

FALL EDITION



# All Around News

VOL. 21

WWW.REGION8GYMNASTICS.ORG

2006

## THANK YOU

*Deb Kornegay, RACC*

Region 8 would like to thank **Balcony Gymnastics** and **Michael Hammer** for hosting the Future Stars Training Camp last June.

Region 8 would also like to thank **Beth and Kenny Morphis** and the **Salem Gymnastics** family for hosting Level 8 and 9 Training Camp. Also, a big thank you, to **Mary Hoagland**, North Carolina NAWGJ State Judging Director, for setting up sessions for the judges.

## Region 8 Rules and Regulations

*Deb Kornegay, RACC*

An updated version of Region 8's Rules and Regulations is available in this newsletter. Please refer to pages 30-34.

## Bids Needed

*Deb Kornegay, RACC*

**Region 8 needs bids for the following events:**

Level 9, 10 & Elite Training Camp - Oct. 5-7, 2007

Level 9 & 10 Regionals - April 17-20, 2008

Level 8 Regionals - May 2-4, 2008

**Region 8 Committee awarded the following bids** at our last meeting at Region 8 Congress:

**2007 Level 8 Regionals - April 13-15**  
**John O'Dell and North Carolina NAWGJ**  
at Reynolds Coliseum on the campus of  
North Carolina State University.

**2007 Level 8 & 9 Training Camp - July 27-29**  
**Mark Weber and Harbor City Gymnastics**  
Melbourne, Florida

## State Calendars

*Deb Kornegay, RACC*

Please use the links below to find invitationals listed on state calendars in Region 8.

Alabama: <http://www.alausag.org/pages/calendar.html>

Florida: <http://www.usag-fl.org/0607/calendar.htm>

Georgia: <http://www.gausag.org/pages/calendar.php>

Louisiana: <http://www.gymnasticala.com/> (push calendar button)

Mississippi: <http://www.msusag.org/pages/calendar/>

North Carolina: <http://www.nc-usag.org/meetinfo/2006/scheduleupdate06-07.pdf>

South Carolina: <http://www.eteamz.active.com/scgym/handouts/index.cfm?cat=124002&id=527069>

## Rules & Policies

*Deb Kornegay, RACC*

The 2006-2007 version of the USA Gymnastics Women's Rules and Policies is available at

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

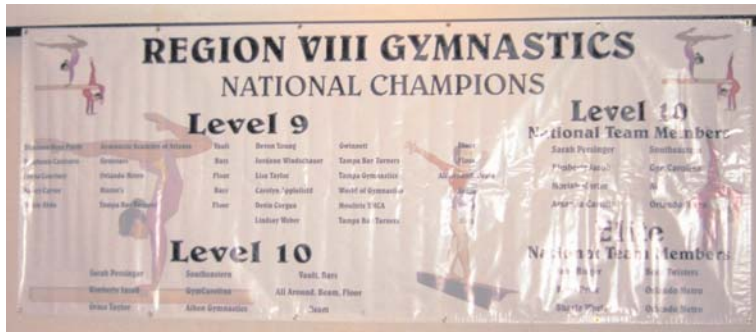
You can also request a hard copy at

[https://www.usa-gymnastics.org/membership/wrp\\_request.html](https://www.usa-gymnastics.org/membership/wrp_request.html)

# All Around News

## Region 8 Congress - Fort Lauderdale, FL - June 29 - July 2, 2006

A **BIG THANK YOU** to Region 8 Congress hosts **Randy Sikora, Sharyn Strickland, Mark Robbins and the rest of the USA Competitions staff** for hosting a great Region 8 Congress in Fort Lauderdale this summer.



Region 8 National Champions and Coaches attending Region 8 Congress

### NATIONAL AWARDS

*Deb Kornegay, RACC*

**Deb Walls**, Alabama State Chairman, received the *National Silver Quill* award at USA Gymnastics National Congress. The National Silver Quill award is for the best state newsletter by USA Gymnastics State Chairman. Alabama also won the *best web page in Region 8*. **Congratulations Deb!**



**Debby Kornegay**, Region 8 Administrative Committee Chairman, received an award from USA Gymnastics for *30 years of Volunteer Service*. The award read, "Presented to Debby Kornegay for your 30 years of outstanding service and dedication to the development of the sport of Gymnastics in the United States. USA Gymnastics, 2006."

### QUESTION OF THE DAY

*Marian Dykes, RTCC*

**Q:** A Level 8, 9 or 10 gymnast does a round-off prior to their salto dismount. Can the round-off count as a forward/sideward element?

**A:** The salto is the actual dismount. The round-off is started and finished on the beam—it is not the dismount. Thus the gymnast has met the requirement for a forward/sideward element in her routine.

# 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](mailto:phpadron@knology.net)

This summer we made an attempt to do our first all expense paid international trip for our top Region 8 finishers from JO Level 10 and 9 Nationals. With help from **Toni Rand** and **Tim Keckler** we were able to put together a four day trip to the Cayman Islands to train with the Cayman Island team. Unfortunately we had to cancel the trip at the last minute due to not getting a firm commitment and/or approval from NCAA officials that the trip meets all NCAA compliance requirements. We are currently working with USAG national office (Steve Penny and Kathy Kelly) to get a concrete decision from NCAA regarding compliance. We want to make sure that anything we do for our athletes will never jeopardize their NCAA eligibility, and although this is taking longer than expected, we would rather be safe than sorry, when it comes to such an important matter such as collegiate gymnastics. As soon as we get a clearance from USAG and NCAA we will contact all of the eligible coaches and athletes.

I would like to take this time to recognize **Mike Hammer** and **Balcony Gymnastics** for hosting the Future Stars Training Camp. Mike and staff did an outstanding job to provide a great training site for our athletes. To all of the volunteers at Future Stars, thank you for stepping up to the plate and donating you time to work this camp. Future Stars camp seems to be the most difficult to staff however it is probably the most important one since it is from these ranks that we will be developing many of our future optional athletes. If you have not volunteered your time to work this camp please consider doing so in the future. To all upper level coaches, this is where you are needed the most. Developing a strong base of athletes will ensure the future success. Our region is full of successful and talented coaches, please consider sharing your knowledge and time with the "Future Stars of Region 8."

Another special thank you goes to **Kenny & Beth Morphis** and **Salem Gymnastics**. Congratulations for putting together such a wonderful experience for our athletes at the Level 8-9 Training Camp. Not only did you give us an incredible facility, but also added special touches such as cooking for all of the athletes and coaches. To the volunteers that worked this camp, I cannot tell you how many compliments we received from parents, coaches and athletes regarding the quality of training, many felt it was the best one they have ever been to. Thank you all for your time and willingness to work with our regional athletes.

In October we will be heading to **Ultimate Gymnastics** in Suwanee, Georgia for the Level 9-10-Elite Training Camp.

Although the camp is full for athletes, **there is still room for coaches, judges and volunteers**. Please take advantage of this wonderful learning experience. Registration forms are available on the regional web-site and in this newsletter. In addition we will be having samples of our national apparel at this training camp. Please stop by the apparel station and let us know which items look and fit the best.

In talking with coaches and judges from throughout the region, I often get some negative comments about the quality of gymnastics in certain parts of the region. Sometimes it is people that have no idea what is going on in another state making comments and sometimes it is people making comments about their own state. Fact of the matter is that our region is composed of 8 states that all contribute to the success of Region 8. If we are to look at the level of gymnastics within a state we need to look at more than just numbers of athletes. It is not fair to compare a large state with a large population base to a small state with a small population base. If you look at high school sports it has divisions that are based on population of the school. A more valid predictor would be the percentage of gymnasts that a state qualifies to nationals based on the number of athletes in that state at that particular level. Below I have listed those stats for the top 2 levels of the Junior Olympic program.

### 2006 Results for Level 10's Qualifying to Nationals:

- 1st - Georgia 26%
- 2nd - Florida 25%
- 3rd - South Carolina 20% .
- 4th - North Carolina and Louisiana tied with 16%

### 2006 Results for Level 9's Qualifying to East Nationals:

- 1st - Mississippi 66% .
- 2nd - Florida 33%
- 3rd - Tennessee 20%
- 4th - Louisiana 17%
- 5th - Alabama, Georgia & North Carolina 13-16%

As you can see every state big and small plays a vital role in the success of Region 8. There are outstanding coaches, judges and athletes throughout our region. It is by working together and as a team that Region 8 will become the number one region in the country.

I look forward to seeing everyone in the upcoming season. Please do not hesitate to contact me if I can assist you in any way.

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MARIAN DYKES  
RTCC

## TECH NOTES I C A L

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

I have received many comments in the past weeks from gymnastics friends after watching television with gymnastics judges using FIG rules. I guess the most common was, "I just do not understand scoring at all." In an effort to make it more understandable when you watch an Elite or International competition, the following is a very brief summary of how the new FIG scoring system works with excerpts from a more detailed article on the USAG web site. The FIG web site offers a complete look at the rules as well as the values for each skill.

(<http://www.fig-gymnastics.com/index2.jsp?menu=RULES>)

Beginning in 2006, the International Gymnastics Federation (FIG) started using a new scoring system for men's and women's artistic gymnastics. The new system incorporates credit for the routine's content, difficulty and execution, and a gymnast's score no longer is limited to a maximum of 10. In the United States, the new system will be used at all elite level events. Women's Junior Olympics (Levels 1-10) and collegiate gymnastics will use the previous system, while men's Junior Olympics and collegiate gymnastics are using a modified version.

In addition to the new scoring mechanism, the FIG revised the *Code of Points* by re-valuing some skills and adjusting individual apparatus requirements. The changes to scoring and the Code were under study and discussion for more than a year. The FIG approved the revised Code and new scoring system in October 2005. Although the basic process is the same for men and women, some differences exist between the two. Just like with other sports, the scoring system is expected to have minor adjustments in the coming months after it has been used at competitions. Also, the new artistic gymnastics scoring system is similar to those used in rhythmic gymnastics, trampoline and tumbling, and acrobatic gymnastics.

