Testings in Region 8 this Summer! At least two are being held in most states. Look for dates and sites on the regional calendar and the TOPs Registration form included in this newsletter. DEADLINE date for all TOPs Testings are one month prior to testing date. For more information contact **Toni Rand**, RECC at Amtwist@aol.com 954-725-9199 or your **State TOPs Manager** listed below:

Alabama	Kathy Chambers	205-979-7969 Kathy@JFJElite.com
Florida	Kathy Semok	954-659-8717 ksemok@juno.com
Georgia	Judy Prestigiacom	770-962-5867 jprestomiller@charter.net
Mississippi	Tamara Collins Patterson	662-844-6585 TAGTWISTERS@aol.com
No. Carolina	Kristie Phillips Bannister	704-872-2888 kristiepb@yahoo.com
So. Carolina	Davita Ivey	846-875-5489 iveygy@bellsouth.net
Tennessee	Emily Hubbuch	423-238-5258 emilyhubbuch@yahoo.com

New **TOPs manual** is available online at

<http://www.usa-gymnastics.org/women/tops/topmanualcontents.html>

Coaches & Judges TIPS

Marian Dykes, RTCC

Do you have a coaching or judging tip you can share that will help other coaches or judges when they go to a meet? Submit your tip for inclusion in the next Regional Newsletter and receive a prize.

THE RULES — Please note your name, address and phone number with all submissions. All contributions may be edited and can not be acknowledged or returned.

HOW TO SUBMIT —

E-mail to: DebGK@Bellsouth.net
Fax to: 205-951-0184
Mail to: 394 Stonebridge Road
Birmingham, AL 35210

COACHES: submitted by *Jason Braun-Salem Gymnastics*

- Bring back-up music in a different format. If you have CD, bring back-up tape.
- Never let your gymnast check her grips or leotard; always carry on airplane when flying.

JUDGES: submitted by *Marian Dykes-Region 8 RTCC*

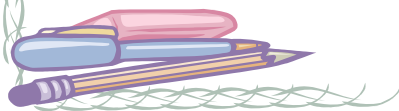
- Always bring your own judging papers with enough to judge every gymnast in the meet. The meet director or gym owner is not responsible for supplying notebooks or making copies.

All Around News

Dear Friends,

Robert and I would like to thank you for your love and support during his illness. Your kind words, thoughts, and prayers have helped bolster our spirits through months of treatments, and your donations to the transplant fund have helped immensely with our medical expenses. Although he is not yet in remission, the Myeloma numbers are steadily declining.

We are proud to be part of the Region 8 gymnastics family and hope to continue coaching and judging for years to come. Your kindness, concern, and generosity are greatly appreciated.



Sincerely,
MaryLou Dillard



Single-session tickets for the event go on sale Saturday, May 7 at 10 a.m. Tickets will be available at the Conseco Fieldhouse Box Office, RCA Dome Box Office, all Ticketmaster locations, by phone at (317) 239-5151, online at www.ticketmaster.com, or through participating gymnastics clubs listed at [VISA CHAMPIONSHIPS TICKETS](#). Visa is the preferred card of USA Gymnastics.



Deb Kornegay, RACC

Region 8 Athletes have been quite busy in 2005.



Melanie Sinclair performs on Floor

USA Gymnastics Photos © Steve Lange, 2005

Melanie Sinclair, training at Orlando Metro, competed at the **American Cup** February 25-26. She placed second on Vault and 8th on Floor. Melanie went on the **European tour** in April where she placed 3rd-All Around, 2nd-Vault, 3rd-UB, 2nd-FX as the USA defeated Switzerland. She was also on the USA team that won the USA/Great Britain dual competition.

Jana Bieger, training at BOCA Twisters, went on the **European tour** in April and placed 3rd-AA, 2nd-V, 3rd-BB on the USA team that defeated Great Britain. She then went on to Switzerland and placed 2nd-AA and 2nd-BB as the USA placed first in that meet also.



American Team on European Tour



Jana Shayla Bieger Worley

Kassie Melanie Price Sinclair



Jana Bieger on Uneven Bars

USA Gymnastics Photos © Jeff Gross/Getty Image



Kassie Price, training at Orlando Metro, went on the European tour in April and was on the first place USA team placing 3rd on Bars and Floor. She was also a team alternate for the Great Britain/USA competition.

Shayla Worley, training at Orlando Metro, traveled with the USA team on the European tour as a team alternate in both Great Britain and Switzerland.



The following gymnasts qualified to International Junior Elite:

- | | |
|--------------------------|------------------|
| Kyra Platt | FL - Coast Elite |
| Rheagan Courville | LA - Elite Gymn. |
| Gloria Johnson | LA - Elite Gymn. |

All Around News



Toni Rand, RECC



MAILING ADDRESS (GYM)
6805 Lyons Technology Circle
Coconut Creek, FL 33073
954-725-9199 Phone
954-755-1750 Fax
AmTwist@aol.com E-mail

Regional Elite Competitions: The region has scheduled an elite qualifying competition for challenge/Classic for June 24 & 25th at the Gym Company in North Carolina. Entry deadline was May 20th, 2005. We will offer both testing and optional sessions. Elites will continue to use the current code of points through Worlds 05.

New Code Of Points: After Worlds 05 (November) the new code of points will go into effect. If the current proposal goes through as is expected, it will be a dramatic change from our current system. Athletes will receive 2 scores that will be added together for their final score. There will be a difficulty score comprised of the 10 elements in their routine with the highest value and there will be an execution and composition score. Deductions will be subtracted from 10.00. There is discussion that the execution deductions may be doubled. The difficulty score and the execution score will be added together for the final score. Since we are not sure if this will be passed and since we do not have all the details, it is going to be hard to set qualifying scores and procedures for the 2006 season until we have a lot more information. If you are currently in the elite program or planning on entering in 2006, please be prepared for major changes and please read all newsletters and check the USAG National website often. At this time the *USAGJO Code* will not follow or change to the new Elite code.

If you have any questions about the TOPS or Elite program please contact me at AmTwist@aol.com TOPS Update:



The **TOPS program** will now be organized and administered by **State TOPS managers**. We have seven Managers in our region at this time. The TOPS managers will set up, organize TOPS testings in their state as well as answer any questions that you may have about the TOPS program. Athletes may attend a TOPS testing anywhere in the region and may attend as many as they want to. To register for a TOPS testing, please **send your entry fee and paperwork to the State TOPS manager of the site**

that you will be attending. All sites, forms and information are available at the www.usa-gymnastics.com (go to Womens program then TOPS) or visit the Region 8 website for sites.

Region 8 State TOPS Managers:

- | | | | |
|--------------|---|--------------|---------------------------|
| Alabama | Kathy Chambers | 205-979-7969 | Kathy@JFJElite.com |
| | MAIL: Kathy Chambers, 3314 Old Columbiana Road, Birmingham, AL 35216 | | |
| Florida | Kathy Semok | 954-659-8717 | ksemok@juno.com |
| | MAIL: Park Avenue Gymnastics, 12239 SW 53rd Street, Cooper City, FL 33330 | | |
| Georgia | Judy Prestigiacom | 770-962-5867 | jprestomiller@charter.net |
| | MAIL: Georgia Gymnastics. Academy., 98 Patterson Rd., Lawrenceville, GA 30044 ATTN: Judy Prestigiacom | | |
| Mississippi | Tamara Collins Patterson | 662-844-6585 | TAGTWISTERS@aol.com |
| | MAIL: Tamara Patterson, 42 Ashley Street, Tupelo, MS 38801 | | |
| No. Carolina | Kristie Phillips Bannister | 704-872-2888 | kristiepb@yahoo.com |
| | MAIL: KPAC, 304 Leitz Place, Statesville, NC 28677 | | |
| So. Carolina | Davita Ivey | 846-875-5489 | iveygy@bellsouth.net |
| | MAIL: Davita A. Ivey, 9549 Hamburg Road, Ladson, SC 29456 | | |
| Tennessee | Emily Hubbuch | 423-238-5258 | emilyhubbuch@yahoo.com |
| | MAIL: Emily Hubbuch, Gymnastics Center of Chattanooga, 6855 Mountain View Road, Ooltewah, TN 37363 | | |

All Around News



The fee for testing has been increased to \$40 per test. There have been changes in the Testing from last year. The push ups have been eliminated and a handstand hold has been added. Athletes 10 & 11 years old will need to hold their handstand for 60 minutes— all other age groups for 30 seconds. The leg flexibility tests have also been changed. Please visit the National TOPS website for full details. We are also working very hard to provide consistent testing criteria. The TOPS managers attended a 3- day training session at the National Team training center in Texas. They reviewed proper testing criteria and received information on administering the program in their state. Special thanks to the region for providing airfare for our TOPS managers and to the national office for covering room/board and the expense of the clinic.

New TOPs manual is available online at <http://www.usa-gymnastics.org/women/tops/topmanualcontents.html>

TOPs Information from Gary Warren

The National Elite Program Committee has approved the following change to the Handstand Hold Test.

The 10 and 11 year olds will hold the handstand for 60 seconds.

The 7, 8 and 9 year olds will remain the same as before at 30 seconds.

The following is the wording that will be in the manual for the Handstand Hold and the Leg Flexibility Tests.

Handstand Hold

The athlete kicks up into a handstand using a hard or padded non spring floor, a padded spring floor, a low beam or a high beam. The handstand CANNOT be performed on parallettes. She must hold the handstand without any walking of the hands during the handstand. 7-9 year olds will hold the handstand for a maximum of 30 seconds and 10-11 year olds will hold the handstand for a maximum of 60 seconds. If the athlete falls (or there is hand walking) within the first 5 seconds for a 7-9 year old or the first 10 seconds for a 10-11 year old, she may have a second attempt. Once 5 or 10 seconds have passed, the handstand test must continue and a second attempt will NOT be given. A "start value" will be given for the amount of time the handstand is held.

