

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 Prestigiaco	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*

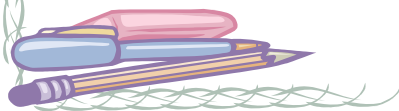
- Always bring your own judging papers with enough to judge every gymnast in the meet. The meet director or gym owner is not responsible for supplying notebooks or making copies.

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.