Under the new system, a gymnast's total score includes values for both the routine's content and his/her execution. Basically, the new scoring procedure adds the Difficulty Score, which includes difficulty, connection value and element requirements, to the Execution Score, which encompasses execution, artistry, composition and technique, to determine a gymnast's total score. Scores no longer have a maximum value of 10. With this new system, there is no cap on the score. As a gymnast adds more difficulty or harder connections, the score has the potential to continue to increase.

### **Difficulty Score: difficulty and technical content**

The Difficulty Score represents what was previously known as the start value and includes difficulty and credit for connections (two high-level skills that are connected) and element group requirements, which are the basic categories of skills/elements that must be included in a routine. The element group requirements vary by apparatus. This score is determined by the A Panel, which is a two-person panel.

The difficulty value is determined by totaling values for the 10 most difficult skills, which includes the dismount. Each skill has a set difficulty value, as outlined in the *Code of Points*, and for the women are divided into seven classifications, with six for the men. The difficulty value of a skill or element is not recognized if it fails to meet its technical requirements. Also, credit is also only given once for a skill.

Connection value is awarded when specific skills or skill types are executed successfully in succession. The women can earn connection values for the balance beam, uneven bars and floor exercise, while the men can earn it for the floor

# All Around News

exercise, still rings and horizontal bar. For men and women, each connection value is either 0.1 or 0.2 points.

Element group requirements are the basic skills or elements that must be included in each routine and vary by apparatus. This area is similar to the special requirements in the past. If all of the requirements are included, a maximum of 2.5 points is awarded. Each judge on the A Panel independently reaches his/her Difficulty Score and then the two compare and reach a consensus.

### Execution Score: execution, artistry, composition and technique

The Execution Score, determined in the USA by a 2 person B panel and internationally by a six-person B Panel, now begins at 10 and deductions are made for errors and faults in technique, execution and artistry/composition. Each judge independently determines his/her score. The highest and lowest scores are dropped, and the gymnast's Execution Score is the average of the remaining four judges' scores. Deductions for neutral errors are subtracted from the sum of the Difficulty and Execution Scores.

The deductions for various errors have changed and now range from 0.1 point for a small error to 0.8 point for a fall. Neutral errors include those for stepping out of bounds or violating time requirements, as well as attire or podium violations.

So, just what does a score mean? The system is still very new. Looking at the results from championships of the USA the winning score was a 62.6 AA. The highest event score posted was a 16.4. Looking at the Difficulty Score computed by the A Panel score, the highest score was a 7.0 on Balance Beam. As time goes by, hopefully these scores will mean a little more to us.

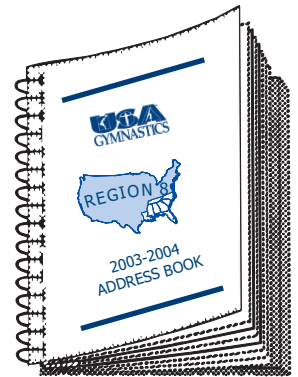
**NEW**

## 2006-2007 REGION 8 ADDRESS BOOK & DISK

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

- Region 8 Clubs**
- Head & Assistant Coaches**
- Region 8 Board**
- Judges**
- Region 8 NA WGJ Board**

**BOOK ONLY**  
**\$15.00**  
**BOOK & DISK**  
 (to make your own labels)  
**\$25.00**



### ORDER NOW

Name \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_@\_\_\_\_\_

**AMOUNT  
ENCLOSED**

\$ \_\_\_\_\_

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

## Region 8 Verification of In-Gym Experience for 2008 Regionals

Name: \_\_\_\_\_ Rating: \_\_\_\_\_  
 Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
 Phone: (H) \_\_\_\_\_ (W) \_\_\_\_\_ Email: \_\_\_\_\_ @ \_\_\_\_\_

DATE OF VISIT	HOURS IN GYM	GYM CLUB	LEVEL OF GYMNASTS	COACH'S SIGNATURE
<b>TOTAL</b>				

*You must have this card completely filled out with at least 9 hours of in-gym experience, signed and returned to Marian Dykes, 4651 Buford Highway, Atlanta, Ga 30341. Completed cards must be received by June 1, 2007 to be eligible to judge any 2008 Region 8 Regional Competition. Fax - (770) 457-0943. You will receive confirmation of receipt within ten days.*

**In order to be eligible to judge a regional meet in 2008 in Region 8, a judge must have in gym experience. A judge must complete at least 9 hours of in gym experience between 6/2/06 and 6/1/07.**

Each experience must be a minimum of 2 hours. The level of gymnasts must be equal to or greater than the level of meet the judge wishes to be considered for. (i.e. Level 9 & 10 Regionals = in gym experience with Level 10 or Elite. Level 8 Regionals = in gym experience with Level 8, 9, 10 or Elite, etc.) Training sessions at a meet may not be used.

A maximum of 3 hours may be completed in a college setting.

A maximum of 3 hours may be from a Regional or National JO or Elite Training Camp. (A training camp may only count for either in gym experience or CPE credit - not both.)

This experience must be an interactive experience; it is not sufficient to sit in the stands and watch workout. Judges must call ahead to schedule gym time. The judge's activities should be under the supervision of the gym's coach.

The judge should keep in mind that the gym club you are visiting is a business. The judges should remain professional and cordial at all times.

# AGE GROUP REGION 8 JUDGES' AVAILABILITY and EXPERIENCE RESUMÉ

Check here if any of this info is different from last year

Name: \_\_\_\_\_ Home #: \_\_\_\_\_

Address: \_\_\_\_\_ Work # \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

E-mail address \_\_\_\_\_@\_\_\_\_\_

USA Gymnastics #: \_\_\_\_\_ Expiration Date: \_\_\_\_\_

Current Ratings Held (2005-2009): \_\_\_\_\_ (Must hold a new Level 10 or higher rating)

AVAILABLE	NOT AVAILABLE	NAME OF MEET	SITE	DATES
<input type="checkbox"/>	<input type="checkbox"/>	Level 8 Regionals	TBD	May 2-4, 2008*
<input type="checkbox"/>	<input type="checkbox"/>	Level 9 & 10 Regionals	TBD	April 17-20, 2008*
<input type="checkbox"/>	<input type="checkbox"/>	Level 9 Eastern Nationals**	TBD	May 9-11, 2008*
<input type="checkbox"/>	<input type="checkbox"/>	Level 10 J.O. Nationals**	TBD	May 16-18, 2008*

\* Please note that travel may be necessary on Thursday, Friday and/or Monday if you are assigned to one of these meets.

\*\* Please refer to criteria in the Region 8 Rules and Regulation in Fall 2006 Region 8 Newsletter.

In order to be considered to judge Level 10, 9 or 8 Regionals you must have attended at least one of the following clinics. Please indicate which clinic(s) you have attended:

- 2006 Region 8 Congress (Ft. Lauderdale, FL)
- 2006 Region 8 Level 8 & 9 Training Camp (Winston Salem, NC) (For Level 8 Regionals only)
- 2006 USA Gymnastics National Congress (St. Paul, MN)
- 2006 Region 8 Level 9/10 Training Camp (Suwanee, GA)

If you wish to have any other clinic(s) considered, you must submit your request **in writing** to Marian Dykes for approval by the Region 8 USAG committee. Please list the date, site, instructors and what this experience afforded you.

In order to be considered to judge Level 10, 9 or 8 Regionals you must have at least 9 hours in-gym experience **at the level of regional you are assigned to or higher**. Was this card completed and filed by 6/01/07?  Yes  No

How many Junior Olympic optional invitationals have you judged or contracted to judge from 6/14/2006 to 6/1/2007? \_\_\_\_\_

*This form must be sent back to Marian Dykes with a copy to Sheila Ragle. Failure to respond by June 1, 2007 indicates you **DO NOT** wish to be considered for the above-mentioned meets.*

*...continued on other side*

# AGE GROUP REGION 8 JUDGES' AVAILABILITY and EXPERIENCE RESUMÉ

Please specify miscellaneous expenses for which you would expect reimbursement:

- \$ \_\_\_\_\_ Airport Parking
  - \$ \_\_\_\_\_ Travel to/from the Airport @ current IRS rate x \_\_\_\_\_ miles round-trip
  - \$ \_\_\_\_\_ Tolls
  - \$ \_\_\_\_\_ Other Expenses (be specific)
- \_\_\_\_\_
- \_\_\_\_\_

Please indicate the nearest departure airport: \_\_\_\_\_

Do you have any special dietary restraints?  Yes  No

Please list dietary restraints \_\_\_\_\_

### OTHER INFORMATION

Gym Affiliation: \_\_\_\_\_

Place of Employment: \_\_\_\_\_ How early can you leave? \_\_\_\_\_

You must return this form to: **Marian Dykes**  
4651 Buford Highway  
Atlanta, GA 30341

Please send a copy to: **Sheila Ragle**  
1870 Eagle Summit Court  
Lawrenceville, GA 30043-6669

*This form must be sent back to Marian Dykes with a copy to Sheila Ragle. Failure to respond by June 1, 2007 indicates you **DO NOT** wish to be considered for the above-mentioned meets.*

# All Around News



**Toni Rand, RECC**



MAILING ADDRESS (GYM)  
6805 Lyons Technology Circle  
Coconut Creek, FL 33073  
954-725-9199 Phone  
954-725-9157 Fax  
AmTwist@aol.com E-mail

My National committee meeting was cancelled for July due to so many athletes entered in the Classic/Challenge that we could not find a time to meet. We will be meeting in November at the ranch instead. So at this time, there is not too much to report and we have not made any recent changes in the testing or TOPS program.

## **Pre Elite/TOPS clinic & Elite Testing Competition – December 15 & 16th, 2006**

The region will offer an elite testing competition with a pre-elite/tops clinic in Orlando on Friday December 15th & 16th – the competition will either be Friday evening or Saturday morning with the clinic on Saturday afternoon. The event will conclude on Saturday. At this time, we are looking at various sites in Orlando to host the event and I will send an email to all clubs when that is determined.

