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WINTER EDITION



# All Around News

VOL. 22

WWW.REGION8GYMNASTICS.ORG

2007

Thank  
You!



Deb Kornegay, RACC

Region 8 thanks **Ultimate Gymnastics** and **Sharon Kelly** for letting Region 8 use their fabulous facility for Level 9, 10 and Elite training Camp. Athletes, coaches and judges enjoyed a wonderful week-end.

Region 8 would also like to send a BIG Thank You to **Ray and Joan Gnat** and **ACE Gymnastics** for the use of their great facility for Region 8 Elite Clinic and Competition in December. The facility was so outstanding the Region 8 Committee awarded the bid for the 2008 Level 9, 10 and Elite Training Camp to ACE.

## Regional Administrative Committee Chairman and Regional Elite Program Committee Chairman Nominations Now Open

Deb Kornegay, RACC

You will find nomination criteria, requirements for nomination, terms and duties for both positions and a nomination forms in this newsletter. Please return nomination forms to Debby Kornegay by February 28, 2007. Both **Toni Rand**, current Regional Pre-Elite Committee Chairman, and **Debby Kornegay**, current Regional Administrative Committee Chairman, are willing to serve in their respective positions for 4 more years, if nominated.

### *Regional Administrative Committee Chairman and Regional Elite Program Committee Chairman Elections*

*RACC and RECC Elections for Women's Program will be conducted online at [www.usa-gymnastics.org](http://www.usa-gymnastics.org) April 1-15, 2007. In order to ensure that your vote can be counted, each Professional Member should make sure of each of the following:*

- 1. Their membership and Safety Certification are current by 02/28/07.*
- 2. That their address is current (specifically the STATE)*
- 3. That they know their personal User ID (which is their Professional Member Number)*
- 4. That they know their PASSWORD (a Pro Member's Password is their eight digit date of birth (mmddyyyy) unless they have otherwise instructed)*
- 5. Go here to make changes to your personal data  
<http://www.usa-gymnastics.org/membership/memship-howto>*

*Go to the Change Your Address or Club Affiliation section and click on the READ INSTRUCTIONS link to logon and make changes.*

*If you have any questions regarding your voting privileges or if you need to change your password please call Member Service at 1-800-345-4719.*

# All Around News

## Bids Awarded

*Deb Kornegay, RACC*

Region 8 Committee has awarded the following bids for 2007 and 2008:

- |      |  |
|------|--|
| 2007 | <b>Level 9, 10 &amp; Elite T C<br/>October 5-7</b><br>Salem Gymnastics,<br>Winston Salem, NC                                 |
| 2008 | <b>Level 9 and 10 Regionals<br/>April 17-20</b><br>Van Braun Center, Hunstville, AL<br>(same site as 2006 Level 8 Regionals) |
| 2008 | <b>Level 9, 10 and Elite Training Camp<br/>October 3-5</b><br>Ace Gymnastics, Longwood, FL<br>(near Orlando)                 |



## Bid Needed

*Deb Kornegay, RACC*

Region 8 needs a host for **2008 Level 8 Regionals** on May 2-4, 2008. Please use bid form in this newsletter if you are interested on hosting this fun team and individual competition.

## Hurricane Report

*Deb Kornegay, RACC*

The region 8 Hurricane fund is still active. We recently sent four athletes funds to aid in their training. If you or anyone you know who was affected by Hurricane Katrina or Rita needs assistance with training and/or college expenses, please contact Debby Kornegay at [DebGK@Bellsouth.net](mailto:DebGK@Bellsouth.net) for application forms. Of the \$112,000.00 donated to the Hurricane Fund the Hurricane Steering Committee has distributed over \$99,000.00 to gyms, athletes, coaches and judges in need. THANK YOU for your contributions!

## 2006 National TOP Team

*Deb Kornegay, RACC*

Mary Bailey	C & B Flip Force
Kennedy Baker	Gymstars
Courtney Bisbe	Cabarrus County
Sydney Converse	Gwinnett Gymnastics
Erica Len	Gymnastics Academy of Atlanta
Mary Lillian Sanders	Prattville YMCA
Eryn Underwood	Gymnastics Academy of Atlanta

*Congratulations to these Gymnasts!*

## New Region 8 Logo

*Deb Kornegay, RACC*

You will notice a new Region 8 logo in this newsletter. Thanks to John Williams for creating this logo for use on newsletters, web pages and apparel.



## 2006 World Championships

*Debby Kornegay, RACC*



Jana Bieger

**Jana Bieger** from *Bieger International Gymnastics* of Deerfield Beach, Florida was very successful at the 2006 World Championships in Aarhus, Denmark. Jana won a team silver medal, nailed her floor exercise routine to clinch the all-around silver medal and finaled on bars and floor, finishing second in the floor exercise.

Jana Bieger was third in the all-around at the Visa Championships, won the vault, placed third on bars and second on beam at the World Cup in Cottbus, Germany, and won the vault and floor titles at the Pacific Alliance Championships earlier this year.

After World's Jana went on to win gold medals on Bars and Floor at the 2006 DTB-Pokal World Cup in Stuttgart, Germany.

*Congratulations Jana for a great season!*



# All Around News

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## Criteria for Nominations for RACC & RPECC

### CRITERIA FOR NOMINATIONS

All nominees must be:

- Professional Members of the Women's Program at least 21 years old and in good standing for a minimum of two (2) consecutive years immediately prior to the nomination.  
A member in good standing is defined as a person who has complied with all aspects of the program as outlined in the Rules and Policies.
- Special circumstances involving residency criteria for any State or Regional Chairman position can be petitioned to the Regional Administrative Committee (RAC), in consultation with the National Administrative Committee Chairman (NACC), if necessary. Prior to being placed on the ballot, all nominees must sign a document that verifies that they have read and understand the duties and responsibilities of the office for which they have been nominated. If resumes are to be submitted as part of the election process, they will be verified by the election commission that is receiving the nominations.