Deductions will be taken for:

- Body piked = 1
- Body arch = 1
- Arms bent = 1
- Head out = 1
- Bouncing during handstand = 1
- Legs bent = 1
- Feet not pointed = 1

Forward Splits-Left and Right

Two regulation vaulting boards (20-22 cm at the crown of the board) are placed low end to low end. The gymnast begins by placing herself into a split position with one leg on the front board and the other leg on the back board. The upper torso should be directly over where the two boards meet. The gymnast must go down on the boards as far as possible. Her hands cannot touch the floor or the vaulting boards during the actual evaluation. Deductions will be made from 15 points using the following criteria:

Height off of the boards: 0 - 5 points
0"=0, 1"=1, 2"=2, 3"=3, 4"=4, 5"=5

Squared Hips: 0 - 4 points
0°=0, <22°=1, 45°=2, 67°=3, >67°=4

Squared Shoulders: 0 - 2 points
0°=0, <22°=1, >22°=2

Body Posture: 0 - 2 points
Back slightly arched=1, Back arched=2

Leg Form: 0 - 2 point
Leg Form=1, Leg Alignment=1

ELITE COMPETITION ENTRY FORM

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REGION 8 ELITE QUALIFIER
June 25-26, 2005
The Gym Company - Mooresville, NC
FEE: \$75.00 Compulsory OR Optional
\$125.00 Compulsory AND Optional
Deadline: May 20, 2005
\$25 late fee per gymnast



Team Name: _____ Date: _____
 Club USAG #: _____ Phone: _____
 Team Address: _____ Fax #: _____
 City: _____ State: _____ Zip: _____
 1. Coach _____ USAG # _____ Exp. Date _____ Safety Exp. Date _____
 2. Coach _____ USAG # _____ Exp. Date _____ Safety Exp. Date _____

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

Number of GYMNASTS for Competition

Optional **OR** Compulsory _____ x \$75.00 = _____

Optional **AND** Compulsory _____ x \$125.00 = _____

Late fee per gymnast _____ x \$25.00 = _____

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

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Check one box that applies - use separate form for each site

- June 4** Conxion - Hernando, MS
- June 4** Gymn Center of Chatt - Chattanooga, TN
- June 10** Prattville YMCA - Prattville, AL
- June 18** GGA - Lawrenceville, GA
- June 18** Park Avenue - Cooper City, FL
- June 25** Gville Gymn Center - Greenville, SC
- June 26** Superior - Mooresville, NC
- July 8** Gymnastics Inc. - Myrtle Beach, SC
- July 9** Brandy Johnson's - Clermont, FL

2005 TOPs Testing Dates & Sites

- July 16** GAA - Kennesaw, GA
- July 16** JFJ Elite - Birmingham, AL
- July 22** KPAC - Statesville, NC
- July 23** American Elite - Olgethorpe, GA
- July 23** Davita's - Charleston, SC
- July 29** ACE - Longwood, FL
- July 29** Gymstars - Collierville, TN
- July 30** Tupelo Academy - Tupelo, MS

**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 12/31/2005	DATE OF BIRTH	1st Test 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 = _____

**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: Your State TOPs Coordinator
(See published list on page 4 in this issue of All Around News for address)**

All Around News



MARIAN DYKES
RTCC

TECH NOTES ICAL

4651 Buford Highway
Atlanta, GA 30341
Work 770-451-6910
Fax 770-457-0943
Home 404-325-3745
Cell 404-408-6699

The WTC Symposium's scheduled in Louisville, KY and Reno, NV will mark the beginning of an exciting change in the USA Gymnastics Junior Olympic Program. At these Master Workshops, a Junior Olympic Code of Points will be introduced. This rulebook developed by the Women's Technical Committee and the Junior Olympic Committee will be the ultimate reference for optionals in the Junior Olympic program in the United States. This will be the first time that all rules for the JO Program will be generated by the elected committees of the JO Program. It is our feeling that this will insure that the rules in the United States Junior Olympic program meet our needs for the next quadrennium. The Junior Olympic and FIG are definitely separate programs. The Age Group Committee and the Women's Technical Committee have worked hard to retain the best of the program that we have used in the past, while incorporating changes that we feel will make our J.O. Program stronger.

The only resource you will need to detail the Junior Olympic optional program is the *USA Gymnastics Junior Olympic Code of Points*. This wonderful new book will cover all the requirements of each level of the Junior Olympic program in detail. In addition the JO Code will show value parts along with complete descriptions.

The entire Junior Olympic program puts an emphasis on technique of execution. Execution errors will be taken for deviation from the ultimate—**“Be familiar with ideal model.”** I think we are in for an exciting four years.

There will be many clinics offered to learn all of the rule changes. The two Master Workshops will cover both compulsory and optionals. In addition, each state will offer a state clinic. National staff will be at the NAWGJ National Symposium in Portland, Oregon in May as well as the USA Gymnastics National Congress in Indianapolis in August.

All judges must recertify this summer. Judges eligible for one of the courses by invitation (Level 10 Recertification, National Course, USA Brevet Course or FIG Brevet) should register only for the course that results in the rating they wish to achieve. You may not attend more than one course. If you have registered for a course with a rating lower than you hold, please contact USA Gymnastics and request a refund.

- **Levels 5-10** — the first test will be offered at the NAWGJ Symposium. Additional tests will be offered in each state and at Region 8 Congress in October in Auburn, AL. A judge may test each level a maximum of 4 times each year. The format of the test will not change from past years.
- Judges eligible for **Level 10 Recertification** must attend a course at one of the four designated sites: Master Workshop in Louisville, KY, Master Workshop in Reno, NV, NAWGJ Symposium in Portland, OR or USA Gymnastics Congress in Indianapolis, IN. Information is available at www.usa-gymnastics.org to register. In addition to designated sessions at the chosen workshop, extra closed sessions will be offered with practice judging, question and answers and a self test
- The two **National Courses** will be held in Indianapolis, IN in August. Information is available at www.usa-gymnastics.org to register. Both courses promise to be educational experiences with straightforward test on the relevant information with an emphasis on changes. Judges who currently hold a National rating will have a written test with an emphasis on changes. Judges at the course offered to achieve a new National rating will have both a practical exam and a written test.
- The **USA Brevet course** is still a work in progress. The tentative plans are to hold the course in September or October in Indianapolis, IN. Both the presentation and the test will be on Junior Olympic rules. Information will be available from USA Gymnastics as it is finalized.
- The **FIG Brevet Course** is not final. This course is the only course in the USA to cover the new FIG rules, with the challenging 20-point system. Current FIG Brevets and the athletes being added to this course will receive details from the USA Gymnastics office, as they are decided.

Both coaches and judges need to relax, stay calm and have faith in your coaching / judging abilities. You will be fine. Have a wonderful, educational summer.

All Around News



Paul Padron
RJOC

JO INFORMATION UPDATE

1 Cutchin Court
Charleston, SC 29414
Phone / Fax 843-766-3008
E-mail: phpadron@knology.net

As this optional season comes to a close, I would like to thank all of the athletes, coaches and judges in Region 8 for an outstanding job. Your hard work and dedication is reflected not only through the tremendous quality of gymnastics, but also the willingness to share information and work together for the benefit of all our athletes. I cannot tell you how many positive comments I have heard from other regions about our athletes, coaches and judges. Here are some facts that may be of interest to you. This year in Level 10, we qualified 58 athletes from 35 different clubs in six states to Level 10 Nationals. The level 9 results are just as impressive with 93 athletes from 51 clubs from all eight states qualified to the Eastern Nationals. Everywhere you go in Region 8 the gymnastics is getting better and better. I am sure we will see outstanding results at both the Level 9 & Level 10 National Championships. Speaking of competitions, a special thank you goes to our regional meet hosts **Boca Twisters** (Level 8) and **Masters School of Gymnastics** (Level 9 & 10) for putting on such exceptional regional competitions.

The new compulsories will be unveiled beginning in June. I look forward to seeing many of you either at the Louisville or Reno workshop. It is my sincere hope that you will be pleased with the new compulsory routines. Our committee has made a genuine effort to provide you with routines that are a reflection of your needs. Your input has been vital in the formation of these routines as well as the changes for the

optional level. Should you have any questions regarding the routines please feel free to contact me and I will be more than happy to assist you. If you were unable to get registered for either of the master workshop please remember that several states will be hosting compulsory clinics immediately after the workshops have been completed. Please check with your state chairman regarding compulsory clinics that are available to you within your states.

Please remember that the training camps are just around the corner. In order to provide a quality training experience all of the training camps will be limited in size. No entries will be accepted once we have reached our camp limit. Please send in your registration as soon as possible in order to assure a space in the camps. If you are interested in working one or more of the camps please do not hesitate to fill out the clinician form. These camps are only successful with your participation and donation of time. **All of the funds generated from these camps go to the direct support of our Region 8 athletes.**

In closing, I want to thank each and everyone for the support you have given me over the past four years. It has been my honor to represent Region 8 on the JO Committee and I look forward to serving you in the future. Have a great summer and do not hesitate to contact me should you need any assistance.