We once again hope to have *Tammy Biggs* as our National clinician along with coaches from our region. We will have an athlete clinic as well as offer lectures for coaches/judges that are interested in the elite program. Last year the clinic filled so please register early if you wish to participate. The entry form is included in this newsletter.

Fees: Athlete Clinic - \$75.00 per athlete  
\$50 for coaches/judges without athletes  
Testing Competition - \$100.00 per athlete

\*\* Please note, all brevet judges may attend for no fee provided that they assist as needed with the event – please fill out registration form however so that we know you will be coming.

## **Other competitions in our region:**

I have had requests from clubs to host either testing competitions &/or optional elite competitions. The region will be setting up one more elite testing competition in the late spring however if a club wishes

to host an additional elite testing meet at their gym this is allowed provided the following is done:

- The club pays for all expenses
- The date of the competition must be submitted to the Region at least 30 days prior to the event and a mailing or emailing must be sent to all clubs in the region with information on the competition. (In order to secure judges, it is highly recommended that you submit date of your competition as early as possible – the region does not guarantee that judges will be available)
- Judges must be approved and contracted through the region

To host an optional competition, a club must do all of the above plus the judges selected must be approved by National office and must come from a list of International Brevets that have been approved for Optional competitions – this will add an additional expense to your competition.

## **How to qualify to camp or competitions:**

Athletes may send videos in to the national office for selection to a national camp. Athletes that are accepted need to pay all of their/and coach's expenses to attend.

From camps, athletes may qualify to Classic and Championships.

Athletes may also qualify to Classics/Challenge from regional qualifying competitions. Right now, the Elite calendar for 2007 has the American Classic/challenge set for May 31 – June 2nd – site to be determined – with Championships in San Jose on August 14 – 19th, 2007.



**TOPS** – the summer tests have concluded and announcements for National TOPS testing have been made. If you have any questions about the TOPS program please contact your State TOPS coordinator.

If you have any questions about the Elite program, please email me at AmTwist@aol.com & as always, please check the FIG website on a regular basis for updates/changes in the Elite code.

[http://www.fig-gymnastics.com/UrlGrpServer.jsr?@\\_ID=6018&@\\_TEMPLATE=5991](http://www.fig-gymnastics.com/UrlGrpServer.jsr?@_ID=6018&@_TEMPLATE=5991)

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Congratulations and good luck to our Region 8 National Team Members:



Deb Kornegay, RACC



Jana Bieger



Kassi Price



Shayla Worley

## 2006 VISA CHAMPIONSHIPS

### SENIORS

**Jana Bieger** *Boca Twisters*  
2nd V (30.30), 4th UB (31.25), 3rd BB (31.20),  
5th FX (30.45), 3rd AA (123.00)

**Kassi Price** *Orlando Metro*  
3rd V (29.175), 3rd UB (31.35) 7th AA (116.90)

### JUNIORS

**Kimberly Jacobs** *GymCarolina*  
8th V (29.25), 20th AA (110.15)

**Rheagan Courville** *Elite*  
6th UB (29.70), 8th BB (28.70)

Also competing:

**Madison Turchin** *Brandy Johnson's*  
**Michelle Shealy** *Gwinnett*  
**Taylor Schick** *Gwinnett*

## 2006 US CHALLENGE / CLASSIC

### HOPES DIVISION

**Meghan Kessler** *Sun Country* 5th AA

Also competing:

**Jenna Rachels** *Gwinnett*  
**Morgan Smith** *Brandy Johnson*  
**Charley Santagado** *Brandy Johnson*  
**Kennedy Baker** *GymStars*  
**Baely Rowe** *Auburn*  
**Dare Maxwell** *GymStars*  
**Tiffany Dawson** *Suncoast*

### INTERNATIONAL JUNIORS

Competing:

**Taylor Schick** *Gwinnett*  
**Kimberly Jacob** *GymCarolina*  
**Madison Turchin** *Brandy Johnson*  
**Michelle Shealy** *Gwinnett*  
**Kyra Platt** *Coast Elite*  
**Haley Bodenheimer** *Southeastern*  
**Sarah Persigner** *Southeastern*  
**Aziza Day** *Gwinnett*  
**Rheagan Courville** *Elite*

### PRE-ELITE JUNIOR DIVISION

**Katie Hagerman** *Gwinnett* 7th AA

Also competing:

**Stephanie Canizaro** *GymStars*

### INTERNATIONAL SENIORS

**Jana Bieger** *Boca Twisters*  
5th V, 2nd UB, 9th AA

# ELITE CLINIC & COMPULSORY TESTING ENTRY FORM

DECEMBER 16-17, 2006

Orlando, FL



FEE: Clinic  
Testing

\$75.00  
\$100.00



Deadline: December 1, 2006 \$25 late fee per gymnast

**Entry on first come basis so ENTER EARLY**

Team Name: \_\_\_\_\_ Club USAG #: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_ @ \_\_\_\_\_

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 #	Clinic	Testing	Date of Birth
1)				
2)				
3)				
4)				
5)				
6)				
7)				
8)				
9)				
10)				

Number of **GYMNASTS** for

Clinic \_\_\_\_\_ x \$75.00 = \_\_\_\_\_

Testing \_\_\_\_\_ x \$100.00 = \_\_\_\_\_

**Late fee per gymnast** \_\_\_\_\_ x \$25.00 = \_\_\_\_\_

**Coaches & Judges without athletes attending** \_\_\_\_\_ x \$50.00 = \_\_\_\_\_

**BREVET JUDGES - NO CHARGE**

**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) 725-9157

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## REGION 8 CALENDAR • 2006

### September 2006

22-24 National TOPs Testing  
Nat'l Training Center - Houston, TX

### October 2006

6-8 Level 9, 10 & Elite Training Camp  
Ultimate Gymnastics,  
Suwanee, GA

### December 2006

2-6 National TOPs Training Camp  
Houston, TX

6-10 National TOPS Training Camp B  
Houston, TX

15-16 Region 8 Elite Clinic and  
Compulsory Testing  
Orlando, FL

### March 2007

23-25 Last week for 9-10 State Meets

### April 2007

12-15 Level 8 Regionals  
Raleigh, NC

20-22 Level 9 & 10 Regionals  
Tupelo, MS

### May 2007

11-13 Level 9 Nationals  
Orlando, FL

18-20 Level 10 Eastern Championships  
Cincinnati, OH

### July 2007

27-29 Level 8 & 9 Training Camp  
Harbor City Gymnastics  
Melbourne, FL

### August 2007

15-19 USAG National Congress &  
Championships  
San Jose, CA

### October 2007

5-7 Level 9, 10 & Elite Training Camp  
TBD

### November 2007

8-11 National Meet  
Kissimee, FL

### March 2008

28-29 Last week for 9-10 State Meets

### April 2008

18-20 Level 9 & 10 Regionals  
TBD

### May 2008

2-4 Level 8 Regionals  
TBD

### 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

*Make checks payable to Region 8 USAG.*

*Dates of publication may vary.*

*For further information, please contact: Deb Kornegay*

*Your ad will also be with the Newsletter  
on the Region 8 Web Page!*

*Please send your ad "Camera Ready."*

**Debby Kornegay, RACC**

394 Stonebridge Road • Birmingham, AL 35210-4111  
(205) 951-0184 Phone/Fax • [DebGK@Bellsouth.net](mailto:DebGK@Bellsouth.net)

# 2006 REGION 8 TRAINING CAMP

OCTOBER 6-8, 2006 • Level 9, 10 & Elite

Ultimate Gymnastics - Suwanee, Georgia

**Camp is full for Athletes**

## HOTEL INFORMATION

### HAMPTON INN

\$79.00 per night

6010 Sugarloaf Parkway, Lawrenceville, GA

**678-407-0018**

*Group: Ultimate Gymnastics*

### HILTON GARDEN INN

\$79.00 per night

2040 Sugarloaf Circle, Duluth, GA

**770-495-7600**

*Group: Ultimate Gymnastics*

## TRAINING CAMP & JUDGES SCHEDULE

(ALL COACHES AND JUDGES SESSIONS WILL BE HELD AT THE GYM)

### FRIDAY - October 6

3:00\* - 3:50

Registration at Ultimate Gymnastics

\* Volunteer Coaches and Judges should report to Ultimate Gym by 3:00

4:00 - 4:30

Introduction & warm-up

4:30 - 8:00

Rotations

### SATURDAY - October 7

8:00 - 10:00

Sessions on Gym floor for Coaches and Judges

10:00 - 10:30

Warm-up

10:30 - 6:30

Rotations - lunch provided for athletes and volunteers

### SUNDAY - October 8

9:00 - 12:00

Sessions for Coaches and Judges

9:00 - 9:30

Warm-up

9:30 - 10:50

Rotations

10:50 - 12:00

Open Gym

12:00 - 12:30

Closing of Camp

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

***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 National

**MAIL ALL FORMS WITH FEES TO: Debby Kornegay**

394 Stonebridge Road, Birmingham, AL 35210

# REGION 8 TRAINING CAMP 2006

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## 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: \_\_\_\_\_ FAX: \_\_\_\_\_

NIGHT PHONE: \_\_\_\_\_ EMAIL: \_\_\_\_\_ @ \_\_\_\_\_

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

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

Signature

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

**LEVEL 9, 10 & ELITE**  
**October 6-8, 2006**  
Suwanee, GA  
**Ultimate Gymnastics**

NAME OF COACHES ATTENDING CAMP FROM YOUR GYM:

1. \_\_\_\_\_ USAG# \_\_\_\_\_ 2. \_\_\_\_\_ USAG# \_\_\_\_\_

DID YOU HAVE GYMNASTS AT LEVEL 10 OR 9 NATIONALS IN 2006?  YES  NO

DID YOU HAVE GYMNASTS AT LEVEL 10 OR 9 REGIONALS IN 2006?  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: September 21 (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 2007. Clubs who do not work and contribute at least \$1000.00 will also be eligible to receive apparel if athletes qualify to Nationals!*