### REGIONAL ADMINISTRATIVE COMMITTEE CHAIRMAN (RACC)

Must have served for a minimum of two (2) consecutive years as:

1. USA Gymnastics State Administrative Committee Chairman (SACC), or
2. USA Gymnastics Regional Administrative Committee Chairman (RACC), or
3. A National sub-committee member

### REGIONAL PRE- ELITE COMMITTEE CHAIRMAN (RPECC)

1. Must have coached an elite athlete who competed at a Classic or Challenge competition within the last four years.

### ELECTIONS AND TERM OF OFFICE

All nominees for positions must meet the prerequisites in Article V. All positions within the Women's Program Committee shall be elected for specific terms of office, at regularly scheduled intervals.

### REGIONAL OFFICERS

1. Regional Officers - Regional Administrative Committee Chairmen (RACC), Regional Pre-Elite Committee Chairmen (RPECC), Regional Junior Olympic Committee Chairmen (RJOCC), and Regional Technical Committee Chairmen (RTCC) shall be elected by a vote of the Women's Program Professional membership within each Region.
2. Elections for Regional Administrative Committee Chairman (RACC) and Regional Pre-Elite Committee Chairman (RPECC) will be conducted the year before the Olympic Games.
3. Elections for the Regional Junior Olympic Committee Chairman (RJOCC) and Regional Technical Committee Chairman (RTCC) will be conducted 1 year after the Olympic Games.
4. They shall serve for four (4) years.
5. Elections are to be completed by June 1st and term of office begins July 1st.

### Regional Administrative Committee Chairmen / Regional Elite Program Committee Chairman Election Procedures:

Regional Administrative Committee Chairmen and Regional Pre-Elite Committee Chairman are elected by the women's professional members in their respective region. Names of candidates will be announced in February in the following manner:

- Call for Nominations published and/or posted online for a minimum of one month prior to the submission deadline of no later than March 1.
- Each RACC must verify that the nominee meets the criteria for nomination, has agreed to run, understands the job requirements and has submitted a brief résumé (no more than 300 words).

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- Each RACC electronically sends to the Women's Program Assistant (RBrazo@usa-gymnastics.org) the name, city and state and the résumé of each candidate (No photos) in a Microsoft Word document NO LATER than March 15<sup>th</sup>.
- If a region does not need to conduct an election because there is only one candidate, that information is also to be sent to the Women's Program Assistant.
- The official Slate of Nominees for each Region will be posted on the USA Gymnastics web-site to begin voting by April 1<sup>st</sup>. The voting will be concluded on April 15<sup>th</sup>.
- The week after April 15<sup>th</sup> the RACC's will receive their respective region's election results by email, including the actual vote counts in the event that any of the candidates wants to know this information. The RACCs will notify all of the candidates of the election results
- If a run-off election is necessary – the Women's Program Assistant will work with the individual RACC on the procedures.

Regional Administrative Committee Chairmen and Regional Pre-Elite Committee Chairman are elected by a majority vote (1 over 50% of votes cast.) If no candidate receives a majority on the first ballot, a run-off election will be held between the 2 candidates receiving the most votes. Run off elections will be announced on the Regional and National websites on March 31st. If a run off election is needed, it will be conducted on the National website.

In the case of a tie in the run-off election, the Regional Administrative Committee will vote to break the tie. If only 1 nomination is received, the National Administrative Committee Chairman/National Pre-Elite Committee Chairman will cast one vote and the nominee will be elected by acclamation.

## DUTIES AND RESPONSIBILITIES

### REGIONAL ADMINISTRATIVE COMMITTEE CHAIRMAN (RACC)

The Regional Administrative Committee Chairman (RACC) is responsible for the overall organization, administration, and finances of the Region. With the help of specialized people, the Regional Administrative Committee Chairman (RACC) develops gymnastics in the region.

1. Be responsible for the overall organization of all regional events.
2. Represent the region as a voting member on the Administrative Committee (AC) and attend any Sub-committee meetings for the Region, as needed.
3. Attend as many events in the region as possible to lend assistance and to evaluate the program.
4. Prepare a written annual report of regional activities and submit this report to the National Administrative Committee Chairman (NACC).
5. Serve as the Women's Program consultant for the region and answer correspondence directed to the regional office.
6. Inform the National Administrative Committee Chairman (NACC) of any major problems.
7. After due investigation, receive recommended corrective measures from the National Administrative Committee Chairman (NACC). Necessary action will then be taken by the National Administrative Committee Chairman (NACC).
8. Actively solicit members to the USA Gymnastics Women's Professional Membership Program.
9. Request the Regional Pre-Elite Committee Chairman (RPECC), Regional Junior Olympic Committee Chairman (RJOCC), to submit reports of their activities.
10. Be responsible to see that all states have a State Administrative Committee Chairman (SACC), either by election or appointment.
11. Prepare and disseminate information to Women's Program Professional Members.
12. Send any materials published in the form of newsletters, etc., by the Regional Administrative Committee Chairman (RACC) to the Senior Director of Women's Program and the National Administrative Committee Chairman (NACC), National Junior Olympic Committee Chairman (NJOCC), National Pre-Elite Committee Chairman (NPECC), and National Technical Committee Chairman (NTCC).
13. Be responsible for:
  - a. conducting regional congress.
  - b. awarding of regional competitions and ordering awards.
  - c. attending all regional meetings and competitions.