Financial
Report
1/1/05 - 3/31/05



INCOME:

Competition Fees	- - - -	14,958.00
Donations	- - - -	1,412.00
Rebates Athlete	- - - -	2,412.00
Rebates Pro	- - - -	2,287.20
Total Income	- - - -	<u>\$20,709.20</u>

EXPENSES:

Awards/Apparel	- - - -	13,641.94
Competition Expense	- - - -	79.00
Travel - Meetings	- - - -	1,015.66
Communications	- - - -	1,175.30
Office	- - - -	770.93
Total Expenses	- - - -	<u>\$16,682.83</u>

TOTAL INCOME/EXPENSE - \$ 4,026.37

2005 REGION 8 TRAINING CAMPS

FUTURE STARS CAMPS

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

JULY 7-8, 2005

Brandy Johnson's Gymnastics Inc.
Clermont, Florida

HOTEL INFORMATION

Holiday Inn Express, Clermont, FL
Phone: 352-243-7878

\$99.00 Reserve by June 16th(Ask for Future Stars Rate)

SCHEDULE: Th. 7/7 1:00 Registration
Th. 7/7 2:00 - 6:00 Camp
Fri. 7/8 9:00 - 6:00 Camp lunch served
Sat. 7/9 8:00 - 4:00 TOPs Testing

and

JULY 9-10, 2005

Gymnastics, Inc.
Myrtle Beach, SC

Holiday Inn on the Waterway

101 Outlet Blvd., Myrtle Beach, SC 29579
Phone: 1-800-847-2707

\$99.00 (50 rooms blocked) Request Gymnastics, Inc. rate

SCHEDULE: Fri. 7/8 8:00 - 4:00 TOPs Testing
Sat. 7/9 8:00 Registration
Sat. 7/9 9:00 - 6:00 Camp lunch served
Sun. 7/10 9:00 - 12:00 Camp

JULY 29-31, 2005 • Level 8 & 9

ACE Gymnastics - Longwood, Florida

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

HOTEL **LaQuinta Inn**
1060Greenwood Blvd., Lake Mary, FL 32746
1-800-531-5900

GROUP RATE **\$70.00** - Group Gymnastics Region 8

SCHEDULE: Fri. 7/29 9:30 - 3:30 TOPs Testing
Fri. 7/29 3:00 Registration
Fri. 7/29 4:30 - 7:40 Camp
Sat. 7/30 12:30 - 7:00 Camp lunch served
Sun. 7/31 9:00 - 12:00 Camp

OCTOBER 14-16, 2005 • Level 9, 10 & Elite

Auburn Gymnastics Academy - Auburn, Alabama

Open to all Level 9, 10 & Elite athletes who competed at Regionals.

Level 9 athletes who competed ONLY at State are NOT eligible for this camp.

Auburn Univ. Hotel & Dixon Conference Center

334-821-8200 Phone • 334-826-8755 Fax
241 South College Street

\$99.00 - ask for Region 8 Gymnastics Clinic

SCHEDULE: Fri. 10/14 OPTIONAL UPDATE-(see separate sched.)
Fri. 10/14 7:00 - 8:00 TC Registration
Sat. 10/15 8:00 - 9:00 TC Registration
Sat. 10/15 9:00 - 6:30 Camp lunch served
Sun. 10/16 9:00 - 1:30 Camp

COST: \$130.00 per athlete (includes camp, lunch and T-shirt)

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

PROVIDE EMAIL INFORMATION FOR CONFIRMATION OF ENTRY AND FINAL SCHEDULE

Camps will fill on a first-come basis.

Region 8 Coaches & Judges Optional Update will be held with the October camp.
Additional fee must be paid to attend. Camps open to all USAG Professional Members.

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 2005

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! Please plan to work the entire camp.

NAME OF GYM: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

DAY PHONE: _____ CELL PHONE: _____

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 7- 8, 2005
Clermont, FL
Brandy Johnson's | <input type="checkbox"/> FUTURE STARS CAMP
July 9- 10, 2005
Myrtle Beach, SC
Gymnastics Inc. | <input type="checkbox"/> LEVEL 8 & 9
July 29-31, 2005
Longwood, FL
ACE Gymnastics | <input type="checkbox"/> LEVEL 9, 10 & ELITE
October 14-16, 2005
Auburn, AL
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 2005? YES NO

DID YOU HAVE GYMNASTS AT LEVEL 10 OR 9 REGIONALS IN 2005? 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 7 (Future Stars Camps), June 28 (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 2006 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 2006. 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 **FUTURE STARS CAMP** **LEVEL 8 & 9 CAMP** **LEVEL 9, 10 & ELITE CAMP**
 Clermont, Florida Myrtle Beach, SC Longwood, Florida Auburn, Alabama
 July 7-8, 2005 July 9-10, 2005 July 29-31, 2005 October 15-16, 2005

GYM/TEAM NAME: _____ / _____

MAILING ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

COACHES NAME: _____

DAY PHONE: _____ FAX: _____

NIGHT PHONE: _____ CELL PHONE: _____

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

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

GYMNAST	USAG#	DOB	AGE	CURRENT LEVEL	2005 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 Additional fee to attend Optional Update	USAG#	Clubs with gymnasts attending COACHES - \$25 Each

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

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

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

TRAINING CAMP REGISTRATION FORM

FOR COACHES & JUDGES WITHOUT PARTICIPATING GYMNASTS

NAME _____ COACH JUDGE

USAG# _____ EXP DATE _____

MAILING ADDRESS _____

CITY: _____ STATE: _____ ZIP: _____

DAY PHONE _____ CELL _____

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 (Clermont, Florida [7/7&8/05]) DEADLINE 6/7/05 - FIRST COME, FIRST SERVE

FUTURE STARS CAMP (Myrtle Beach, SC [7/9&10/05]) DEADLINE 6/7/05 - FIRST COME, FIRST SERVE

LEVEL 8 & 9 CAMP (Longwood, Florida [7/29-31/05]) DEADLINE 6/28/05 - FIRST COME, FIRST SERVE

LEVEL 9, 10 & ELITE CAMP Coaches and Judges registered for the October Camp **MUST** Register and Pay for Optional Update with Update Registration form.

TRAINING CAMP REGISTRATION FORM

FOR VOLUNTEER JUDGES Please plan to work entire camp

NAME _____ RATING _____

USAG# _____ EXP DATE _____

MAILING ADDRESS _____

CITY: _____ STATE: _____ ZIP: _____

DAY PHONE _____ CELL _____

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 (Clermont, Florida [7/7&8/05]) DEADLINE 6/7/05 - FIRST COME, FIRST SERVE

FUTURE STARS CAMP (Myrtle Beach, SC [7/9&10/05]) DEADLINE 6/7/05 - FIRST COME, FIRST SERVE

LEVEL 8 & 9 CAMP (Longwood, Florida [7/29-31/05]) DEADLINE 6/28/05 - FIRST COME, FIRST SERVE

LEVEL 9, 10 & ELITE CAMP (Auburn, AL [10/14-16/05]) DEADLINE 9/1/05 - FIRST COME, FIRST SERVE

All Around News

REGION 8 CALENDAR • 2005

June 2005

- 2-5 Compulsory WTC Master Workshop
Louisville, KY
- 4 *TOPs Testing MS, TN
- 9-12 Compulsory WTC Master Workshop
Reno, NV
- 10 *TOPs Testing AL
- 18 *TOPs Testing FL, GA
- 25-26 Region 8 Elite Qualifier
The Gym Company, Mooresville, NC
- 25 *TOPs Testing SC
- 26 *TOPs Testing NC

July 2005

- 7-8 Future Stars Training Camp
Brandy Johnson's Gym, Clermont, FL
- 8 *TOPs Testing SC
- 9 *TOPs Testing FL
- 9-10 Future Stars Training Camp
Gymnastics Inc., Myrtle Beach, SC
- 16 *TOPs Testing AL, GA
- 22 *TOPs Testing NC
- 22-24 US Classic
Virginia Beach, VA
- 23 *TOPs Testing GA, SC
- 29 *TOPs Testing FL, TN
- 29-31 Level 8 & 9 Training Camp
ACE Gymnastics, Longwood, FL
- 30 *TOPs Testing MS

August 2005

- 10-14 Championships of USA
Indianapolis, IN
- 11-14 USA Gymnastics Congress
Indianapolis, IN

September 2005

- 30 - Oct. 2 National TOPs Testing
New Waverly, TX

October 2005

- 14-16 Coaches and Judges Optional Update
Auburn, AL
- 15-16 Level 9, 10 & Elite Training Camp
Auburn, AL

December 2005

- 3-7 National TOPs Team Training Camp
New Waverly, TX
- 7-11 National TOPs B Team Training Camp
New Waverly, TX

March 2006

- 10-12 Last week for 9-10 State Meets
- 30-Apr. 2 Level 9 & 10 Regionals
Kennesaw, GA

April 2006

- 7-9 Level 8 Regionals
Huntsville, AL
- 21-23 Level 9 Eastern Nationals
TBD
- 28-30 Level 10 Nationals
TBD

* For more information on TOPs testing sites see page 4 in this Newsletter.

NEW 2005 - 2008 Planner Now Available

Four Year Planner for Coaches & Judges

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

One month per page with large squares and room for notes

Contact Info for Regional Board and NAWGJ Board

COST
\$15.⁰⁰

Regional, National and International Gymnastic Published Events

HOLIDAYS



ORDER NOW

Name: _____
Address: _____

Phone: _____
Email: _____@_____

AMOUNT ENCLOSED

\$ _____

Please make check payable to
REG. 8 USAG

MAIL TO: Region 8 Gymnastics, Debby Kornegay: 394 Stonebridge Road, Birmingham, AL 35210-4111

PAID ADVERTISEMENT — PAID ADVERTISEMENT — PAID ADVERTISEMENT

Immediate Opening for Girls Team Head Coach

Columbia Gymnastics Academy is located near beautiful Lake Murray in South Carolina. We are a rapidly growing gym with recent expansions and equipment upgrades. We are looking for someone who can facilitate the following:

- Positive and enthusiastic coaching attitude
- Work with level 6-10 and our newly formed TOPS program
- Provide leadership and direction for level 4 and 5

Contact Information

Please send your resume to:
Melody Macklen
E Mail: mmacklen@sc.rr.com
Fax: 803-356-6680

Columbia Gymnastics Academy
1193 North Lake Dr.
Lexington, SC 29072
Work phone: 803-951-2090
Website: www.gymnasticsacademy.com

PAID ADVERTISEMENT — PAID ADVERTISEMENT — PAID ADVERTISEMENT

GET READY FOR THE NEW JO CHANGES!