# TRAINING CAMP REGISTRATION FORM

## FOR COACHES & JUDGES WITHOUT PARTICIPATING GYMNASTS

NAME \_\_\_\_\_  COACH  JUDGE

USAG# \_\_\_\_\_ EXP DATE \_\_\_\_\_

MAILING ADDRESS \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

DAY PHONE \_\_\_\_\_ FAX \_\_\_\_\_

NIGHT PHONE \_\_\_\_\_ EMAIL \_\_\_\_\_ @ \_\_\_\_\_

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

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

\_\_\_\_\_  
Signature

**COST: \$50.00**

**Make checks payable to REGION 8 USA GYMNASTICS**

**LEVEL 9, 10 & ELITE CAMP** (Suwana, GA) **DEADLINE 9/1/06 - \$10 Late Fee after September 21, 2006**

**FIRST COME, FIRST SERVE**

# 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 \_\_\_\_\_ FAX \_\_\_\_\_

NIGHT PHONE \_\_\_\_\_ EMAIL \_\_\_\_\_ @ \_\_\_\_\_

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

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

\_\_\_\_\_  
Signature

You will be actively working on the floor. Please check below any event(s) that the judge would **NOT** want to be assigned to?  VAULT  BARS  BEAM  FLOOR

**COST: FREE - If assigned to work camp**

**LEVEL 9, 10 & ELITE CAMP** (Suwana, GA) **DEADLINE 9/21/06 - FIRST COME, FIRST SERVE**

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



# 2007 MYRTLE BEACH GYMNASTICS INVITATIONAL

FEATURING THREE TIME OLYMPIAN  
**SHANNON  
MILLER**

## JANUARY 5-7



**MEET DIRECTOR** Lauren Foxworth- 843-267-4419  
**ATHLETES** USAG Girls Levels 2-elite  
**MEET SITE** Myrtle Beach Convention Center  
**HOSTED BY** Gymnastics Inc, 579 Burcale Road  
Myrtle Beach, SC 29579  
E-mail- [gymnasticsinc@aol.com](mailto:gymnasticsinc@aol.com)  
Phone- 843-236-9021 Fax- 843-236-4367  
Website- [www.gymnasticsincmyrtlebeach.com](http://www.gymnasticsincmyrtlebeach.com)

**ENTRY FEES** Level 2,3 \$50 Level 4-6 \$65  
Level 7-elite \$80 Team entry (4 & up) \$45

**MEET FORMAT** Level 2,3 Traditional  
Level 4-elite Capital Cup  
December 1, 2006

**DEADLINE**  
**EQUIPMENT** AAI  
**AWARDS** Custom medals & Team banners  
(awards exceed USAG policy)

**ADMISSION** Adults- \$8  
Children- \$5 (ages 3 and under free)  
Week-end pass \$20  
\$5 MEET PROGRAMS AVAILABLE

**HOST HOTEL** Sheraton Myrtle Beach  
Convention Center Hotel  
101 North Oak Street  
Myrtle Beach, SC 29577

**COACH  
AND  
JUDGES  
COCKTAIL  
PARTY**

(800) 325-3535 for reservations  
(mention gymnastics for rate)

**CALL OR E-MAIL FOR MEET PACKET  
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COACHES  
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**GYMNAST  
PARTY WITH  
SHANNON  
MILLER**

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**"Paw Stands."**



**February 2-4, 2007**  
**Levels 2-10 and Prep-Opt.**

**For more information:**  
**Gary Knisley - 864-306-9180**  
**[www.tigerpawgymnastic.com](http://www.tigerpawgymnastic.com)**

**TigerPaw**  
*Classic*

**gymnastics invitational**

AT CLEMSON UNIVERSITY



*Updated from May, 2006 WTC/JO Meeting*  
**JO OPTIONAL & COMPULSORY RESOURCES**  
*For Coaches & Judges*

<b>BAR INDEX</b>	A list of bar elements in alphabetical order for JO value, element number, and Code of Points page number.	<b>\$ 3.00</b>
<b>COMPULSORY CARDS</b>	Compulsory deductions at your finger tips for all <b>SIX LEVELS</b> . These sets are 8½ x 11 in full color — coded by event. Eleven full size cards.	<b>\$ 12.00 SET PRICE</b>
<b>FLASH CARDS</b>	Business Card size - these two sided cards have every element from the new JO Code of Points and Updates 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.	<b>\$25.00 SET PRICE</b>
<b>OMNI CARD</b>	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.	<b>\$ 10.00</b>
<b>OPTIONAL EVENT CHARTS</b>	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 <b>ENGLISH and judges shorthand</b> and each value part letter is printed in its own color for rapid identification. Four full size cards.	<b>\$8.00 SET PRICE</b>
<b>RULES &amp; POLICY TABS</b>	Preprinted tabs for your Rules and; Policies.	<b>\$5.00 SET PRICE</b>
<b>WALL CHARTS</b>	Easy reference of Value Parts. <b>Now in full color</b> 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.	<b>\$20.00 SET PRICE</b>

**NCAA OMNI CARD AVAILABLE IN FALL.**

**CONTACT: DEBBY KORNEGAY**

394 Stonebridge Road      Birmingham, AL 35210-4111

(205) 951-0184 Phone & Fax

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ORDER FORM

# JO OPTIONAL & COMPULSORY RESOURCES

FOR COACHES AND JUDGES

Name \_\_\_\_\_

Shipping Address \_\_\_\_\_

City, State, ZIP \_\_\_\_\_

Phone \_\_\_\_\_ Email: \_\_\_\_\_ @ \_\_\_\_\_

QUANTITY	DESCRIPTION	UNIT PRICE	TOTAL PRICE
	<b>COMPULSORY CARDS</b>	\$ 12.00 set	
	<b>FLASH CARDS</b>	\$ 25.00 set	
	<b>OPTIONAL EVENT CHARTS</b>	\$ 8.00 set	
	<b>BAR INDEX</b>	\$ 3.00 each	
	<b>OMNI CARD</b>	\$ 10.00 each	
	<b>NCAA OMNI CARD</b>	\$ 8.00 each	
	<b>WALL CHARTS</b>	\$ 20.00 set	
	<b>RULES &amp; POLICY TABS</b>	\$ 5.00 set	
	<b>COACHES PACKET - NO SHIPPING CHARGE</b>	\$ 63.00 packet	
	<b>JUDGES PACKET w/out flash cards - NO SHIPPING CHARGE</b>	\$ 42.00 packet	
<b>SHIPPING CHARGES:</b>			<b>SUB TOTAL</b>
	\$20.01 - \$40.00 — \$9.00		
Up to \$10.00 — \$4.00	\$40.01 - \$70.00 — \$10.00		<b>SHIPPING</b>
\$10.01 - \$20.00 — \$6.00	\$70.01 and up — \$14.00		<b>TOTAL</b>

**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**

# All Around News

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## Hurricane Gymnastics Relief Fund Update

*Deb Kornegay, RACC*

**T**hank you to everyone who contributed to the Hurricane fund last season. Over \$110,000.00 was donated to the Hurricane fund. \$94,025.00 has been dispersed to clubs affected by the Hurricane. The Hurricane Steering Committee is now accepting applications to disperse the money remaining in the fund. We are looking for USA Gymnastics athletes who were affected by the hurricane and now need assistance with college tuition. Please look for the application form in this newsletter.

Recently we sent an email to people who received help from the Hurricane Gymnastics Relief Fund. We wanted you to hear how they are doing now. Following are some of the letters received from the hurricane victims.

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## Hurricane Victims Report One Year Later

Debbie,

Thanks for your inquiry. Alexis finished the acrobatic gymnastic season at Nationals on July 25th—her tenth birthday. She was able to go to Belgium in the Spring, commute to Belle Chasse—a far distance from our home for training, attend all the local, regional and National competition and was even selected to be on the J.O National team. It is amazing that through all the chaos in New Orleans she was able to continue her gymnastic training. She will now be able to train closer to home because another gym has gotten up on its feet and will begin training athletes closer to home. We appreciate all your help and have donated all the leos and warm-up suits (you helped purchase) to the previous gym to help someone starting new that may need them. We will be starting anew at this gym (we are getting used to new beginnings!). Wish us luck.—thanks again for your assistance in our time of need.

C. Thibodeaux

Deb,

I have had a great summer. My camps were smaller because people could not get motels so I did not have any out of town kids but my recreational camps were good because a lot of other activities are not going again yet. Classes were good also. It's hard to believe its already been a year. My gym is doing great and I can't thank you and everyone enough for all you have done for me and the other gyms. Everyone down here just prays that we won't get another one anytime soon.

Thank you again, Cindy Wallace

Dear Debby and our USAG Family,

Thank you for helping us through the unimaginable. We could not have paid our rent and insurance and replaced equipment without your financial support. We have been praying for a year to receive a loan from the SBA for Hurricane relief, and I just found out this morning that because our business is only two years old, the SBA does not feel safe in giving us a loan. Thanks to all your financial help we have been able to pull through anyhow. The tumble trak is all we have left to replace. (Hurricane Steering Committee mailed check to replace tumble trak 9/8/06)

Our enrollment is getting back to pre-hurricane numbers. We are, however, still short on recreational teachers, having lost three after Katrina.

The children that received donated leos from The Courthouse Gymnastics Co., Dreamlight, and Look-It Activewear were so grateful.

Many of our students lost all of their clothes and weren't finding any leotards at the relief centers. Thank you too to The Courthouse Gym for all the gymnastics t-shirts. The girls appreciated those just as much.

I have often bragged to the cheerleading and dance companies in our facility about how wonderful the gymnastics community is in that we genuinely care about each other and reach out to each other in a time of need.