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- d. providing consultation for the organization of all events.
- e. collecting entry forms for Regional entries into the Junior Olympic East/West and National Championships.
- f. service and recognition awards for the region.
14. Determine the site and meet director for Regional Elite Qualifying meets (or for the Junior Olympic Regional Championships), in conjunction with the Regional Technical Committee Chairman (RTCC) and the Regional Pre-Elite Committee Chairman (RPECC) (or the Regional Junior Olympic Committee Chairman (RJOCC)). Site and directors shall be determined by soliciting bids. The Regional Administrative Committee Chairman (RACC) shall see that these events follow the USA Gymnastics Rules and Policies for competitions.
15. Establish procedures to raise operating funds for the region, if necessary. The Regional Administrative Committee Chairman (RACC) may, with the approval of the Regional Administrative Committee (RAC), determine and/or collect competition and/or club fees for the purpose of raising operating funds for the region. All fees will be retained in the Regional account for use as determined by the Regional Administrative Committee (RAC).
16. Maintain a regional checking account. Within this account, the Regional Administrative Committee Chairman (RACC) shall duly record Regional Pre-Elite Program/TOP, Junior Olympic Program and the regional program funds and disbursements.
17. Follow the reporting procedures on a quarterly basis as outlined in "Financial Reporting Procedures" document.
18. Be responsible for ensuring that the State Administrative Committee Chairmen (SACC) in that Region follow the reporting procedures as outlined in the "Financial Reporting Procedures" document for all State accounts.
19. Keep all receipts, bank statements and cancelled checks for all the accounts of the Region for five (5) years.
20. Be directly responsible to the National Administrative Committee Chairman (NACC).
21. Provided that they have attended a current Test Administrator Workshop, may serve as a Test Administrator for the certification of judges.

## **REGIONAL PRE-ELITE COMMITTEE CHAIRMAN (RPECC)**

1. Attend the meetings of the National Pre-Elite Committee (NPEC).
2. Serve as:
  - a. the chairman of the Regional Pre-Elite Committee (RPEC).
  - b. a member of the Regional Administrative Committee (RAC).
  - c. a member of the Regional Junior Olympic Committee (RJOC).
3. Provide a minimum of one (1) Regional clinic per year for gymnasts and coaches.
4. Assist with the regional clinic/congress and competitions when called upon by the Regional Administrative Committee Chairman (RACC).
5. Submit a financial report to the Regional Administrative Committee Chairman (RACC) for reimbursement of travel, phone and postage expenses.
6. Be prepared to represent the views of the region at annual meetings by the use of surveys and observations.
7. File a written report of regional elite activities/meets with the National Pre-Elite Committee Chairman (NPECC), when requested.
8. Organize and implement the Talent Opportunity Program in the Region.
9. Disseminate information to the Elite community in their region, with the assistance of the Regional Technical Committee Chairman (RTCC) and Regional Administrative Committee Chairman (RACC).
10. Consult with the Regional Technical Committee Chairman (RTCC) to assign judges for Pre-Elite Regional competitions.
11. Submit a written report to the Regional Administrative Committee Chairman (RACC) of their activities in the region. i.e. clinics, training camps, etc.

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## Nomination Form for Administrative and Pre-Elite Committee Chairmen

(Please type or print clearly)

I nominate the following persons for Administrative and Pre-Elite Committee Chairman:

Name of Administrative Nominee: \_\_\_\_\_  
Address of Nominee: \_\_\_\_\_  
City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
Phone(home): \_\_\_\_\_ Phone(Work): \_\_\_\_\_  
E-mail: \_\_\_\_\_@\_\_\_\_\_

Name of Pre-Elite Nominee: \_\_\_\_\_  
Address of Nominee: \_\_\_\_\_  
City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
Phone(home): \_\_\_\_\_ Phone(Work): \_\_\_\_\_  
E-mail: \_\_\_\_\_@\_\_\_\_\_

Return completed form to: **Debby Kornegay, RACC,**  
394 Stonebridge Road, Birmingham, AL 35210  
OR  
E-mail information from completed form to: **DebGK@Bellsouth.net**  
OR  
Fax completed form to: **205-951-0184**

All forms must be received by **February 28, 2007**

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## HURRICANE THANK YOUS

Dear Debbie,

I would like to personally thank you and members of Region 8 for the check that helped us to purchase some of the equipment damaged by the Katrina hurricane. We are in the process of locating a new facility to reopen our Acrobatic Gymnastics club that was founded in 1976 in New Orleans. The funds that you have donated will insure that we will continue training with our athletes and will not miss the 2007 US National Acrobatic Gymnastics Championships, as we have had athletes competing in all thirty nationals ever held.

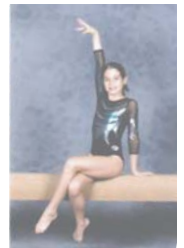
One again thank you very much for the support,

Jurek Pol

NOAT Director & Coach  
New Orleans Acrobatic Team

USA Gymnastics:

I want to extend my utmost gratitude for your generous contribution to my daughter's (Manon Ellisor) gymnastics tuition at Elmwood Fitness Center in Harrahan, LA. You literally saved Manon's gymnastics career which has been such a positive part of her life. I am so grateful that people and organizations like you have given so much to our devastated community. If there is any way that I can help you in the future, please let me know. I am a video producer in New Orleans.



Thanks again to the Region 8 Hurricane Committee.

Very Sincerely,

Jackson Ellisor

# All Around News

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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)

It is hard to believe that another compulsory season is over and we are in full swing with the optional season. Before you know it, summer will be here and it will be time for Congress, Mini-Congress and of course training camp. Information regarding training camps is included in this newsletter. Please register early, last year both the Level 8 & 9 in July as well as the Level 9-10 Elite camp in October filled up quickly. Optional level coaches please support your region by volunteering to work either or both of these camps. We encourage Brevet and National level judges to also volunteer for these camps. Please remember that these camps are the sole source of income for funding our National apparel and trip. Speaking of our national trip, we are awaiting news from the national office regarding final approval from NCAA. We have been working with the national office to ensure that our national trips will not interfere with NCAA regulations. As soon as details are worked out we will be publishing the information. It is our hope that this trip will finally be a reality this coming June or July.