AVAILABLE IN JUNE! ORDER EARLY!

JO OPTIONAL & COMPULSORY RESOURCES

For Coaches & Judges

COMPULSORY CARD

Set Price \$12.00

Compulsory deductions at your finger tips for all **SIX LEVELS**. These new sets are 8½ x 11 in full color—coded by event. Eleven full size cards.

OPTIONAL EVENT CHARTS

Set Price \$8.00

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. Four full size cards.

OMNI CARD

Price \$10.00

You have to see it to believe it! One card with **Levels 7-10** covering 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 all Levels.

BAR INDEX

Price \$3.00

A list of bar elements in alphabetical order for JO value, element number, and **Code of Points** page number. In full color.

FLASH CARDS

Set Price \$25.00

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

WALL CHARTS

Set Price \$20.00

Easy reference of Value Parts. **Now in full color** like the code size charts but enlarged to 11 x 17 to hang on the gym wall. These skills are written out in ENGLISH as well as shorthand symbol.

NCAA OMNI CARD

Price \$6.00

One card covering 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 based on NCAA rules and requirements.

NOT AVAILABLE UNTIL NCAA RULES RELEASED!

CONTACT: DEBBY KORNEGAY

394 Stonebridge Road • Birmingham, AL 35210-4111

(205) 951-0184 Phone & Fax

email: DebGK@Bellsouth.net

ORDER FORM

JO OPTIONAL & COMPULSORY RESOURCES

FOR COACHES AND JUDGES

Name _____

Shipping Address _____

City _____ State _____ ZIP _____

Phone _____ Email: _____ @ _____

QUANTITY	DESCRIPTION	UNIT PRICE	TOTAL PRICE
	COMPULSORY CARDS	\$ 12.00 set	
	FLASH CARDS	\$ 25.00 set	
	OPTIONAL EVENT CHARTS	\$ 8.00 set	
	BAR INDEX	\$ 3.00 each	
	OMNI CARD (FORMERLY LAMINATED CARD)	\$ 10.00 each	
	NCAA OMNI CARD	\$ 8.00 each	
	WALL CHARTS	\$ 20.00 set	
	COACHES PACKET - NO SHIPPING CHARGE	\$ 63.00 packet	
	JUDGES PACKET w/out flash cards - NO SHIPPING CHARGE	\$ 42.00 packet	
SHIPPING CHARGES:			SUB TOTAL
Up to \$10.00 — \$4.00	\$20.01 - \$40.00 — \$9.00		SHIPPING
\$10.01 - \$20.00 — \$6.00	\$40.01 - \$70.00 — \$10.00		TOTAL
	\$70.01 and up — \$14.00		

PLEASE PAY BY MONEY ORDER OR CHECK • NO CREDIT CARDS

Make all checks payable to: GYMNASTICS EVENTS
 email: DebGK@Bellsouth.net • phone/fax (205) 951-0184

Mail to: Debby Kornegay
 394 Stonebridge Road • Birmingham, AL 35210-4111

COACHES PACKET
 Bar Index
 Compulsory Cards
 Optional Event Charts
 Omni Card
 Wall Charts
Cost Including Shipping
\$63.00

JUDGES PACKET
 Bar Index
 Compulsory Cards
 Optional Event Charts
 Omni Card
Cost Including Shipping
\$42.00

SOPHOMORE / JUNIOR FORM

18

FOR JUNIORS GRADUATING 2007 AND SOPHOMORES GRADUATING 2008
LEVEL 9 & ABOVE OPTIONAL GYMNASTS ONLY

PERSONAL INFORMATION

Name _____ Height _____ Weight _____
Address _____
City _____ State _____ ZIP _____
Phone (_____) _____ Email: _____@_____

ACADEMIC INFORMATION

Please check one of the following: Junior Graduating 2007 Sophomore Graduating 2008
High School: _____ City _____ State _____
College Major: _____
GPA: _____ Out of: _____ ACT: _____ Date test was/will be taken: _____
(Grade Point Average) (4.0, 100, etc.) SAT: _____ Date test was/will be taken: _____

GYMNASTICS INFORMATION

Gym: _____ Present Level: _____ # of Years: _____
Address: _____ Previous Level: _____ # of Years: _____
Gym Phone: (_____) _____ Strongest Event(s): _____
Coach: _____

GYMNASTICS ACCOMPLISHMENTS

- ❖ ONLY USAG Meets qualify to be listed for Nationals, Regionals and State
- ❖ All other Meets should be listed under invitationals
- ❖ Only list event scores if you placed in that event

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

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

FORMS MUST BE RETURNED BY OCTOBER 16, 2005!

Auction Donation Form

19

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: June1, 2005

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 June 1, 2005

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.

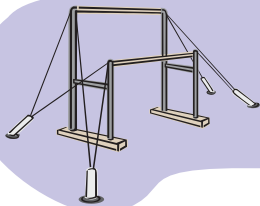
Dates of publication may vary.

For further information, please contact: Deb Kornegay

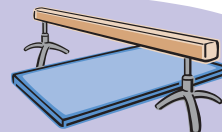
Debby Kornegay, RACC

394 Stonebridge Road • Birmingham, AL 35210-4111

(205) 951-0184 Phone/Fax • **DebGK@Bellsouth.net**



UPDATE
OPTIONAL
 REGION 8
 USA GYMNASTICS



FOR COACHES & JUDGES

**Same Weekend as
 Level 9, 10 & Elite
 Training Camp**

AUBURN, ALABAMA
OCTOBER 14-16, 2005

REGISTRATION: **\$110.00** Early Bird by August 20th
\$150.00 After August 20th and on site

PLEASE NOTE: All Coaches and Judges must register for this update to attend the sessions. Any registration fees paid for the Training Camp for Level 9, 10 & Elite, being held the same weekend, will NOT apply towards this clinic.

HOTEL:

The Hotel at Auburn University and
 Dixon Conference Center
 Auburn, AL
 Phone: 334-821-8200
 Group Name: Region 8 Gymnastics Clinic
 Rate: \$99.00



CLINICIANS:

Marian Dykes
Sheila Ragle
Paul Padron
Brad Harris

SESSIONS TO INCLUDE:

- ◆ Review of the Changes in the USAG Competitive Rules
 - ◆ Emphasis on Optional Rule Changes
 - ◆ Questions and Answers on New Compulsories
 Compulsory Routines will NOT be taught



JUDGES EXAM WILL BE GIVEN

**For More
 Info Contact:**

Marian Dykes
770-451-6910
 mariandykes@aol.com

Deb Kornegay
205-951-0184
 DebGK@Bellsouth.net

Sheila Ragle
770-513-7015
 sragle@bellsouth.net

PLEASE USE ONE (1) FORM PER PERSON

COACHES & JUDGES OPTIONAL UPDATE

October 14-16, 2005 with Level 9, 10 & Elite Training Camp

AUBURN, AL

FOR INFORMATION CONTACT: SHEILA RAGLE, DEB KORNEGAY, or MARIAN DYKES

NAME: _____

USAG #: _____ EXP. DATE: _____ SAFETY EXP.: _____

MAILING ADDRESS: _____

CITY

STATE

ZIP

PHONES: _____

HOME

WORK

CELL

FAX: _____ EMAIL: _____ @ _____

GYM AFFILIATION: _____ JUDGES RATING: _____

I WILL OR I WILL NOT ATTEND THE BANQUET. (Please check one)

I give permission to publish this information: _____

Signature

\$110 Early Registration by August 20th

\$150 After August 20th and on site

Please make checks payable to: Region 8 Congress

MAIL REGISTRATION TO:

SHEILA RAGLE

Region 8 Optional Update

1870 Eagle Summit Court

Lawrenceville, GA 30043-6669

(770) 513-7015

E-MAIL:

Sheila Ragle

sragle@bellsouth.net

Deb Kornegay

DebGK@Bellsouth.net

Marian Dykes

mariandykes@aol.com

FOR OFFICE USE ONLY:

DATE RECEIVED:	AMOUNT RECEIVED:	CHECK #:	PAID BY:

BID FORM FOR

2006 Future Stars Training Camp • TBD, 2006

2006 Level 8 & 9 TRAINING CAMP • TBD, 2006

2006 Level 9, 10 & Elite REGION 8 TRAINING CAMP • Oct. TBD, 2006

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 June 1, 2005

REGION 8 ATHLETE FUND

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

REGION 8 ATHLETE FUND -

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

**WE NEED
EVERYONE'S
SUPPORT!**

THANK YOU TO THESE CONTRIBUTORS!

Tom Ward, Bayside Gymnastics

REGION 8 ATHLETE FUND CONTRIBUTION

Name _____

Club _____

Address _____

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

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

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 13-15, 2007

Level 9 & 10 Regionals

April 20-22, 2007

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 June 1, 2005

REGION 8 CONGRESS BID FORM 2006

- There will be a \$1,000.00 fee for use of the "Region 8 Congress" name plus a \$5.00 fee per paid Registrant over 350 participants.
- Region 8 will include Regional Congress information and registration forms in Regional Newsletter.
- Director will work in conjunction with Region 8 officers concerning events schedule, meeting schedule, and testing.
- Director provides discount registration to USAG State Chairmen who will assist Director during the event.
- Regional officers (RACC, RTCC, RECC, RJOCC) are to be used as clinicians and director covers expenses of these officers.