Thanks for your support and friendship,

Holly Beaugez & Heather Clower  
Dreamweaver Gymnastics Academy,

# All Around News

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Dear Deb,

As you know yesterday was the one year anniversary of hurricane Katrina. The coast had all kinds of services, celebrations of hope and renewal. As I spent the day reflecting on the events of that day of the hurricane and the following weeks, I felt compelled to send a thank you again to our region and the state of Mississippi. I remember exactly how I felt the day after the storm when it was obvious that so much of the gulf coast was destroyed. I remember fearing for the life of friends who did not leave for the storm. I remember what it felt like to NOT have communications with loved ones on the coast and wondering if my business partner Cynthia Dedeaux and her family were dead or alive. When I was at my wits end trying to find people, I found help from our "gymnastics family". There was an email from Nancy Hawkins asking for everyone to report in to her after the storm. She became my life line of communication and was willing to send out mass email for me as to the whereabouts of gymnastic friends and families. She kept up my hopes and kept telling me that we would find Cynthia...and we did. She made sure everyone knew that everyone had survived from the gymnastic community here on the coast.

I remember when weeks went by and it became obvious that the cities we serviced in our gym were 90% destroyed, I was certain that our gym would not be able to survive. We considered selling the building to FEMA. Then, once again, the gymnastics family came to the rescue. Nancy kept telling me...our region is raising money, we will help! Then with the organization of all of you, help came. And with that help came hope for us, for our families, and for our athletes. My dear friends, Richele and Pat Gray, sent there hard earned money for two months to make sure I had money to pay the bills when we had all of 18 gymnasts back in our gym. MS NAWGJ came through and donated money and rearranged the State's Judges Cup so that gymnast's on the coast would have a chance to participate. Courthouse Gymnastics was sending leotards and chalk to our gym weekly so that returning athletes could have something to work out in. Those kids had lost everything and having leotards to pick out and work out in made the world of difference to them. Elite II gymnastics club donated huge amounts of money to the Region 8 Hurricane Fund. Madison County gymnastics donated there meet fees to our club even though we had to cancel our meet because of the storm. They also had fund raisers and continued to donate money to the coast gyms months after the storm. Without the help of all of those who supported the recovery efforts of our gym, The Brook-Lin Center would not be open today. The gymnasts who train here would not have had a place of refuge to keep some normalcy in their lives. The recreational gymnasts would not have had an escape to come to when they needed to forget the loss and remember how to be a kid again.

So, as I reflect on the changes in one year, I am overwhelmed with gratitude to you, the state of Mississippi and all of those who contributed to the Region 8 Hurricane Fund. We are a business back in full swing because of the love and support of our gymnastics community. People are slowly returning to the coast, most of the debris is gone and there is hope for rebuilding. Please let people know that their hard earned money they donated was well spent and allowed kids to have a place to continue there hopes and dreams!!!

One year later the support continues on. This week we thought that hurricane Ernesto may be coming our way. My gymnast's were so upset about this "happening to them again". They desperately did not want to evacuate and lose training time again like last year. I did not want this to happen again. So, I called Teri Jenkins and asked her to call Gene Alexin to see if we evacuated to Memphis, if he would allow the girls to train in his gym until the storm passed. The Gymstars without hesitation agreed to let us bring as many gymnast as we wanted, to house them and to let them train for free. When I told the girls of this plan, there was a huge sigh of relief and a look of hope in there eyes instead of despair. The acts of kindness continue on and I will forever be grateful to belong to such amazing friends in the gymnastics world. Katrina has brought us many blessings in the face of so much destruction!!

Sincerely, Terry Kruchowsky,  
Brook-Lin Gymnastics

# All Around News

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## USA GYMNASTICS HURRICANE ASSISTANCE *to Aid USA Gymnastic Athletes with College Tuition*

Name \_\_\_\_\_ USAG # \_\_\_\_\_

Gym Name \_\_\_\_\_

Home Mailing Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone: Home \_\_\_\_\_ Work \_\_\_\_\_

Cell \_\_\_\_\_ Email: \_\_\_\_\_@\_\_\_\_\_

What other monetary assistance have you received? \_\_\_\_\_

\_\_\_\_\_

Please describe how Hurricane Katrina affected you and your gymnastics training:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

What college do you attend or plan to attend? \_\_\_\_\_

What is your intended major? \_\_\_\_\_

MAIL TO: Debby Kornegay, 394 Stonebridge Road, Birmingham, AL 35210

E-mail to: DebGK@Bellsouth.net

Forms due by October 30, 2006



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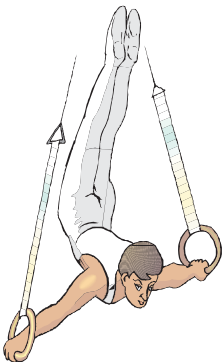
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# All Around News

## 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 9 & 10 Regionals**

**April 17-20, 2008**

**Level 8 Regionals**

**May 2-4, 2008**

# 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 September 29, 2006**

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# BID FORM FOR

27

## 2007 Level 9, 10 & Elite REGION 8 TRAINING CAMP Oct. 5-7, 2007

*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.*

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 September 29, 2006**

# REGION 8 ATHLETE FUND

1. All athletes competing 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
    - 2) One piece of coach's apparel per Level 9 athlete qualified to Eastern Nationals.
  - b) All clubs that provided additional coaches to work at any regional training camps will receive one additional set of apparel.

Coach's apparel consists of 1 T-shirt and 2 collared coaching shirts.
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!**

Central Carolina Gymnastics – Portia Bodenheimer

# 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**

# SOPHOMORE / JUNIOR FORM

FOR JUNIORS GRADUATING 2008 AND SOPHOMORES GRADUATING 2009  
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 2008  Sophomore Graduating 2009  
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 the top 10 in that event or all around**

	YEAR	NAME OF MEET	AA SCORE	PLACE	VAULT	PLACE	BARS	PLACE	BEAM	PLACE	FLOOR	PLACE
<b>Nationals:</b>												
<b>Regionals:</b>												
<b>State:</b>												
<b>Invitationals:</b> (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 8, 2006!**

# All Around News

## RULES & REGULATIONS FOR REGION 8

### Compilation of Region 8 USA Gymnastics Committee Minutes

Revised 9/6/06

#### JUNIOR OLYMPIC PROGRAM

The JOCC will form a Regional JO Committee. Each state must appoint one person for the JO Committee. Brad Harris will serve as Assistant JO Chairman and will work with Paul Padron to setup and administer Training Camps. (7/3/02)

The WTC is encouraging the flashing of Start Values at all Level 8, 9 & 10 competitions. (7/3/02)

#### SANCTION VIOLATIONS

If the SACC knows ahead of time about possible irregularities, he/she should try to warn Meet Director. If SACC learns of violations after the fact, he/she should follow-up after the meet with a written letter to RCC and the national office. (11/6/04)

Gyms that host a meet that results in a sanction violation will be handled as follows:

- initial sanction violation - send a letter indicating a one (1) year probation
- second violation - a maximum fine
- third violation - loss of designation as a qualifying meet (6/9/05)

#### STATE MEETS

SACC's must mandate the use of base score videos/DVDs at Level 8, 9 & 10 State Meets. (7/3/02)

SACC's were reminded to have judging selection for Optional State Meet to Marian Dykes, RTCC by November 1st of each year. (7/3/02)

Region 8 strongly recommends that each state use 4-judge panels for all state championships. (12/20/02)

Region 8 USAG Committee suggest the Optional State Meet entry fees, set by USAG State Committees, not exceed \$75, with consideration to facility, equipment, judging expenses and awards. (10/18/99)(12/20/02)

Regional Meet entry forms should be Xeroxed (copied) from form. Four copies should be made:

1 to RACC, 1 to RTCC, 1 for Meet Director, 1 for State Chair to keep. (12/18/99)

Regional Meet entries must be paid with one club check. Individual checks cannot be used. (12/18/99)

#### ELITE ZONE TESTING

If a gymnast's Regional Meet entry is NOT turned in by deadline date, in order to enter the gymnast(s) in the Regional Meet, the following penalty will apply to the coach:

A \$25 late fee per gymnast (in addition to the regular entry fee) must be paid to the Regional Meet Director.

\$200 fine payable to Regional 8 USA Gymnastics for each meet involved.

Fines must be received prior to training day (6/7/00)

Elite Competitions Entry fees are \$75.00 for one part and \$125.00 for two parts. (11/6/04)

#### REGIONALS

The Level 8, 9 & 10 Regional entry fee be \$85 because of the required use of outside facility, air conditioning, equipment rental, and regional representation of judges. (7/27/01)

The Meet Director will pay a fee of \$10 per athlete from all Regional Championships to the regional account. (7/27/01)

Region 8 will pay half the cost of awards at Level 9/10 Regional Championships, the other half to be paid by the Meet Director. The Level 8 Meet Director pays the entire awards expenses. (7/27/01)

Region 8 will give all-around awards to 33% of competitors at Level 8, 9 & 10 Regionals, or at Level 10 to all athletes qualifying to Nationals, whichever is greater. (7/27/01)

All graduating seniors at Regional Meets will be presented with flowers by the region. (1/4/97)

If a gymnast's Regional Meet entry is NOT turned in at the State Meet, in order to enter the gymnast(s) in the Regional Meet, the following penalty will apply to the coach:

A \$25 late fee per gymnast (in addition to the regular entry fee) must be paid to the Regional Meet Director.

A \$200 fine payable to Regional 8 USA Gymnastics for each meet involved.