Once again we are proud to be hosting Level 9 East Nationals in Region 8 and this year is especially exciting with the introduction of regional team competition at Easterns. With this in mind it is so important that we send the message to the rest of the country that we are a united region. This is the time that we must give up our club identity and demonstrate our solidarity so we can achieve our goal of

being number one. Last year several of us received comments at nationals about how our region did not appear united. Many coaches choose to wear their personal team apparel instead of the regional attire that was given to them. Please do not let this happen again this year. Our region spends a tremendous amount of money so that we can attire our athletes, judges and coaches that go to nationals. When coaches refuse to wear their national attire, it is a slap in the face to those that volunteer and donate their time and expertise as well as the countless athletes that fund the apparel through their participation in the training camps. We have expanded the amount of apparel that coaches receive so that more than one coach from each team can have a shirt to wear for warm-ups as well as each day of competition. Region 8 will ensure that all coaches are provided with quality and proper fitting apparel, so please do your part and wear the appropriate shirt each day. All Region 8 coaches are asked to wear black pants, shorts or warm-up pants for each day of nationals and or Easterns so that our athletes will know that they have the entire Region 8 Team behind them. I thank you in advance for your cooperation and support of our great region.

The JO Committee will meet at JO Nationals, should you have any questions, suggestions or comments please do not hesitate to contact me and I will be glad to bring it before the committee. I wish everyone a safe and successful optional season and I look forward to seeing you at the competitions.

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## Non-U.S. Citizens Who Want to Compete in Gymnastics in the United States

A gymnast who is living and training in the United States but is not a U.S. citizen must acquire written approval from the gymnastics federation from his/her respective native country (for which he/she holds a passport) before he/she may compete in competitions held in the United States. If a gymnast who is not a U.S. citizen competes without the written permission from his/her national federation, it is a violation of the International Gymnastics Federation's (FIG) regulations. Getting approval from that federation is the responsibility of the athlete, and this rule applies to all levels of competition in all five programs (men's and women's artistic gymnastics, rhythmic gymnastics, trampoline and tumbling, and acrobatic gymnastics.)

To make it easier, there is a link on USA Gymnastics web site to a draft letter that gymnasts may send to the appropriate national gymnastics federation, as well as a link to the FIG's directory of national gymnastics federations.

# All Around News

## 2006 Training Camp Volunteers

### THANK YOU

### THANK YOU

### THANK YOU

Tauton, John  
Tauton, Molly  
Keane, Dan  
Hamer, Mike  
Kornegay, Debby  
Ragle, Sheila  
Padron, Paul  
Dykes, Marian  
Batsche, Cookie  
Dillard, MaryLou  
Gnat, Joan  
Ide, Carole  
Koroleva, Olga  
Niccolai, Rene  
Thompson, Diane  
Witten, Winnie  
Yaeger, Mindy  
Kouznetsov, Andrei  
Ivey, Davita  
Shaw, Amanda  
Banta, Robbie  
Moyal, Johnny  
Podgornaya, Irina  
Oppenheimer, Becky  
Thomas, Patrick  
Glucroft, Mandy  
Brown, Chrissy  
Liguori, Louie  
Tonietto, Sue  
Aspinwall, Michelle  
Music, Lisa  
Alexin, Donna  
Alexin, Gene  
McGaughy, Metry  
Thorton, Buddy  
Chambers, Kathy  
Hiesel, Jeanne  
Phillips, Kristie  
Lundry, Kenan  
Sprouse, Rachel  
Pearson, Christina  
Gault, Jim

All American  
All American  
Amer. Stars  
Balcony Gymnastics  
Brevet and RACC  
Brevet and RJD  
Brevet and RJOCC  
Brevet and RTCC  
Brevet Judge  
Brevet Judge  
Brevet Judge  
Brevet Judge  
Brevet Judge  
Brevet Judge  
Brevet Judge  
Brevet Judge  
Brevet Judge  
Cabarrus  
Cartersville Twisters  
Charleston Twisters  
Daytona Beach  
Elite Gymnastics  
Elite Gymnastics  
GAA  
Georgia All Star  
Georgia All Star  
Gulf Breeze Gym  
Gym Etc  
Gymnastics and More  
Gymnastics and More  
Gymnastics Unlimited  
Gymnastics Unlimited  
Gymstars  
Gymstars  
Gymstars  
High Point Gymnastics  
JFJ Elite  
Judge  
KPAC  
Lumberton  
Lumberton  
Magnitude 10.0  
MEGA

Goodson, Mark  
Richardson, Melanie  
Blanton, Christina  
Jackson, Chris  
Olney, Carol  
White, Brock  
Brodrikova, Elena  
Davis, Cynthia  
Davis, Drew  
Rose, Darlene  
Womack, Colin  
Martine, Kylene  
Martine, Marcy  
Adams, Jennie  
Child, Joanne  
Corrigan, Larry  
Hawkins, Nancy  
Latino, Jackie  
McCabe, Mike  
Simpson, Peggy  
Walls, Debbie  
Maness, Stephen  
Smirnov, Vladimir  
Dearmon, Jean  
Hoagland, Mary  
Knisley, Mendi  
Lane, Sibby  
Robbins, Mark Lee  
Thacker, Mary  
Wallace, Mary Ann  
Shobe, Luidmilla  
Andrey, Ageev  
Kramer, Krystal  
Denham, Larry  
Breasbois, Heather  
Harris, Brad  
Schulthess, Amy  
Neiman, Doug  
Gutkin, Grigory  
Kelly, Sharon  
Sckerova, Zuzann

MEGA  
MEGA  
Moultrie YMCA  
National Judge  
National Judge  
National Judge  
Prattville YMCA  
Rockdale Gymnastics  
Rockdale Gymnastics  
Rose's Gymnastics  
Rose's Gymnastics  
Royal Blue Streak  
Royal Blue Streak  
SACC  
SACC  
SACC  
SACC  
SACC  
SACC  
SACC  
SACC  
Salem Gymnastics  
Shooting Stars  
SJD  
SJD  
SJD  
SJD  
SJD  
Southeastern Gymnastics  
Superior Gymnastics  
Superior Gymnastics  
TAG  
Tampa Bay Turners  
Tampa Bay Turners  
Tampa Bay Turners  
Tampa Gymnastics  
Ultimate Gymnastics  
Ultimate Gymnastics  
Wayne's Gym

# All Around News

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## IMPORTANT INFORMATION FOR COACHES OF REGIONAL QUALIFIERS

### REGIONAL MEET ENTRY:

Please be sure that you have **ALL necessary information** at your State Meet to enter your gymnasts in the Regional Meets -- USAG athlete number, birthdate, etc. - and one club check per Regional Meet for entry fees. **No checks from parents are allowed.**

Regional Meet entry fees and forms **MUST** be turned in to your State Chairman (or designated official) at your **State Meet -- within the specified time.**

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 \$25.00 late fee per gymnast (in addition to the regular entry fee) must be paid to the Regional Meet Director
- a \$200.00 fine payable to Region 8 USA Gymnastics for each meet involved.