Name of Event Director _____

Address _____

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

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

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

Clinics: State _____ Regional _____ National _____

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

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

Clinics: State _____ Regional _____ National _____

Facility Name _____

Address _____

Date available for Regional Contress _____

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

2) Size _____ Ceiling Height _____

3) Size _____ Ceiling Height _____

4) Size _____ Ceiling Height _____

5) Size _____ Ceiling Height _____

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

Nearest Airport _____ Distance from site _____

Is there airport/hotel shuttle? _____ Cost _____

Hotel _____ Cost of Room _____

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

Topic _____ Clinician _____

Topic _____ Clinician _____

Topic _____ Clinician _____

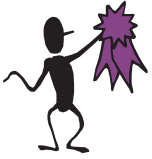
Topic _____ Clinician _____

Date _____ Signature _____

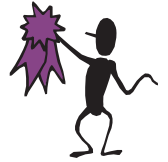
RETURN TO: Debby Kornegay - 394 Stonebridge Road • Birmingham AL 35210-4111 • (205) 951-0184 Phone/Fax

MUST BE RECEIVED BY June 1, 2005

All Around News



Region 8 will honor our 2005 National Champions at a banquet at Region 8 Coaches & Judges Update in Auburn, AL on Friday, October 14th.



LEVEL 9

Kailee Kovacs	FL	Orlando Metro	Beam
MacKenzie Fanaroa	FL	Orlando Metro	Bars
Lauren Carson	NC	Southeastern	All Around, Beam, Floor
Talis Trevino	GA	Roswell	Floor
Juliana Austin	TN	Gymstars	Vault
Ginni Fritz	NC	Southeastern	Vault
Morgen Jones	GA	Dream It	Floor
Alicia McLeod	TN	Let It Shine	Beam
Sarah Darst	FL	LaFleur's - Tampa	All Around, Floor
Alyssa Collins	FL	Tampa Bay Turners	All Around

LEVEL 10

Brittney Noble	FL	Orlando Metro	Floor
Kyra Platt	FL	Coast Elite	Floor
Amanda Castillo	FL	Orlando Metro	Floor
Teenie Beck	FL	Starlight	Bars

LEVEL 10 JUNIOR OLYMPIC NATIONALS TEAM

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

Kyra Platt	FL	Coast Elite
Amanda Castillo	FL	Orlando Metro

2005 USA GYMNASTICS LEVEL 10 REGION 8 NATIONAL RESULTS TEAM STANDINGS

JUNIOR A

1	Region 1	185.600
2	Region 8	185.425
3	Region 3	184.775
4	Region 5	184.650

JUNIOR B

1	Region 5	188.650
2	Region 7	184.750
3	Region 6	184.725
4	Region 8	185.500

JUNIOR C

1	Region 5	188.825
2	Region 6	185.925
3	Region 1	185.025
6	Region 8	182.925

JUNIOR D

1	Region 3	187.400
2	Region 5	187.325
3	Region 8	186.875
5	Region 6	186.150

SENIOR A

1	Region 1	187.900
2	Region 3	186.625
3	Region 7	186.150
5	Region 8	183.250

SENIOR B

1	Region 1	188.900
2	Region 5	188.475
3	Region 7	188.000
7	Region 8	183.975

SENIOR C

1	Region 5	189.050
2	Region 1	188.300
3	Region 7	187.950
7	Region 8	184.600

SENIOR D

1	Region 3	188.500
2	Region 1	187.400
3	Region 5	187.225
6	Region 8	185.300

OVERALL TEAMS

1	Region 5	54	5	Region 8	32
2	Region 1	49	6	Region 6	29
3T	Region 3	42	7	Region 4	25
3T	Region 7	42	8	Region 2	15

All Around News

2005 LEVEL 10 REGION 8 NATIONAL RESULTS

May 13-15 • Ontario, California

JUNIOR A

ALL AROUND

6th	Brittney Noble	FL - Orlando Metro	37.125
7th	Moriah Martin	FL - ACE	37.075

VAULT

4th	Moriah Martin	FL - ACE	9.525
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BARS

5th	Brittney Noble	FL - Orlando Metro	9.425
9th	Abbey Habicht	FL - Orlando Metro	9.300

BEAM

4th	Abbey Habicht	FL - Orlando Metro	9.475
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FLOOR

1st	Brittney Noble	FL - Orlando Metro	9.450
2nd	Talita Norberto	FL - Orlando Metro	9.550
9th	Madison Turchin	FL - Brandy Johnson's	9.425

JUNIOR B

ALL AROUND

2nd	Kyra Platt	FL - Coast Elite	38.050
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VAULT

3rd	Kyra Platt	FL - Coast Elite	9.700
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BEAM

4th	Kyra Platt	FL - Coast Elite	9.450
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FLOOR

1st	Kyra Platt	FL - Coast Elite	9.625
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JUNIOR C

ALL AROUND

8th	Andrea Mitchell	TN - Premier Knox	37.225
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VAULT

5th	Andrea Mitchell	TN - Premier Knox	9.625
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BEAM

3rd	Erika Pearson	TN - TAG Gymn.	9.475
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JUNIOR D

ALL AROUND

8th T	Nicole Pechanec	SC - Aiken Gymn.	37.350
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VAULT

9th	Lauren Ykimoff	FL - Orlando Metro	9.575
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BARS

1st	Teenie Beck	FL - Starlight Gymn.	9.550
7th	Nicole Pechanec	SC - Aiken Gymn	9.425

BEAM

2nd	Nicole Pechanec	SC - Aiken Gymn	9.500
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FLOOR

3rd	Brittney Hardiman	FL - Orlando Metro	9.500
10th	Lauren Ykimoff	FL - Orlando Metro	9.450

SENIOR A

BEAM

2nd	Jacquelyn Holmes	NC - Southeastern	9.500
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FLOOR

6th	Melanie Root	GA - Cartersville Twist.	9.475
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SENIOR B

ALL AROUND

4th	Amanda Castillo	FL - Orlando Metro	37.700
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VAULT

2nd	Amanda Castillo	FL - Orlando Metro	9.700
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BARS

3rd	Amanda Castillo	FL - Orlando Metro	9.600
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FLOOR

1st	Amanda Castillo	FL - Orlando Metro	9.650
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SENIOR C

BARS

4th	Tatjana Thuener-Rego	FL - Universal Gymn.	9.500
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7th	Lauren Sessler	GA - Gwinnett Gymn.	9.475
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FLOOR

10th T	Yvette Triay	LA - North Shore	9.450
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10th T	Christianna Fortunato	GA - Hayden's	9.450
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SENIOR D

ALL AROUND

7th	Ashley O'Neal	GA - GAA	37.525
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VAULT

7th	Lindsey Puckett	GA - Gwinnett Gymn.	9.650
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BEAM

8th	Ashley O'Neal	GA - GAA	9.400
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9th	Christina Suhr	FL - Orlando Metro	9.375
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FLOOR

7th T	Natalie Rubinstein	FL - Park Avenue	9.525
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7th T	Abby Stack	NC - International Gymn.	9.525
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All Around News

2005 TOP 10 RESULTS 9 EASTERN CHAMPIONSHIPS REGION 8



May 6-8, 2005
Tampa By Turners, FL

JUNIOR A

ALL AROUND

2nd	Kailyn Hawkins	Southeastern Gymn.-NC	37.100
3rd	Janell Sargent	Rose's Gymn.-NC	37.025
10th	Kailee Kovacs	Orlando Metro-FL	36.425

VAULT

4th	Lauren Aspey	Southeastern Gymn.-NC	9.250
5th	Kailyn Hawkins	Southeastern Gymn.-NC	9.225
9th T	Janell Sargent	Rose's Gymn.-NC	9.150

BARS

4th	Aziza Day	Gwinnett Gymn.-GA	9.350
6th	Janell Sargent	Rose's Gymn.-NC	9.325

BEAM

1st	Kailee Kovacs	Orlando Metro-FL	9.475
6th	Taylor Schick	Gwinnett Gymn.-GA	9.350
9th	Kailyn Hawkins	Southeastern Gymn.-NC	9.250
10th	Janell Sargent	Rose's Gymn.-NC	9.225

FLOOR

4th T	Lauren Aspey	Southeastern Gymn.-NC	9.400
4th T	Brianna Bautista	Park Avenue - FL	9.400
6th	Kailyn Hawkins	Southeastern Gymn.-NC	9.375
10th T	Taylor Schick	Gwinnett Gymn.-GA	9.325
10th T	Janell Sargent	Rose's Gymn.-NC	9.325

JUNIOR B

ALL AROUND

2nd T	MacKenzie Fanaro	Orlando Metro-FL	37.150
2nd T	Jenna Courtney	Orlando Metro-FL	37.150
6th	Kelly Rutherford	ACE Gymn.-FL	36.825
10th T	Shannon Howerton	MEGA - SC	36.525

VAULT

2nd	Rebekah Bennetts	GA All Stars - GA	9.325
8th T	Jenna Courtney	Orlando Metro-FL	9.150
8th T	Allie Williams	Let It Shine - TN	9.150

BARS

1st	MacKenzie Fanaro	Orlando Metro-FL	9.600
9th T	Kelly Rutherford	ACE Gymn.-FL	9.300
9th T	Annie Turner	Roswell Gymn. - GA	9.300

BEAM

3rd	MacKenzie Fanaro	Orlando Metro-FL	9.475
4th	Jenna Courtney	Orlando Metro-FL	9.425
9th T	Kelly Rutherford	ACE Gymn.-FL	9.150
9th T	Shannon Howerton	MEGA - SC	9.150

FLOOR

3rd	Rebekah Bennetts	GA All Stars - GA	9.475
6th	Leah Moen	Broadway Gymn. -FL	9.400
8th	Kelly Rutherford	ACE Gymn.-FL	9.375

JUNIOR C

ALL AROUND

1st	Lauren Carson	Southeastern-NC	37.075
5th	Nicole Abdo	Tampa Bay Turners	36.550
8th	Sarah Mackey	Orlando Metro - FL	36.400
10th	Kelli Rivers	Gymn. World - FL	36.250