# All Around News

## **RULES & REGULATIONS FOR REGION 8 [Cont'd.]**

Fines must be received prior to training/competition day whichever is first. (6/7/00)(6/28/06)

Injury petitions are accepted for Level 9 & 10 regionals. All petition information along with the entry check still must be sent to Marian Dykes, RTCC with a copy to Paul Padron, RJOCC. A regional Entry Form will be published in the Winter Region 8 Newsletter and will include a place for petitioned gymnasts. (7/3/02)

Maximum gate fees are \$10.00 Adults, \$5.00 students and 5 and under free. Gate entry charges should be included in pre-meet information. (7/9/03)

Region 8 Committee strongly recommends that judges assigned to Regional Championships wear official NAWGJ uniform. (6/9/05)

The RACC will do the draw for Level 8, 9 & 10 Regionals by computer program before open workout day and post the draw on the Region 8 web page. (7/9/03)

### **LEVEL 10 REGIONALS**

The RACC will set the meet schedule (order of age groups) to facilitate the schedule of the entire competition (7/9/03)

The RACC will do the draw for Level 8, 9 & 10 Regionals by computer program before open workout day and post the draw on the Region 8 web page. (7/9/03)

Qualification to Regionals 34.00 AA at State meet with no minimum number guaranteed (6/27/96)

Maximum gate fees are \$10.00 Adults, \$5.00 students and 5 and under free. Gate entry charges should be included in pre-meet information. (7/9/03)

Region 8 Committee strongly recommends that judges assigned to Regional Championships wear official NAWGJ uniform. (6/9/05)

Awards will be given for 50% of athletes in each age group. (6/28/06)

### **LEVEL 10 NATIONALS**

Region 8 Level 10 National alternates work out in the work out gym. These alternates will not be included during the designated Region 8 workout on the competition equipment. (7/9/03)

All coaches are encouraged to wear the apparel at Easterns and Nationals. More forcefully, if the apparel is not worn, then the states will incur the cost of the apparel. If those coaches do not work training camp, then the apparel would have to be paid for by the coach. (6/9/05)

### **LEVEL 9 REGIONALS**

The RACC will set the meet schedule (order of age groups) to facilitate the schedule of the entire competition (7/9/03)

The RACC will do the draw for Level 8,9 & 10 Regionals by computer program before open workout day and post the draw on the Region 8 web page. (7/9/03)

Maximum gate fees are \$10.00 Adults, \$5.00 students and 5 and under free. Gate entry charges should be included in pre-meet information. (7/9/03)

Region 8 Committee strongly recommends that judges assigned to Regional Championships wear official NAWGJ uniform. (6/9/05)

Awards will be given for 50% of athletes in each age group. (6/28/06)

### **LEVEL 8 REGIONALS**

The RACC will set the meet schedule (order of age groups) to facilitate the schedule of the entire competition (7/9/03)

The RACC will do the draw for Level 8, 9 & 10 Regionals by computer program before open workout day and post the draw on the Region 8 web page. (7/9/03)

The number of gymnasts at Level 8 Regionals All Stars is 208 + all ties + an additional 54 athletes. The number of team members is 64 (8 per state with 5 scores counting for team). There are no petitions accepted to Level 8 Regionals. The additional 54 athletes are determined by a percentage of those scoring a 34.00+, by the designated deadline, from all 8 states. (6/7/00)(12/19/03)

Each session will be divided into two age groups. Awards will be given for 50% of athletes in each age group. (6/9/05)(6/28/06)

If a state does not have sufficient athletes to fulfill allotted spaces on state team at Level 8 Regionals, RACC will notify all-star with the highest All Around score from all State Meet results to fill available slots. (6/30/99)

# All Around News

## **RULES & REGULATIONS FOR REGION 8 [Cont'd.]**

Level 8 all-star alternates will be placed in any slots that become available up to forty-eight hours prior to the start of warm-ups of the first session of competition. (6/30/99)

Level 8 team alternate will be placed in any slots that become available up to the start of warm-ups of the first session of competition. (6/30/99)

All regional teams will receive plaques at Level 8 Regionals. The plaques will be presented prior to the team competition as the official state photograph is taken. The teams finishing first through third will receive additional tabs to attach to the plaques reflecting their respective finishing positions at the awards ceremony. (7/3/02)

Maximum gate fees are \$10.00 Adults, \$5.00 students and 5 and under free. Gate entry charges should be included in pre-meet information. (7/9/03)

Region 8 Committee strongly recommends that judges assigned to Regional Championships wear official NAWGJ uniform. (6/9/05)

If a tie for state team occurs at Level 8 Regionals Team competition the tie will not be broken. (7/9/03)

### **TRAINING CAMP**

The entry fee for the Regional 8/9 and 9/10 training camps is \$130. (7/27/01)

10% of all profits from regional training camps, elite clinics and TOPs testing will be earmarked for regional administrative cost. (6/17/98)

The region will administer as many training camps as needed. The Region will accept bids for a site for all training camps. Level 9's will be offered the option of attending either the 8/9 or the 9/10/E camp. (7/9/03)

TOPS National Team Members from the current or previous year be permitted to register for the Regional 9/10/Elite training camp. (12/16/00)

Petitions will be considered for acceptance to the training camps. Petitions are to be sent to the RTCC and a copy to RJOCC and reviewed under normal Rules & Policies petition guidelines. (6/27/96) (7/9/03)

Level 8 - All Level 8 gymnast who qualify to the State Meet and above are permitted to register for the Level 8/9 Regional Training Camp. (7/9/03)

Level 9 - All Level 9 gymnasts who qualify to the State Meet, but do not qualify to Level 9 Regionals Championships are permitted to register for the Level 8/9 Regional Training Camp. (1/9/99)

Level 9 - All Level 9 gymnasts who qualified to Regionals at State Meet, who competed at Regionals or had petitions accepted to regionals are eligible for the 9/10/E camp. (6/7/00)

Level 10 - All Level 10 gymnasts who qualified to Regionals at State Meet, who competed at Regionals, or had petitions accepted to Regionals are eligible for the 9/10/E camp (6/7/00)

Elite all current Elite gymnasts would be eligible for the 9/10/E camp. (6/27/96)

No fees will be paid for clinician service at training camps. Services will be donated to the region in order to use this as a fund-raiser for the Regional Apparel Fund. (6/27/96)

### **FINANCIAL STATEMENTS**

Quarterly financial reports are required. Hard copies of receipts are needed if reports are faxed in. (7/3/02)

Each state chairman should publish financial statements in their newsletters on a regular basis. (7/3/02) (12/20/02)

### **JUDGING ASSIGNMENTS**

Region 8 will use NAWGJ as the regional judging contractor. (6/9/05)

All Judging Availability Forms and In-Gym Cards for regional assignments must be received by the appropriate recipient (RTCC and RJD) by the deadline date to be considered for Regional Assignments (10/10/03)

Judging contracts for Regionals must be received by the deadline indicated on the contract or the contract is void. The RJD will go to the next designated alternate in consultation with the RTCC. (12/19/03)

In unusual gymnastics related circumstances, the Regional Committee delegates last minute assignment decisions to Region 8 JO Committee. (6/2/04)

The number of judging slots received by Region 8 will be filled based on the corresponding number of judges at the top of the judges' rotation. Should a Brevet who would be in a slot eligible for assignment make the decision not to take the

# All Around News

## **RULES & REGULATIONS FOR REGION 8 [Cont'd.]**

assignment, or not judge once assigned, he/she will automatically be dropped to the bottom of the rotation.

**Extenuating Circumstances:** Should an emergency situation occur and cause the assigned Brevet to miss his/her assignment, the next judge in the rotation will move up. The situation will be presented to the committee to determine if the effected judge takes the rotation slot of the replacement judge or is dropped to the bottom of the rotation.

Should the circumstances occur in which Region 8 received additional slots because a meet is hosted in our region, consideration will be given to assigning National rated officials who are not formally in the rotation but meet the criteria (see below.)

### **CRITERIA FOR NATIONAL ASSIGNMENTS**

In gym experience per existing regional guidelines every year. (12/20/02)

Volunteer to teach or work actively with the athletes at least one Region 8 training camp each year. In the case of a valid conflict, a written request for a waiver may be submitted with the Availability Form to Marian Dykes. Requests for waiver will then be submitted to the Regional Committee. Must work one camp the year of assignment and at least one of the three years before. The judge must work the full camp, from beginning to end to fulfill the requirement. (1/9/99) (12/20/02) (11/6/04)

Actively judging at the Junior Olympic level as required by Rules and Policies.

Judge or coached Regional Championship in the current year and 1 of the 2 prior years. (12/20/02).

If a judge recommended to Nationals does not judge at Regionals, the committee will replace that judge unless it decides, based on financial considerations, to keep the original judge (6/30/99)

International judging assignments supersede Region 8 Judges Criteria. (6/2/04)

If a judge does not satisfy the current elite active-status requirements, they will drop to the bottom of the rotation for Level 10 Nationals and Level 9 Easterns and will therefore be ineligible for that year. (7/27/01)

If a JO National meet or an Eastern national meet is held in Region 8, at least one judge recommended will reflect representation from hosts geographical area. (6/2/04)

No more than one-half of the Level 10 National judges recommended from Region 8 will be from the same state. (6/2/04)

### **PROCEDURE**

The Regional Committee will decide upon judges assignments for each national and regional meet independently. Every attempt will be made to assign different judges to Level 10 Nationals and Level 9 Eastern Nationals within each year.

The order is as follows:

- Level 10 Nationals
- Level 9 Easterns
- Level 10 Regionals
- Level 9 Regionals
- Level 8 Regionals (8/21/98)

Judges attending the Level 8/9 Training Camp be permitted to use that to satisfy their clinic attendance requirement for assignment to the following year's regional Level 8 or 9 meet. (1/4/97)

### **APPAREL**

Level 8 State Team to Level 8 Regionals must have a minimum of competitive leotard provided by SACC at no cost to those athletes or their parents. (6/17/98)

10% of all profits from regional training camps, elite clinics and TOPs testing will be earmarked for regional administrative cost. (6/17/98)

RJOCC will provide sample apparel with sample sizes at Level 9, 10 & Elite Training Camp each year for Region 8 Committee to decide on apparel to be distributed at the next year's Regionals. Athletes and coaches will be available for sizing. (6/28/06)

A committee will compile a slate of apparel items. This list will be presented to the gymnasts at Level 9, 10 and Elite Training Camp to vote on their selection. (1/4/97) (7/3/02)

All coaches are encouraged to wear the apparel at Easterns and Nationals. More forcefully, if the apparel is not worn, then

# All Around News

## **RULES & REGULATIONS FOR REGION 8 [Cont'd.]**

the states will incur the cost of the apparel. If those coaches do not work training camp, then the apparel would have to be paid for by the coach. (6/9/05)

Regional apparel as follows:

1. All athletes competing at JO Nationals receive a base set of apparel. Level 9 Eastern National qualifiers will receive apparel as designated. (12/19/03)
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 who coaches worked camp will receive a bonus pack.
9. Apparel will be provided to the current members of the Regional Committee.