PLEASE MAKE SURE THAT YOUR GYMNAST HAS QUALIFIED (according to the **official** announcement of qualifiers) -- AND ENTER HER PROPERLY WITHIN THE SPECIFIED TIME.

### PETITIONS: (No petitions for Level 8 Regionals)

1. Any petitions should be mailed to the RTC, Marian Dykes -- it is YOUR responsibility to get all information needed for petitions.
2. Marian must RECEIVE petition NO LATER THAN **WEDNESDAY** following State Meet.
3. You should call or FAX Marian to notify her that a petition is coming. (770-451-6910 Ph or 770-457-0943 Fax)
4. List all petitioning gymnasts on bottom of entry form under petition section.
5. Complete Petition Form from Region 8 Winter Newsletter.
6. **A photocopy of at least one pre-state, sanctioned meet results from the current season (at the level to which they are petitioning) showing a score at least one (1.00) point greater than the regional qualifying score.**
7. A club check for entry fee **MUST** accompany petition to Marian. She will forward check to Meet Director if petition is accepted. (Check will be returned if not accepted or injured gymnast is not release by doctor.)

### AT REGIONALS:

To be allowed onto the floor of competition, all coaches **MUST** wear their **current** USA Gymnastics pro membership card with safety certification expiration date.

Level 9 & 10 coaches - you need to have with you **ALL** necessary information to enter your gymnasts in the National meets - including club checks for entry fees, extra T-shirt purchases, and any JO National apparel that you wish to purchase.

**CHECK REGION 8 WEB PAGE FOR REGIONAL MEET SCHEDULES!**  
[www.region8gymnastics.org](http://www.region8gymnastics.org)

# REGION 8 USA GYMNASTICS REGIONAL MEET ENTRY FORM

**Please Check One Level [Separate sheet for each level]**

**LEVEL 8 Regionals**     
  **LEVEL 9 Regionals**     
  **LEVEL 10 Regionals**

TEAM NAME \_\_\_\_\_ USAG Club # \_\_\_\_\_

ADDRESS \_\_\_\_\_

PHONE # GYM \_\_\_\_\_ HOME \_\_\_\_\_

FAX # \_\_\_\_\_ E-MAIL: \_\_\_\_\_ @ \_\_\_\_\_

List **ALL** coaches attending Regional competition:

NAME	USAG#	SAFETY EXPIRATION DATE

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

\_\_\_\_\_ Signature

COMPETITOR NAME (Last Name, First Name)	ATHLETE REGISTRATION	DATE OF BIRTH MM/DD/YYYY	GRADUATING SENIOR	
1. _____			Y__ N__	If a non-citizen athlete places in the top four (4) AA at JO Nationals, she will receive the award for her All-Around placement; however, she is not eligible to become a member of the US JO National Team. In this instance, the next US citizen in rank order will be placed on the JO National Team.
2. _____			Y__ N__	
3. _____			Y__ N__	
4. _____			Y__ N__	
5. _____			Y__ N__	
6. _____			Y__ N__	
7. _____			Y__ N__	
8. _____			Y__ N__	
9. _____			Y__ N__	
10. _____			Y__ N__	

**PETITIONS:** MUST fill out separate forms and separate check must be received by **MARIAN DYKES, RTCC**, by **WEDNESDAY** following your State Meet.

1. _____			Y__ N__
2. _____			Y__ N__
3. _____			Y__ N__
4. _____			Y__ N__

TOTAL NUMBER OF ENTRIES : \_\_\_\_\_ X \$85.00 Level 8, 9 & 10 CHECK FOR \$ \_\_\_\_\_ ENCLOSED.

TOTAL NUMBER OF PETITIONS: \_\_\_\_\_ x \$85.00 LEVEL 9 & 10 CHECK FOR \$ \_\_\_\_\_ SENT TO RTCC

**MAKE CHECKS PAYABLE TO MEET DIRECTOR - as instructed in meet information.**

**GIVE TO STATE ADMINISTRATIVE CHAIRMAN AT STATE CHAMPIONSHIPS  
SEPARATE SHEET FOR EACH LEVEL**

# All Around News

## Region 8 Petition Form for Level 9/10 Regionals

Deadline **receipt** by Wednesday following your state meet

Level of Regionals petitioning to: \_\_\_\_\_  
Gymnast's Name: \_\_\_\_\_ USAG #: \_\_\_\_\_  
Birth Date: \_\_\_\_\_ Level & Age Division: \_\_\_\_\_  
Coach's Name: \_\_\_\_\_ Coach's Phone #: \_\_\_\_\_  
E-Mail: \_\_\_\_\_ @ \_\_\_\_\_  
Gym Name: \_\_\_\_\_ USAG Club # \_\_\_\_\_  
Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_  
Zip: \_\_\_\_\_ Gym Phone \_\_\_\_\_

- I. Attach a physician's written verification of nature of illness or injury & release to return to gymnastics training.
- II. A written request from the coach or parent.
- III. Attach a check for \$85 made out to MSUSAG
- IV. Please list the scores from one sanction meet that the AA score is 35.00 or greater. Attach a photocopy Results of a minimum of 1 Sanctioned Meet: (Scores from 2006 Regionals, Eastern's or National's may be used to satisfy this criteria.)