VAULT

2nd	Alexa Bergeron	Dream It Gymn. - GA	9.400
6th	Sarah Mackey	Orlando Metro - FL	9.125
7th	Lauren Carson	Southeastern-NC	9.100
8th	Felicia Charles	Park Ave Gymn. - FL	9.075
10th T	Kelli Rivers	Gymn. World - FL	9.025
10th T	Lindsay Di'Salvato	Orlando Metro - FL	9.025

BARS

6th	Kelli Rivers	Gymn. World - FL	9.325
8th	Michaela Chennoch	Gymn. World - FL	9.275
10th T	Nicole Abdo	Tampa Bay Turners	9.250
10th T	Lauren Ferguson	Rose's Gymn. - NC	9.250

BEAM

1st	Lauren Carson	Southeastern-NC	9.325
3rd	Nicole Abdo	Tampa Bay Turners	9.300
4th	Felicia Charles	Park Ave. Gymn. - FL	9.225

FLOOR

1st	Lauren Carson	Southeastern - NC	9.575
2nd	Sarah Mackey	Orlando Metro - FL	9.350
3rd	Lauren Ferguson	Rose's Gymn. - NC	9.325
4th	Felicia Charles	Park Ave. Gymn. - FL	9.300
10th T	Michaela Chennoch	Gymn. World - FL	9.200
10th T	Alexa Bergeron	Dream It Gymn. - GA	9.200

JUNIOR D

ALL AROUND

3rd	Kali Dunning	Suncoast Gymn. - FL	36.550
5th	Talis Trevino	Roswell Gymn. - GA	36.400
10th T	Amanda Lam	Everglades Gymn. - FL	36.125

VAULT

7th	Brittany Clark	Gymn. Unlimited - FL	9.150
9th	Kali Dunning	Suncoast Gymn. - FL	9.125

BARS

4th	Kali Dunning	Suncoast Gymn. - FL	9.400
9th	Kelsey Carver	Elite Energy - TN	9.200

BEAM

6th	Rachel Terry	JFJ Elite Gymn. - AL	9.050
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FLOOR

1st	Talis Trevino	Roswell Gymn. - GA	9.425
4th	Amanda Lam	Everglades Gymn. - FL	9.375
5th	Kali Dunning	Suncoast Gymn. - FL	9.325
9th	Myra Robinson	Southeastern Gymn.- NC	9.225

All Around News

2005 TOP 10 RESULTS 9 EASTERN CHAMPIONSHIPS REGION 8



May 6-8, 2005
Tampa By Turners, FL

SENIOR A

ALL AROUND

1st T	Alyssa Collins	Tampa Bay Turners - FL	36.725
3rd T	Juliana Austin	Gymstars - TN	36.625
10th	Brittany Artis	Premier Excel - TN	35.950

VAULT

1st T	Juliana Austin	Gymstars - TN	9.450
1st T	Ginni Fritz	Southeastern - NC	9.450
4th T	Alyssa Collins	Tampa Bay Turners - FL	9.300
4th T	Alex Christopher	Southern Stars - AL	9.300
7th	Elizabeth Dupell	LaFleur's Tampa - FL	9.200

BARS

2nd	Brittany Artis	Premier Excel - TN	9.350
4th	Juliana Austin	Gymstars - TN	9.325
8th	Krista Stout	Shoals Gymn. - AL	9.275

BEAM

2nd	Krista Stout	Shoals Gymn. - AL	9.175
3rd	Alyssa Collins	Tampa Bay Turners - FL	9.150

FLOOR

1st	Morgen Jones	Dream It Gymn. - GA	9.550
5th T	Alex Christopher	Southern Stars - AL	9.325
5th T	Jessie Watts	Roswell Gymn. - GA	9.325

SENIOR B

ALL AROUND

3rd	Eva Swedish	Gymn. World - FL	36.075
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BARS

2nd	Jenna Gilboy	LaFleur's-Tampa --FL	9.275
7th	Eva Swedish	Gymn. World - FL	9.100

BEAM

6th	Eva Swedish	Gymn. World - FL	9.000
8th	Tara Riley	Harbor City Gymn. -FL	8.775

FLOOR

6th	Eva Swedish	Gymn. World - FL	9.200
9th	Chelsey Binkley	Roswell Gymn - GA	9.150
10th	Tara Riley	Harbor City Gymn. - FL	9.100

SENIOR C

ALL AROUND

5th	Alex Hamilton	LaFleur's-Tampa - FL	36.150
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VAULT

5th	Rachel Meyer	Intrigue Athl - TN	9.225
9th	Whitney Daugherty	GAA - GA	9.150

BARS

5th	Alex Hamilton	LaFleur's-Tampa - FL	9.250
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BEAM

1st	Alicia McLeod	Let It Shine - TN	9.125
9th	Lauren Pacetti	Tampa Gymn. & Dance-FL	8.950

FLOOR

3rd	Whitney Daugherty	GAA - GA	9.400
5th T	Alex Hamilton	LaFleur's-Tampa - FL	9.225
5th T	Sara Tafeen	Tumblebees Gymn - NC	9.225

SENIOR D

ALL AROUND

1st	Sarah Darst	LaFleur's Tampa - FL	36.825
3rd T	Marissa Desutter	Golden City Gym - FL	35.975
10th	Nicole Horodyski	Balcony Gymn. - FL	35.400

VAULT

3rd T	Sarah Darst	LaFleur's Tampa - FL	9.100
3rd T	Ravin Lasiello	Premier Knox - TN	9.100
3rd T	Beth Lebow	The Gym Company - NC	9.100
7th T	Jenifer Voynovich	LaFleur's Largo - FL	9.050
7th T	Jenna Paul	LaFleur's Largo - FL	9.050
10th	Marie Boyette	Sarasota Sunbeams-FL	9.025

BARS

3rd	Sarah Darst	LaFleur's Tampa - FL	9.300
6th	Nicole Horodyski	Balcony Gymn - FL	9.200

BEAM

5th	Lindsay Weber	Tampa Bay Turners - FL	9.025
6th	Marissa Desutter	Golden City Gymn. - FL	9.000
9th	Anna Christin McLeod	Let It Shine - TN	8.950
10th	Sarah Darst	LaFleur's Tampa - FL	8.925

FLOOR

1st	Sarah Darst	LaFleur's Tampa - FL	9.500
2nd	Marie Boyette	Sarasota Sunbeams - FL	9.400
4th	Jessika Widerman	American Twisters - FL	9.225
8th T	Marissa Dezutter	Golden City - FL	9.125
8th T	Nicole Horodyski	Balcony Gymn. - FL	9.125

All Around News

2005 USA GYMNASTICS

LEVEL 10 REGIONAL CHAMPIONSHIPS

Master's School of Gymnastics, Nashville, TN - April 14-17, 2005

NATIONAL QUALIFIERS

LEVEL 10 JUNIOR A

1	Brittney Noble	FL	Orlando Metro	37.575
2	Talita Norberto	FL	Orlando Metro	37.425
3	Madison Turchin	FL	Brandy Johnson's	37.375
4	Abbey Habicht	FL	Orlando Metro	37.000
5	Moriah Martin	FL	ACE Gymn.	36.950
6T	Haley Bodenheimer	NC	The Gym Company	36.775
6T	Raven Magwood	SC	Electric City	36.775



LEVEL 10 JUNIOR B

1	Ashanee Dickerson	FL	Gymn. Unlimited	37.550
2	Kimberly Jacob	NC	Gymcarolina	37.225
3	Rachel Breit	FL	ACE Gymn.	36.975
4T	Briana Melander	FL	Tampa Bay Turners	36.900
4T	Kyra Platt	FL	Coast Elite Gymn.	36.900
6	Jaleesa Wilson	NC	Gymcarolina	36.400
7	Macy Hyatt	GA	GAA	35.950



LEVEL 10 JUNIOR C

1T	Clare Bregetti	FL	Coast Elite Gymn.	36.825
1T	Beth Martin	NC	High Point Gymn.	36.825
3	Erika Pearson	TN	TAG Gymnastics	36.775
4T	Madeline Edwards	NC	High Point Gymn	36.750
4T	Andrea Mitchell	TN	Premier Gymn. Knox.	36.750
6	Becca Teich	NC	Southeastern Gymn.	36.375
7	Mia Yabut	TN	Try Star Gymn.	36.200



LEVEL 10 JUNIOR D

1	Teenie Beck	FL	Starlight Gymn.	37.700
2	Lauren Ykimoff	FL	Orlando Metro	37.300
3	Brittney Hardiman	FL	Orlando Metro	36.800
4T	Karli Jones	SC	Carolina Gymn. Center	36.725
4T	Kaitlin Kotler	LA	Elite Gymn.	36.725
6	Danielle Carey	FL	LaFleur's Largo	36.625
7	Nicole Pechanec	SC	Aiken Gymn.	36.625



T = Tie

All Around News

2005 USA GYMNASTICS

LEVEL 10 REGIONAL CHAMPIONSHIPS

Master's School of Gymnastics, Nashville, TN - April 14-17, 2005

NATIONAL QUALIFIERS

LEVEL 10 SENIOR A

1	Jacqueline Holmes	NC	Southeastern Gymn.	37.900
2	Heather McElwee	FL	Gymn. Unlimited	37.250
3-F	Anna Podgornay	GA	Cartersville Twisters	37.050
4-F	Yuri Nagi	TN	Premier Gymn. Knox	36.900
3T	Melanie Root	GA	Cartersville Twisters	36.825
3T	Caitlin Woodson	TN	Premier Gymn. Knox	36.825
5	Natalie Forney	FL	Orlando Metro	36.700
6	Jessica Young	NC	Southeastern Gymn.	36.500
7	Madison Andrews	NC	High Point Gymn	36.425