Possible plan to encourage coaches to wear Region 8 apparel at Eastern's and Nationals -One set of apparel will be two collared shirts plus one T-shirt. For the first gymnast qualified the coach will be issued two sets of apparel. For each additional gymnast qualified one more set will be awarded up to a maximum of two sets. If the coach volunteered for

Training Camp, then the coach will have a custom Region 8 National warm-up suit mailed to the gym.

### **NEWSLETTERS**

Regional Committee recommends that each state chairman produce 3-4 newsletters per year. (8/21/98)

Each state chairman should publish financial statements in their newsletters on a regular basis. (7/3/02) (12/20/02)

The Regional Newsletter will publish how much was raised from the Training Camps after expenses. (12/19/03)

There was no need to send newsletters to both officers at the USA Gymnastics office. Choose either Connie Maloney or Kathy Kelly. (6/7/00)

A Web Winner Award will be given annually as part of the best State communication effort for gymnastics. (7/9/03)

The Sophomore/Junior Information sheets should be placed in each state's newsletters at least once a year. (6/7/00)

### **ANNUAL REPORT**

State Chairmen must submit an annual summary report. Office equipment purchases, the state chair is responsible for sending a copy of the annual equipment form to the RACC by July 10th of each year. (8/21/98) (12/20/02)

### **STATE COMMITTEE**

A list of elected state committees should be sent to the RACC annually. Also a list of all other persons attending State Committee meetings. (8/21/98) (12/20/02)

Any appointed committee member or invited guests to a state or regional board meeting need only participate in a meeting during that portion that pertains to them. (8/21/98)

### **MISCELLANEOUS**

Region 8 will charge a regional competition fee based on the number of registered athletes from the previous year. Each state should pay \$1.50 per gymnast to the regional account. (7/27/01) (12/19/03)

Each state will give the RACC \$100 at the fall meeting to be placed in the Sunshine Fund. (6/9/05)

# All Around News

## Region 8 Committee Meeting Minutes

June 28, 2006

Hyatt Regency - Ft. Lauderdale, FL

Debby Kornegay, RACC, called the meeting to order at 3:10 PM.

### Roll Call

Debby Kornegay	RACC
Marian Dykes	RTCC
Paul Padron	RJOCC Absent
Toni Rand	RECC
Sheila Ragle	NAWGJ - Non-voting
Present for judges selection only	

Deb Walls	Alabama
Mike McCabe	Florida
Peggy Simpson	Georgia- Absent
Patricia Boudreaux	LA - Outgoing SACC
Jackie Latino	LA - Incoming SACC
Nancy Hawkins	Mississippi
Jennie Adams	North Carolina - 3:20
Joanne Child	South Carolina
Larry Corregan	Tennessee - 3:45

Nancy Hawkins was appointed secretary.

Guest - Thomas G. (TG) Hawkins, Webmaster Region 8

TG presented database information that will be available to those states whose web sites are hosted by Meet Control and limited access to those that are not. Web site redesign is underway that result in when Debby Kornegay sends information to the SACC's, i.e. calendar updates, forms, etc., it will automatically update the state's websites. Other areas that were discussed before TG left were on-line regional meet entries, a database for regionals (entries to nationals and apparel). He also stressed the need for a unified club identification system for use in computer scoring and club directories - AL---, MS---, FL---, etc. The state prefix should precede the initials of the gym. The team ID could also be used in the regional address book.

TG left the meeting at 4:00.

- Introductions were made. New members were given the confidentiality statement to sign.
- Before the national and regional judging assignments were addressed, the letter received from Sibby Lane requesting that the National Judge's Course to be used for CPE credit was reviewed. The committee stayed with the decision.
- Marian presented the lists of judges for the following national and regional meets:

**MOTION:** To accept Level 10 national assignments of Paul Padron, Joan Gnat, Sheila Ragle and Mary Lou Dillard.

Motion: Marian Dykes

Second: Deb Walls

**Passed unanimously**

**MOTION:** To accept Level 9 Easterns National assignments of Lucy Fox, Cookie Batsche, Winnie Witten and Deb Kornegay

Motion: Deb Walls

Second: Jennie Adams

**Passed unanimously**

**MOTION:** To accept Level 9/10 regional assignments and add Mary Hoagland as the second alternate

Debby Kornegay	Mary Lou Dillard
Cookie Batsche	René Niccollai
Joan Gnat	Brock White
Sheila Ragle	Brenda Eberhardt
Teri Jenkins	Mary Moore
Mary Thacker	Bobbie Strickland
Diane Thompson	Paul Padron
Winnie Witten	Lucy Fox
MR Marian Dykes	
Alt Phyllis Thompson	Alt Mary Hoagland

Motion: Mike McCabe

Second: Patricia Boudreaux

**Passed unanimously**

Additional alternates will be based on timing of withdrawal of a judge and location of meets.

**MOTION:** To accept Level 8 regional assignments

Phyllis Thompson	Mary Ann Wallace
Sharyn Strickland	Denise Brumsey
Jean DeArmon	Marilyn Bishop
Patricia Boudreaux	Susan Sommer
Mary Jane McDaniels	Nancy Hawkins
Cherie Smith	Kristy Phillips-Bannister
Janet Efland	Sue Tonietto
Kerma Headrick	Sibby Lane
MR- Marian Dykes	

No alternates named. Replacement will be based on state representation per Regional guidelines.

Motion: Patricia Boudreaux

Second: Mike McCabe

**Passed unanimously**

# All Around News

Sheila left meeting.

- Thank you cards were distributed to the committee that have been received since the winter meeting.

**MOTION:** Accept the changes to the Rules and Regulations for Region 8.

Motion: Nancy Hawkins

Second: Jennie Adams

**Passed unanimously**

Deb K. reminded the committee that no one had made their \$100.00 per year/per state contribution in 2005.

- Deb K. read concerns from Paul regarding problems with apparel:
  1. Coaches at nationals not wearing their regional apparel that they have received from the Region 8 apparel fund. Concerns were expressed by committee members about the lack of support by the coaches and that all clubs should set an example. This problem will be re-visited in the future.
  2. Apparel distribution at Level 9/10 regionals – The SACC's did not handle the distribution as Paul had envisioned due to Paul's absence from regionals.

The committee discussed the following:

1. Problems of available sizes at regionals
2. Selection of apparel
3. Confusion in the apparel room

The committee requests that samples of the apparel be brought to Level 9/10 training camp so input can be given regarding the sizing and selection. Also, to alleviate confusion, Nancy and Deb Walls are working with TG Hawkins on a computerized system of entries and distribution of apparel.

**MOTION:** Paul Padron provide sample apparel with sample sizes at Level 9, 10 & Elite Training Camp each year for Region 8 Committee to decide on apparel to be distributed at the next year's Regionals. Athletes and coaches will be available for sizing.

Motion: Nancy Hawkins

Second: Jennie Adams

**Passed unanimously**

- Paul's concerns continued with problems about Future Stars training camp.

1. Staffing a problem
2. Attendance low

Discussion by committee:

1. Is Future Stars a profitable fund raiser? Deb Kornegay replies no.
2. Should Future Stars become a "hands on" workshop?
3. Was Future Stars target market ever reached?

**MOTION:** Future Stars training camp be suspended for now and be reviewed at a later date.

Motion: Nancy Hawkins

Second: Mike McCabe

**8 ayes 1 opposed**

Marian Dykes explained that CPE is the responsibility of the SACC's. However, the SACC can out source it. All clinics for CPE credits must be approved by the SACC. CPE should be based on quality, not quantity.

Marian distributed In-Gym cards and Judges' Availability Forms

- RTC Report – Marian thinks their next meeting will be late September. She believes that the base score DVD's will be available for fall meets. New SACC's were reminded that they keep a copy and the state judging director keeps a copy.
- Deb Kornegay reminded us that the state judging selection is due to Marian Dykes by November 1, 2006.

## REGIONAL BOARD CONCERNS:

**MOTION:** To accept NAWGJ as the regional contracting agent.

Motion: Nancy Hawkins

Second: Jennie Adams

**Passed unanimously**

- The address list for the newsletter and the emergency list were circulated and corrections made.

# All Around News

- The State Calendar needs to be linked to the Region 8 website by 8/1/06.
- The new planner and address books were distributed.
- The state meet dates for 2007 for all eight states were reviewed.

## BIDS

**MOTION:** To accept the bid for 2007 Level 8/9 Training Camp from Harbor City Gymnastics, Melbourne, FL.

Motion: Mike McCabe

Second: Jennie Adam

**Passed unanimously**

**MOTION:** To accept the bid for 2007 Level 8 Regionals from North Carolina NAWGJ held at NC State University.

Motion: Toni Rand

Second: Marian Dykes

**Passed unanimously**

- USAG will be conducting future Regional Congress. It was decided to request dates now from USAG for 2007.

**MOTION:** To request June 6-10, 2007 as the first choice and June 13-17, 2007 as the second choice – site Atlanta, GA.

Motion: Nancy Hawkins

Second: Deb Walls

**Passed unanimously**

- Since the dates for Levels 8/9 and 9/10 & Elite Training Camps have proved to be successful, the same time frame will be kept for 2007. Level 8/9 – last weekend in July and Level 9/10 & Elite the first weekend in October.
- The regional financial report was reviewed.

**MOTION:** Level 8 Regionals 2008 – After studying the calendar and in order not to conflict with NCAA events, May 2-4, 2008 was selected.