Vault \_\_\_\_\_

Bars \_\_\_\_\_

Beam \_\_\_\_\_

Floor \_\_\_\_\_

AA \_\_\_\_\_

Return completed form and all attachments to  
**Marian Dykes**  
Region 8 Technical Chair  
4651 Buford Highway  
Atlanta, GA 30341  
Fax (770) 457-0943

# All Around News



**MARIAN DYKES**  
RTCC

## TECH NOTES ICAL

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

**M**any people in the gymnastics community, especially judges, do not understand the difference between USA Gymnastics and NAWGJ. In addition there is AAU, YMCA, etc. What is this alphabet soup?

**USA Gymnastics (USAG)**—USA Gymnastics is the National Governing Body representing the sport of gymnastics on the US Olympic Committee. USAG develops and runs gymnastics in the United States, from the Junior Olympic level to the Elite level, including the selecting of the USA National Teams. The volunteer committees of the Women's Program of USA Gymnastics produce the Rules and Policies governing competitions. USA Gymnastics working with the Women's Technical Committee has also taken over the certification of judges in the United States.

**National Association of Women's Gymnastics Judges (NAWGJ)**—NAWGJ is the support and service organization for judges in the United States. It provides professional development and education for judges. NAWGJ also serves as a contracting agent for judges for various organizations upon request and provides representation for judges on the various USAG committees in fee structure negotiations. In recent years, NAWGJ has become the primary contact for judges and the NCAA.

### PETITION GUIDELINES

In order to petition to Level 9 or 10 Regional Championships, a completed petition form must be submitted to Marian Dykes. It is the coach's responsibility to get all information needed for the petition. The petition must be **RECEIVED** no later than the Wednesday following the state meet. Please call or fax Marian to notify her that a petition is coming. A check for the petition entry fee must accompany the petition form sent to Marian. If the petition is accepted, Marian will forward the check to the Meet Director.

In order to petition, the coach must:

- complete the petition form (enclosed in this newsletter)
- provide a photocopy of at least one pre-state meet score sheet from the current season or from Regionals, East/West or Nationals of 2006 at the level which the gymnast is petitioning indicating that she has achieved an All-Around score that is a minimum of 1.0 higher than the current regional qualifying score
- a physician's written verification of nature of injury or illness and release to return to gymnastics training
- a written request from the coach or parent
- a check for the entry fee

Qualification to Level 8 Regionals is by placement. Therefore, there are NO petitions to Level 8 Regionals.

### MILEAGE RATE CHANGE

following USAG guidelines, the mileage rate used to reimburse judges for travel changed to \$.48 effective 1/1/07. The mileage rate changes automatically any time the IRS changes the mileage rate. The IRS determines the mileage rate using data compiled by the National Automobile Association on the average cost to operate a vehicle.

# All Around News

Question of the day – Please clarify the compositional requirement for a forward circle or release element:

To be considered a Forward Circle element or Forward release element:

1. Both must go forward around an axis (either the bar or the breadth axis of the body).
2. Check the symbols.
  - a. Many forward circling elements have the small diagonal line at the beginning of the symbol to indicate “forward” Like the clear hip circle forward (Weiler kip), front stalder, pike sole circle forward, etc. Front giants & L-grip front giants have their own forward symbol-upside down U
  - b. Forward release elements are symbolized with a “front salto” symbol, like the Jaegers (on same bar or LB to HB) and Mixed-grip Deltchev (although the downswing is backward giant-the upswing is forward and the salto is forward)
3. Elements that ARE NOT considered forward:
  - a. Gienger/regular Deltchev -symbol & description indicates a backward salto
  - b. Chinese sit-up and other variations like toe-shoot, stalder shoot to HB all stem from a BACKWARD circle and never complete a forward 360° BA turn
  - c. Bail half-shoot over low bar, straddle back to handstand, are all initiated with a backward swing or circle.

In addition there are two compositional deductions referring to pirouettes:

1. Lack of balance between pirouettes and flights: for example a level 10 performs three good release elements but NEVER does any pirouetting in handstand.
2. Lack of elements with LA turn: Does not perform any element that has at least a ½ turn (not necessarily in a handstand position) The above example with three flights and no pirouettes MAY fulfill the LA turn requirement if one of the releases had a turn in it (bail ½, Gienger) If the flight elements were a Tkatchev, a Toe-shoot to HB and a Pak, then both deductions could be applied.

## Region 8 USA Gymnastics 2007 Judges Information

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

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

Name \_\_\_\_\_ Rating \_\_\_\_\_

Address \_\_\_\_\_

City: \_\_\_\_\_ State \_\_\_\_\_ Zip + 4 \_\_\_\_\_

Home Phone: (\_\_\_\_\_) \_\_\_\_\_ Work Phone: (\_\_\_\_\_) \_\_\_\_\_

Fax: (\_\_\_\_\_) \_\_\_\_\_ Cell Phone: (\_\_\_\_\_) \_\_\_\_\_

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

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

Signature \_\_\_\_\_

Please mail to SJD or Fax SJD by **4/1/2007** or Fax to D. KORNEGAY (205) 951-0184 by **4/10/2007**  
OR to **FILL OUT ONLINE** go to <http://www.region8gymnastics.org/pages/forms.html> by **4/10/07**

# All Around News

## 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



7957 Steeplechase Court  
Port St. Lucie, FL 34986  
772-489-5982 Phone/Fax  
AmTwist@aol.com E-mail

## USAG Elite/Pre Elite/TOPS program 2006-07 season

Toni Rand, REPCC

Thank you to Ray and Joan Gnat and ACE Gymnastics for hosting the Elite/TOPS clinic and testing competition last month. Their hospitality was greatly appreciated by everyone.

