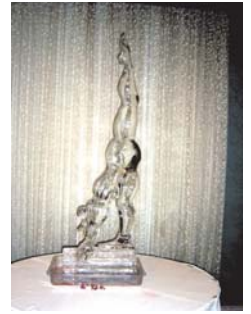


# All Around News

## 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!**



### 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.



**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."