Motion: Mike McCabe

Second: Patricia Boudreaux

**7 ayes 2 opposed**

- Deb Kornegay congratulated the SACC's for doing a

good job on counting qualifiers for Level 8. No problems or extras this year.

- Deb K. received a request from a coach that the All Star session for Level 8's should be divided into two age groups – 1-6 instead of 1-12 and that awards be given to 50% instead of 33%.

**MOTION:** At Level 8 Regionals each session will be divided into two age groups and awards will be given to 50%.

Motion: Marian Dykes

Second: Jennie Adams

**Passed unanimously**

**MOTION:** At Level 9 & 10 Regionals awards will be given to 50% of the competitors per session.

Motion: Larry Corrigan

Second: Jennie Adams

**Passed unanimously**

- Deb Kornegay reminded the regional officers that the newsletter deadline is 8/29/06
- Deb Kornegay reminded the SACC's that the Sophomore/Junior for be placed in upcoming newsletters and websites
- Region 8 will continue to donate at the Bronze Level for the USAG Hall of Fame Ceremony
- Again, a discussion was held about coaches not wearing regional apparel and it was suggested that those not wearing the apparel would receive a letter from the Region 8 Committee. Possibly a follow-up letter from USAG might be in order.

## STATE CHAIR CONCERNS

- Financial statement due 7/15/06 to John Hewett, USAG and a copy to Deb. K with copies of receipts.
- An updated inventory report due to Deb K. 7/15/06
- USAG competitive information report due to Marian and Deb K. by 8/31/06
- Competition fee from each state to Region 8 \$1.50 per registered athlete due 1/1/07.

# All Around News

## REPORTS

### Elite-TOP's

Toni Rand will forward all changes as soon as they are released. Elite meets seem to be going back to "zones." Toni asked SACC's to tell anyone interested in the Elite program to e-mail her to get on her Elite e-mail list.

### RTC

Tracking overtime on beam, especially level 5 will be done this year. After statistics are compiled, the RTC's will address the problem in 2007.

### RC

Jan Greenhawk, National Administrative Chairman has resigned. Kathy Ostberg, Region 6 Administrative Chairman will serve as National Administrative Chairman until an election can be held.

- Strengthen the Duties and Responsibilities of the RC to include attendance at JO Nationals
- Require the national meeting to be conducted at JO Nationals
- Provide access to the RC's to the Judges' Page

- Allow an athlete to petition to only 1 state and/or 1 regional competition per year.
- Need to settle on a date for the 2007 calendar year for a State Chairman Workshop at the ranch.

### **Work to do before Congress:**

- Review the Rules and Policies - Connie will assign sections as soon as the JO and TC minutes are approved.
- Revise the Election Procedures
- Review the State Chairman Handbook - Kathy will email
- Agenda and Schedule for State Chairman Workshop on Sunday at Congress

USAG Congress Schedule - August 20, 2006

9:00 AM Brunch and SACC Workshop  
1:00 PM Summit Luncheon  
Flights home after 4:30 P.M. Sunday

Next meeting - December 14, 2006, 9:00 AM, Orlando, FL

Meeting adjourned at 8:55 PM.

## Financial Report

7/1/05 - 6/30/06



### **INCOME:**

Clinics/Workshop	- - - -	38,748.52
Competition Fees	- - - -	23,508.50
Competitions	- - - -	3,796.62
Donations	- - - -	7,623.00
Hurricane Fund	- - - -	73,693.00
Travel Reimbursement	- - -	60.00
Promotional	- - - -	7,230.95
Rebates Athlete	- - - -	17,035.04
Rebates Pro	- - - -	12,696.00
<b>Total Income</b>	- - - -	<u>\$184,391.63</u>

### **EXPENSES:**

Awards/Apparel	- - - -	30,830.04
Certifications	- - - -	80.00
Travel - Meetings	- - -	30,235.43
Clinics/Workshop Exp.	-	18,158.23
Competitions Expense	- -	3,216.92
Communications	- - -	24,546.40
Office	- - - -	2,915.47
Promotions	- - - -	1,275.00
Bank Chg/Returned Cks	- -	685.26
Hurricane Fund Disperse	-	73,693.00
<b>Total Expenses</b>	- - - -	<u>\$ 185,635.75</u>
<b>OVERALL TOTAL</b>		<u>- \$1,244.12</u>

# All Around News

## Region 8 NAWGJ Regional and State Directors

Effective June 1, 2006

<b>REGIONAL JUDGING DIRECTOR</b>	<b>SHEILA RAGLE</b> sragle@bellsouth.net	1870 Eagle Summit Court Lawrenceville, GA 30043-6669	770-513-7015 Home 770-682-6289 Fax 770-361-4249 Cell
<b>ALABAMA</b>	<b>MARY ANN WALLACE</b> Mawalsjd@bellsouth.net	P. O. Box 145 Killen, AL 35645	256-757-8403 Phone/Fax 256-335-0192 Cell
<b>FLORIDA</b>	<b>MARK LEE ROBBINS</b> Flippermia@msn.com	2502 N. Dixie Hwy. #11 Lake Worth, FL 33460	561-586-3044 Home 561-750-6001 Work 561-750-8814 Fax 561-317-4460 Cell
<b>GEORGIA</b>	<b>JEAN DeARMON</b> jeangasjd@yahoo.com	544 James Street Lilburn, GA 30047	770-921-4182 404-862-1711 Cell
<b>LOUISIANA</b>	<b>BRENDA EBERHARDT</b> BLEgym@aol.com www.NAWGJLouisiana.org	4008 Ellen Drive Marrero, LA 70072-6222	504-347-4089 Home 504-341-8153 Fax 504-400-8213 Cell
<b>MISSISSIPPI</b>	<b>MARY THACKER</b> mssjdmmt@msusag.org	926 Jackson Avenue Yazoo City, MS 39194	662-746-5639 Phone 662-571-2335 Cell
<b>NORTH CAROLINA</b>	<b>MARY W. HOAGLAND</b> marygymjud@aol.com	6614 Creek Ridge Road Wilmington, NC 28411	910-392-0885 910-790-3378 Fax 910-612-6960 Cell
<b>SOUTH CAROLINA</b>	<b>MENDI KNISLEY</b> mendi-gary@juno.com	400 McCue Street Easley, SC 29642	864-306-9180 Day 864-306-9180 Fax 864-320-8602 Cell
<b>TENNESSEE</b>	<b>SIBBY LANE</b> tnsjd@yahoo.com	2121 Mark Lane Maryville, TN 37803	865-984-3738 Home/Fax 865-567-8417 Cell

## **NEW** 2006—2009 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:

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

# REGION 8 USAG WOMEN S ADMINISTRATIVE COMMITTEE

REGION 8 WEB PAGE: [Region8gymnastics.org](http://Region8gymnastics.org)

<b>REGIONAL ADMIN. COMM. CHAIRMAN</b>	<b>DEBBY KORNEGAY</b> DebGK@Bellsouth.net	<b>394 Stonebridge Road</b> Birmingham, AL 35210-4111	<b>205-951-0184 Ph/Fax</b>
<b>REGIONAL TECHNICAL COMM. CHAIRMAN</b>	<b>MARIAN DYKES</b> mariandykes@aol.com www.wutka.com/marian	4651 Buford Highway Atlanta, GA 30341	770-451-6910 Work 770-457-0943 Fax 404-325-3745 Home 404-408-6699 Cell
<b>REGIONAL JO COMM. CHAIRMAN</b>	<b>PAUL PADRON</b> phpadron@knology.net	<b>1 Cutchin Court</b> Charleston, SC 29414	<b>843-766-3008 Phone/Fax</b> <b>843-200-5429 Cell</b>
<b>REGIONAL ELITE COMM. CHAIRMAN</b>	<b>TONI RAND</b> AmTwist@aol.com	6805 Lyons Technology Circle Coconut Creek, FL 33073	954-725-9199 Phone 954-725-9157 Fax
<hr/>			
<b>STATE ADMINISTRATIVE COMMITTEE CHAIRMEN (Eff. 7/1/06)</b>			
<b>ALABAMA SACC</b>	<b>DEB TAPSCOTT-WALLS</b> DebWallsALASACC@aol.com www.alausag.org	<b>308 East 6th Street</b> Tuscumbia, AL 35674	<b>256-381-1441 Gym</b> <b>256-412-4152 USAG</b> <b>256-381-1243 Fax</b>
<b>FLORIDA SACC</b>	<b>MIKE McCABE</b> mmccabe@cfl.rr.com www.usag-fl.org	416 E. Hillcrest Street Altamonte Springs, FL 32701	407-830-9222 Phone/Fax 407-461-3435 Cell
<b>GEORGIA SACC</b>	<b>PEGGY SIMPSON</b> psimpson@gymnasticsamerica.com www.gausag.org	<b>7545 Industrial Court</b> Alpharetta, GA 30004	<b>770-475-6103 Work</b> <b>770-753-4546 Fax</b>
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<b>NORTH CAROLINA SACC</b>	<b>JENNIE KENNEL ADAMS</b> jenniekadams@coastalnet.com www.nc-usag.org	86 Rollo Road Kennel s Beach Grantsboro, NC 28529	252-249-2825 Day/Night/Fax 252-514-5870 Cell
<b>SOUTH CAROLINA SACC</b>	<b>JOANNE CHILD</b> jchildscgym@bellsouth.net www.scgymnastics.org	<b>403 Waterville Drive</b> Columbia, SC 29229	<b>803-788-1303 Phone</b> <b>803-788-2808 Work</b> <b>803-788-2911 Fax</b>
<b>TENNESSEE SACC</b>	<b>LARRY CORRIGAN</b> CegcCoach1@cs.com www.tnusag.org	c/o CEGC 1553 Ashland City Road Clarksville, TN 37040	931-906-1663 Gym 931-206-6054 Cell 931-906-1063 Fax

## All Around News

**DEBBY KORNEGAY**

Regional Administrative Committee Chairman  
394 Stonebridge Road  
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