We have 2 Testing competitions set up for our Region

### February 10th in Concord, NC

hosted by Cabarrus Gymnastics – Mindy Yeager  
704-784-3111  
[mindyyesger@yahoo.com](mailto:mindyyesger@yahoo.com)

### February 23rd in Hoover, AL

hosted by JFJ Elite – Kathy Chambers  
205-979-7969  
[Kathy@jfelite.com](mailto:Kathy@jfelite.com)

Contact Meet host for entry information. Entry forms available at [www.region8gymnastics.org](http://www.region8gymnastics.org)

If you are interested in the Elite program, please contact me by email and I will make sure that you are included on the Elite email list.

Also, please be aware that FIG rules will change so please stay current by visiting the FIG website on a regular basis to check for changes and updates.

### Pre Elite change in Age Groups

Eliminate Senior Pre Elite Division -  
Junior Pre-Elite Age Group: 11 – 15 years of age  
Award divisions: 11-13 yrs & 14-15 yrs  
HOPES division: 10-12 years of age  
Award divisions: 10 yrs & 11-12 yrs

### Qualification changes

1-Athletes may only qualify to Classic from a National Qualifier or National camp where full routines are performed.

Regional qualifiers may ONLY be used to qualify to a Challenge competition and/or to obtain required Elite testing score

2- Only USA National Team members may qualify to Championships of the USA from a National camp. All other athletes must compete at Classic.

### Qualifying Scores for 2007

#### **Compulsory Testing scores**

- New International Elites –  
35.00AA all age divisions  
(Elite athletes that have competed at a classic are not required to attain a compulsory score)
- Pre Elite compulsory scores (must test & achieve score every season)
  - ◆ HOPES division – 32.00AA
  - ◆ Pre Elite division – 33.500AA

#### **International Elite Division Optional Scores (FIG Rules)**

Qualify to Classic competitions  
(from National qualifiers/camps)

- ▣ Junior Elite (11-15 yrs) 53.00AA
- ▣ Senior Elite(15 & up) 55.00AA  
(15 yr olds have option of division for the 2007 season)

Qualify to Championships (from Classic)

- Junior Elite 54.00 at Classic Meet
  - ▣ No automatic qualifiers

USA National team members may use training camps or international assignments for qualification to Champs

CONTINUED →

# All Around News

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- Senior Elite 56.00AA at Classic Meet
  - ▣ Automatic 2006 World Team
  - ▣ USA National team members may use training camps or international assignments for qualification to Champs
- 3 event total for Seniors ONLY 45.00AA

**National Qualifiers** will be held at the training center in Houston on **May 4-6 & July 6 – 8th**. Go to USAG website for entry information.

**American Classic** will be held at the training center on **May 27 – June 3rd** (Classic followed by Challenge)

**US Classic/Challenge** date – July 27 – 29th, site to be determined

## Pre Elite and HOPES Division Optional Scores (FIG Rules)

Qualify to Challenge (from a Regional or National qualifier)

- ◆ HOPES division 46.50 (modified rules)
- ◆ Junior Pre Elite division 48.50

**Reminder:** athletes that compete in the HOPES division may not use their score to enter the Junior pre elite or elite division at a Challenge or Classic meet

## Qualification to National Team/Camps

International Elites

Senior – top 12 from Championships

Junior – top 12 from Championships

Pre elites/HOPES

The following will qualify to the **Pre elite training camp from US Challenge**

(American Challenge: no guaranteed spots in camp)

ALL Expenses for athlete and one coach for the following from US Challenge

**Hopes:** 10 yr old – 1    11-12 yr olds – 2

**Junior pre elite:** 11-13 yr olds – 4  
14-15 yr olds – 1

An additional 8 athletes may be selected from American or US Challenge to be added to the pre elite training camp. Room & board only will be paid by USAG for these 8 athletes.

## Qualification to National Camps by Video or invitation

Athletes may submit videos to the National staff for consideration. Videos should include current skills and routine work. Athletes that are accepted to camp from video must pay all expenses to attend the camp. Only National team athletes &/or pre elite athletes that have qualified from US Challenge as determined by committee will have expenses paid to attend camp(s). Developmental(Open) camps are for new athletes or athletes that wish to attend at their own expense.

## HOPES Division EGR modifications for the 2007 Season

Check online at USA Gymnastics or email me at [AmTwist@aol.com](mailto:AmTwist@aol.com)

## American Classic/Challenge:

May 27 – 31st (Classic)

May 31 – June 3rd (Challenge)

This competition will be held at the National Team training center in Houston. For international elites this will be a verification competition. Athletes in the Challenge will compete under normal format (compulsory & optional: 30/70%)

US Classic/Challenge – site to be announced

## **TOPS Program**

In January 2007, a meeting has been set up to recommend some possible major changes in the TOPS testing program. These recommendations will be submitted to the national elite committee for final decision. As soon as changes are official, information will be sent to all TOPS managers and clubs.

Have A Great Season!

# All Around News

## REGION 8 CALENDAR • 2007-2008

### 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

### June 2007

14-17 Region 8 Congress  
Atlanta, GA

### 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  
Salem Gymnastics  
Winston-Salem, NC

### November 2007

9-11 USA Gymnastics National "State  
Team" Championships  
Levels 5, 6 and 7  
Kissimmee, FL

### March 2008

28-29 Last week for 9-10 State Meets

### April 2008

18-20 Level 9 & 10 Regionals  
Huntsville Gymnastics  
Huntsville, AL

### May 2008

2-4 Level 8 Regionals  
TBD **NEED BID**

9-10 Level 9 Easterns  
TBD

16-18 Level 10 JO Nationals  
TBD

### October 2008

3-5 Levels 9, 10 & Elite Training Camp  
Ace Gymnastics  
Longwood, FL

## REGION 8 ADVERTISEMENTS

THE REGION 8 NEWSLETTER ACCEPTS ADVERTISEMENTS FOR PUBLICATION.