LEVEL 10 SENIOR B

1	Amanda Castillo	FL	Orlando Metro	38.400
2	Jordan Sexton	NC	Southeastern Gymn.	37.975
3	Christine Girard	FL	Orlando Metro	36.925
4-F	Olga Bodrikova	NC	The Gym Company	36.700
4	Tina Jacob	NC	Gymcarolina	36.700
5	Kiersten Spoeke	GA	GGA- Lawrenceville	36.375
6	Carmen Nelms	GA	Atl. School Tucker	36.350
7	Jessica Hord	TN	TNT	36.025



LEVEL 10 SENIOR C

1	Margaux Meeks	FL	Orlando Metro	37.825
2	Tatjana Thuener-Rego	FL	Universal Gymn.	37.775
3	Yvette Triay	LA	North Shore	37.375
4	Amanda Montgomery	FL	Starlight Gymn.	37.350
5	Lauren Sessler	GA	Gwinnett Gymn.	37.325
6	Christianna Fortunato	GA	Haydens Gymn.	37.275
7	Monica Lucas	NC	Salem Gymn.	37.200



LEVEL 10 SENIOR D

1	Ashley O'Neal	GA	GAA	38.175
2	Abby Stack	NC	International Gymn.	38.075
3	Natalie Rubinstein	FL	Park Avenue	37.600
4	Christina Suhr	FL	Orlando Metro	37.350
5	Brittany Fischer	NC	High Point Gymn	36.875
6T	Courtney Achter	NC	High Point Gymn	36.525
6T	Jaime Mula	SC	Beach Team	36.525
6T	Lindsey Puckett	GA	Gwinnett Gymn.	36.525



T = Tie F = Non-Citizen

All Around News

2005 USA GYMNASTICS

LEVEL 9 REGIONAL CHAMPIONSHIPS

Master's School of Gymnastics Nashville, TN • April 14-17, 2005

NATIONAL QUALIFIERS

LEVEL 9 JUNIOR A

1-F	Pauline Hanset	TN	Premier Athl. Excel	37.525
1	Lauren Aspey	NC	Southeastern Gymn.	37.300
2	Kailee Kovacs	FL	Orlando Metro	37.100
3	Sarah Persinger	NC	Southeastern	36.800
4	Taylor Schick	GA	Gwinnett Gymn.	36.675
5	Kailyn Hawkins	NC	Southeastern Gymn.	36.625
6	Brianna Bautista	FL	Park Avenue	36.575
7	Charly Santagado	FL	Brandy Johnson's	36.450
8	Aziza Day	GA	Gwinnett Gymn.	36.350
9	Janell Sargent	NC	Rose's Gymn.	36.150
10	Haley Watts	NC	Tumblebees	36.100
11	Lindsey Cheek	GA	Classic City	36.000



LEVEL 9 JUNIOR B

1	Jenna Courtney	FL	Orlando Metro	37.250
2	Kelly Rutherford	FL	ACE Gymn.	36.975
3	Allie Williams	TN	Let It Shine	36.650
4	Mackenzie Fanaro	FL	Orlando Metro	36.475
5	Ashley Sullivan	FL	Tampa Bay Turners	36.400
6	Annie Turner	GA	Roswell Gymn.	36.250
7T	Rebekah Bennets	GA	Georgia All Stars	36.125
7T	Leah Moen	FL	Broadway Gymn.	36.125
9	Shannan Howerton	SC	MEGA	35.675
10T	Audrey Harrison	TN	Premier Athl. Excel	35.525
10T	Hannah Hopkins	NC	Tumblebees	35.625



LEVEL 9 JUNIOR C

1	Lindsay Di'Salvato	FL	Orlando Metro	37.175
2	Sarah Mackey	FL	Orlando Metro	37.050
3	Nicole Abdo	FL	Tampa Bay Turners	37.000
4	Lauren Carson	NC	Southeastern	36.800
5	Kelli Rivers	FL	Gymnastic World	36.575
6	Danielle Levy	FL	Everglades Gymn.	36.500
7	Michaela Chennoch	FL	Gymnastic World	36.450
8	Alexa Bergeron	GA	Dream It Gymn.	36.425
9	Felicia Charles	FL	Park Avenue	36.400
10	Chelsea White	NC	Starlight Gymn.	36.175
11	Lauren Ferguson	NC	Rose's Gymn.	36.150
12	Brittany LaMattina	FL	Stars & Stripes	36.050



LEVEL 9 JUNIOR D

1	Rachel Terry	AL	JFJ Elite Gymn.	36.450
2	Myra Robinson	NC	Southeastern	36.425
3	Kelsey Carver	TN	Elite Energy Gymn.	36.225
4	Talis Trevino	GA	Roswell Gymn.	36.100
5	Morgan Johnson	NC	Kidsport	35.875
6	Charleen Zoerner	MS	Brook-Lin Ctr.	35.675
7	Devon Young	GA	Gwinnett Gymn.	35.625
8	Hannah Lee	LA	Elite Gymn.	35.550
9	Amanda Lam	FL	Everglades Gymn.	35.525
10T	Brittany Clark	FL	Gymn. Unlimited	35.400
10T	Kali Dunning	FL	Suncoast Gymn.	35.400
10T	Francesca Mascaro	FL	LaFleur's-Tampa	35.400
10T	Brittany Wheeler	GA	Gymnastix	35.400



T = Tie F = Non-Citizen

All Around News

2005 USA GYMNASTICS

LEVEL 9 REGIONAL CHAMPIONSHIPS

Master's School of Gymnastics Nashville, TN • April 14-17, 2005

NATIONAL QUALIFIERS

LEVEL 9 SENIOR A

1	Morgen Jones	GA	Dream It	36.975
2	Brittany Artis	TN	Premier Athl. Excel	36.075
3	Juliana Austin	TN	Gymstars	35.950
4	Krista Stout	AL	Shoal's Gymn.	35.900
5	Alyssa Collins	FL	Tampa Bay Turners	35.825
6	Kristen Woodberry	GA	Gwinnett Gymn.	35.800
7	Caitlin Martin	GA	Ultimate Dream	35.775
8	Elizabeth Lindley	NC	Kidsport	35.625
9	Jessie Watts	GA	Roswell Gymn.	35.500
10	Elizabeth Dupell	FL	LaFleur's-Tampa	35.425
11	Katherine Lowe	GA	Roswell Gymn.	35.350
12	Alex Christopher	AL	Southern Stars	35.150
13T	Ginni Fritz	NC	Southeastern	35.025
13T	Stephanie Garber	FL	Brandy Johnson's	35.025



LEVEL 9 SENIOR B

1	Jenna Gilboy	FL	LaFleur's-Tampa	36.375
2	Mary Coursen	FL	Suncoast Gymn.	36.125
3	Hillary Graczyk	TN	Gymstars	35.925
4	Tara Riley	FL	Harbor City Gymn.	35.875
5	Chelsey Binkley	GA	Roswell Gymn.	35.725
6	Shiloh Kline	LA	North Shore Gymn.	35.625
7	Stephanie Morgan	GA	Gwinnett Gymn.	35.550
8	Maxine Chaney	GA	North Metro Gymn.	35.400
9T	Carolyn Applefield	GA	COBB	35.350
9T	Eva Swedish	FL	Gymnastic World	35.350



LEVEL 9 SENIOR C

1	Alex Hamilton	FL	LaFleur's Tampa	36.075
2-F	Kaitlin Green	MS	Brook-Lin Ctr.	35.400
2	Whitney Daugherty	GA	Georgia All Stars	35.300
3	Sara Tafeen	NC	Tumblebees	35.175
4	Lauren Pacetti	FL	Tampa Gymn. & Dance	35.025
5	Alicia McLeod	TN	Let It Shine	34.750
6	Nicole Steel	NC	Raleigh School	34.675
7	Rachel Meyer	TN	Intrigue Athletics	34.575
8	Benton Sprayberry	AL	Auburn Gymn.	34.450
9	Davis Holland	AL	Auburn Gymn.	34.400



LEVEL 9 SENIOR D

1	Sarah Darst	FL	LaFleur's Tampa	37.025
2	Marissa Dezutter	FL	Golden City Gymn.	36.325
3	Janifer Voynovich	FL	LaFleur's Largo	36.125
4	Marie Boyette	FL	Sarasota Sunbeams	35.700
5	Anna Chris McLeod	TN	Let It Shine	35.675
6	Jenna Paul	FL	LaFleur's Largo	35.475
7	Lindsey Buchanan	AL	Armory Gymn. Ctr.	35.450
8	Jessika Widerman	FL	American Twisters	35.400
9	Chelsie Johnson	AL	United Gymnstars	35.375
10	Lindsay Weber	FL	Tampa Bay Turners	35.350
11	Ravin Lasiello	TN	Premier Gymn. Knox	35.300
12	Beth Lebow	NC	The Gym Company	35.225
13	Nicole Hoyodyski	FL	Balcony Gymn.	35.000
14	Erin Crews	NC	Gaby's Gymn.	34.850



T = Tie F = Non-Citizen

All Around News

2005 USA GYMNASTICS
LEVEL 8 REGIONAL CHAMPIONSHIPS
Boca Twisters, Fort Lauderdale, FL • April 8-10, 2005

TEAM RESULTS



FLORIDA



Level 8 State Teams

1	Florida	191.700
2	North Carolina	189.350
3	Tennessee	188.800
4	Georgia	188.400
5	Alabama	186.625
6	Louisiana	185.750
7	South Carolina	185.050
8	Mississippi	184.925



NORTH CAROLINA



Level 8 State Teams All Around Winners

JUNIOR TEAM

1	Meghan Kessler	FL - Sun Country	38.750
2	Jade Wiggins	FL - Orlando Metro	38.325
3	Mary E. Rippetoe	NC - Southeastern	38.075
4	Lisa Soto	NC - Southeastern	37.850
5T	Elizabeth Myers	TN - Gymstars	37.700
5T	Sommer Henry	AL - United Gymstars	37.700
7T	Taylor Stockwell	AL - Alabama Starz	37.675
7T	Katie Feyko	FL - Amer. Twisters	37.675
9	Tiffany Dawson	FL - Suncoast Gym.	37.625
10	Blakely Beard	GA - American Elite	37.525

SENIOR TEAM

1	Carson Lawrence	FL - U.S. Gold	38.200
2	Jessica Martin	TN - Premier Excel	38.175
3	Maddie Landry	LA - Gymnastics, Etc.	37.600
4T	Morgan Cretella	NC - Gymcarolina	37.550
4T	Katie Lynch	FL - Broadway	37.550
6	Laura Moffatt	GA - GAA	37.475
7	Emily Roth	GA - Davis Flip Ctr.	37.350
8	Shelby Nicosia	SC - Aiken Gymn.	37.300
9	Jordan Garofalo	GA - Roswell Gymn.	37.275
10	Kaylen Rice	NC - Port City	37.150



TENNESSEE



All Around News

Level 8 State Teams



SOUTH CAROLINA



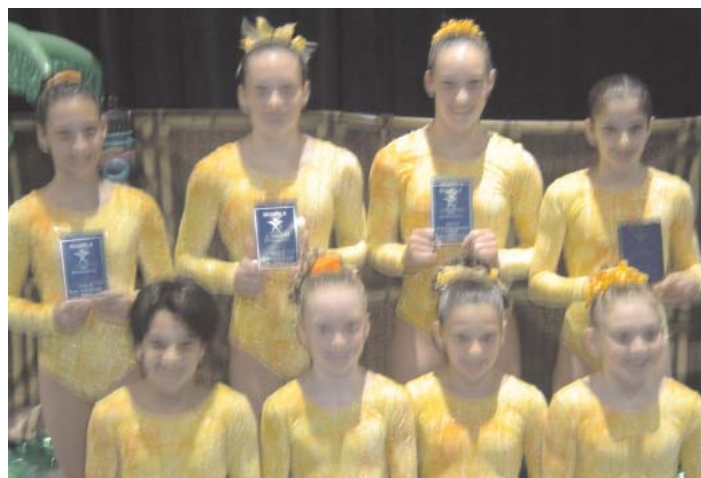
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ALABAMA



LOUISIANA



GEORGIA

All Around News

2005 USA GYMNASTICS

LEVEL 8 REGIONAL CHAMPIONSHIPS

Boca Twisters, Fort Lauderdale, FL • April 8-10, 2005

SESSION 1

1	Ashleigh Gnat	FL - ACE	37.850
2	Cierra Tomson	FL - Starlight Gymn.	37.525
3	Anna Cook	NC - Southeastern	37.500
4T	Mariah Broughton	FL - Tampa Bay Turners	37.450
4T	Heather Finnegan	FL - Orlando Metro	37.450
6	Savannah Hulbert	NC - Port City	37.400
7	Cameron Meyer	FL - Sun Country	37.350
8T	Gabriela Vale	FL - LaFleur's Tampa	37.275
8T	Jamie Shisler	FL - Gym World Ft. Myers	37.275
10	Alexia Perry	FL - Tampa Bay Turners	37.125

SESSION 2

1T	Sarah Wolford	FL - Tampa Bay Turners	37.700
1T	Jordan Masluk	FL - ACE	37.700
3	Taylor Calley	FL - LaFleur's Largo	37.450
4	Heidi Cote	FL - Orlando Metro	37.400
5	Lacy Lyle	GA - American Elite	37.375
6	Erin Smith	FL - First Coast	37.075
7T	Joni Butterfield	FL - Broadway	37.050
7T	Felicia Curley	FL - YMCA Challengers	37.050
9	Haly Bui	NC - Impact Gymn.	37.025
10	Callie Francis	FL - First Coast	36.925

SESSION 3

1	Shelly Stirman	FL - Broadway	37.950
2	Morgan Gunning	FL - Tampa Bay Turners	37.725
3	Gaby Swanson	FL - American Twisters	37.550
4	Danielle Levy	FL - Suncoast Gymn.	37.525
5	Ana K. Hurtado	FL - Universal Gymn.	37.450
6	Courtney Muller	FL - Palm Beach	37.425
7	Chesa Trevino	GA - Roswell	37.400
8	Amanda Perini	FL - Park Ave Cooper City	37.225
9T	Lauren Rose	FL - Orlando Metro	37.150
9T	Whitney Steinhauer	NC - KPAC	37.150

SESSION 5

1	Nicole Oweida	NC - Southeastern	37.500
2	Hope M. Gassaway	GA - Paris School	37.025
3	Lauren Kannard	FL - Gemini Gymn.	37.000
4	Abigayle Jackson	FL - Golden City	36.925
5	Elena Ricardo	GA - Roswell	36.850
6	Mariel Oweida	NC - Southeastern	36.825
7T	Casey Hill	GA - World Xtreme	36.725
7T	Courtney Anderson	FL - YMCA Challengers	36.725
9	Paige Mack	FL - National Gymn.	36.700
10	Abby Long	GA - GAA	36.675

SESSION 6

1	Brittany Murfitt	FL - Orlando Metro	37.400
2T	Charmaine Kidd	GA - Dream It Gymn.	37.025
2T	Yvonne Scott	FL - World Class Gymn.	37.025
4	Carly Kurdeimeier	GA - Gymnastix	36.875
5	Hailey Allen	NC - Stanly County	36.800
6	Libby Niclosi	TN - Gymstars	36.775
7	Alexandra Power-Hayes	FL - International Gold	36.700
8	Megan Mead	NC - Gymcarolina	36.675
9T	Lauren Girolmetti	FL - American Twisters	36.650
9T	Angela Koop	NC - Artistic	36.650



Level 8 & 9
Training Camp

July 29-31, 2005
ACE Gymnastics
Longwood, Florida

See YOU There!

Region 8 USA Gymnastics 2005 State Team Information

In order to keep the Address Book current, you MUST return this form to be listed. We will NOT carry over any names from last year's Address Book.

Please fill in the below information, as you would like it printed in the State and Regional address books:

Team Name _____

Address to be shown in Address Book :

City _____ State _____ Zip + 4 _____

Gym Phone: (_____) _____

Fax (_____) _____ Cell Phone: (_____) _____

Email _____ @ _____ Web page: _____

**I give my permission for the above information to be published in
Region 8 Address book and State Address list or book.**

Signature

Please list employees below: **(Each individual employee must sign Okay to print or information can not be used)**

Gym Director _____

Okay to Print _____

Signature

Home Phone (_____) _____

Cell Phone (_____) _____

Head Coach _____

Okay to Print _____

Signature

Home Phone (_____) _____

Cell Phone (_____) _____

Assistant Coach _____

Okay to Print _____

Signature

Home Phone (_____) _____

Cell Phone (_____) _____

Assistant Coach _____

Okay to Print _____

Signature

Home Phone (_____) _____

Cell Phone (_____) _____

Assistant Coach _____

Okay to Print _____

Signature

Home Phone (_____) _____

Cell Phone (_____) _____

Assistant Coach _____

Okay to Print _____

Signature

Home Phone (_____) _____

Cell Phone (_____) _____

**Please mail or fax to your USA GYMNASTICS STATE CHAIRMAN - DEADLINE Sept. 1, 2005
or FAX to DEBBY KORNEGAY (205) 951-0184 by September 15, 2005**

Region 8 USA Gymnastics 2005 Judges Information

In order to keep the Address Book current, you MUST return this form to be listed. We will NOT carry over any names from last year's Address Book.

Please fill in the below information, as you would like it printed in the State and Regional address books:

Name _____

Address _____

City: _____ State _____ Zip + 4 _____

Day Phone: (_____) _____ Night Phone: (_____) _____

Fax: (_____) _____ Cell Phone: (_____) _____

Email _____@_____

Rating _____ Gym Affiliation _____

**I give my permission for the above information to be published in
Region 8 Address book and State Address list or book.**

Signature

Please mail to SJD or Fax SJD by **Sept. 1, 2005** or Fax to D. KORNEGAY (205) 951-0184 by **9/15/2005**

Region 8 NAWGJ Regional and State Directors

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REGION 8 USAG WOMEN'S ADMINISTRATIVE COMMITTEE

REGION 8 WEB PAGE: Region8gymnastics.org

REGIONAL ADMIN. COMM. CHAIRMAN	DEBBY KORNEGAY DebGK@Bellsouth.net	394 Stonebridge Road Birmingham, AL 35210-4111	205-951-0184 Ph/Fax
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REGIONAL JO COMM. CHAIRMAN	PAUL PADRON phpadron@knology.net	1 Cutchin Court Charleston, SC 29414	843-766-3008 Phone/Fax 843-200-5429 Cell
REGIONAL ELITE COMM. CHAIRMAN	TONI RAND AmTwist@aol.com	6805 Lyons Technology Circle Coconut Creek, FL 33073	954-725-9199 Phone 954-755-1750 Fax

STATE ADMINISTRATIVE COMMITTEE CHAIRMEN

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FLORIDA SACC	MIKE McCABE mmccabe@cfl.rr.com www.usag-fl.org	416 E. Hillcrest Street Altamonte Springs, FL 32701	407-830-9222 Phone/Fax 888-839-8872 Fax 407-461-3435 Cell
GEORGIA SACC	PEGGY SIMPSON psimpson@gymnasticsamerica.com www.gausag.org	7545 Industrial Court Alpharetta, GA 30004	770-475-6103 Work 770-753-4546 Fax
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All Around News

DEBBY KORNEGAY

Regional Administrative Committee Chairman
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Birmingham, AL 35210-4111