1/4 page - - - - - \$50.00

1/2 page - - - - - \$75.00

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

*Please send your ad Camera Ready.*

*Make checks payable to Region 8 USAG.  
Dates of publication may vary.*

*For further information, please contact: Deb Kornegay*

**Debby Kornegay, RACC**

394 Stonebridge Road Birmingham, AL 35210-4111  
(205) 951-0184 Phone/Fax **DebGK@Bellsouth.net**

# All Around News

## LEVEL 8 REGIONALS

Raleigh  
North Carolina

2007

April 13 - 15, 2007

### HOST

North Carolina NAWGJ

*John O'Dell*

919-696-1732 phone  
5431-201 Morning Creek Way

Raleigh, NC 27610

Email: [j.odell@yahoo.com](mailto:j.odell@yahoo.com)

### AIRPORT

Raleigh-Durham

[RDU]

### COMPETITION SITE

North Carolina State University

Reynold's Coliseum

2411 Dunn Avenue  
Raleigh, NC 27695

Equipment -AAI

Capitol Cup Format

### HOST HOTEL

SHERATON RALEIGH HOTEL

421 Salisbury Street

Raleigh, NC 27601

RATE: \$89.00

800-325-3535

Ask for  
"USA Gymnastics - Team Block"

### SCHEDULE

#### Friday April 13

8:00 a.m. - 4:00 p.m. Open Training Day  
(advanced sign-up required)

4:00 p.m. - 10:00 p.m.

Level 8 individual competition Session 1

#### Saturday April 14

Level 8 individual competition Sessions 2 & 3  
Team Competition Session 4

#### Sunday April 15

Level 8 individual competition Sessions 5 & 6

*Final Schedule Posted at*  
[www.Region8Gymnastics.org](http://www.Region8Gymnastics.org)  
by 3/30/07

**LEVEL 8 ALTERNATES:** Please call your State Chair or Deb Kornegay if you have a scratch.

Alternates for all-star (individual) slots will be replaced up to 48 hours before the start of timed warm-ups for the first competitive session, which is 4:00 P.M. Friday. Therefore no all-star (individual) alternates will be added after 4:00 P.M. Wednesday.

Team alternates will be added up to the beginning of timed warm-ups of the first session.

If a state does not have sufficient numbers to fill their assigned percentage numbers the Regional Chairman will notify the highest all-star (individual) from state meet results from all eight states to fill available slots.

The Region 8 Level 8 Regional Team competition may include citizen or non-citizens.

# All Around News

## LEVEL 9 & 10 REGIONALS

Tupelo, MS

2007

April 19-22

### HOST

**MS USAG and Meet Control**  
**Thomas Hawkins**

(662) 323-0504 ext. 105

Email: [thomas@msusag.org](mailto:thomas@msusag.org)

Web Page: <http://meets.msusag.org>

You CANNOT put "www" in  
front of address!

### AIRPORT

Tupelo, MS  
or  
Memphis, TN

### COMPETITION SITE

**Bancorp South Center**  
375 East Main Street  
Tupelo, MS 38804

AAI Equipment by Wynn-Wynn Athletic

Capitol Cup Format

### SCHEDULE

**Thursday April 19** Level 9 Competition (If  
needed)  
**Friday April 20** Level 9 Competition  
**Saturday April 21** Level 9 & 10 Competition  
**Sunday April 22** Level 10 Competition

*Final Schedule Posted at*  
**[www.Region8Gymnastics.org](http://www.Region8Gymnastics.org)**  
by 3/31/07

The Region 8 Board voted in their July 2003 meeting that at Level 9 & 10 Regionals, the RACC will set meet schedule (order of age groups) to facilitate the schedule of the entire competition. The order of competition will not be guaranteed to be youngest to oldest.

### HOST HOTEL

Hotel information is listed at the  
Level 9 & 10 Regional web site at:

<http://meets.msusag.org>

You CANNOT put "www" in front of the address!

**REMEMBER:** If you have athletes that qualify to Level 9 Eastern Nationals and/or Level 10 Nationals, you must fill out the **new entry forms** at Regionals immediately after each session. You will need a separate club check per level (NO PERSONAL CHECKS ACCEPTED) plus an extra check to purchase the great Region 8 apparel available for sale at Level 9 & 10 Regionals.



In cooperation with Region 8 presents the

## 2007 Region 8 Congress

### GENERAL INFORMATION

**DATE/SITE:**

Region 8                      June 15 – 17, 2007                      Atlanta, GA                      Renaissance Atlanta Hotel

**PURPOSE OF REGIONAL CONGRESSES:**

The purpose of regional congress is to provide education to the teachers, coaches, judges and gymnastics business owners of the region. Education and training enable everyone to effectively and professionally serve in the development of the young gymnasts across the country.

**REGION 8 EDUCATION:**

Over 75 Sessions cover the following areas:

**Coaches Education** – Sessions covering popular topics for the developmental through elite gymnastics coach. Learn from leaders in the gymnastics community.

**Recreational Education** – A recreational track covering programs for tots through teens; be the best instructor in your gym!

**Business Education** – Sessions covering marketing, managing your business, staff retention and more.

**Judges Education** – Sessions covering compulsory, optional and elite judging criteria, technique and more.

**SPEAKERS:**

**Region 8 Committee**

- Alison Arnold** National Team Sports Psychologist
- Tammy Biggs** National Coaching Staff
- Tom Koll** Nat'l Jr. Olympic Committee Chairman
- Brant Lutska** National Instructor/Recreational Gymnastics
- Connie Maloney** Women's JO Program Manager
- Jeff Metzger** Business Education
- Tim Rand** Former National Team Coach
- Gary Warren** Women's Program Director/Athlete Development

Registration will begin on February 1, 2007. Online Registration will be available for members and printable forms will be available for all others at [www.usa-gymnastics.org](http://www.usa-gymnastics.org)

<b><u>COST</u></b>	<b>Early Bird (Ends April 1st)</b>	<b>Regular Price (Ends May 31st)</b>	<b>On-site</b>	<b><u>Full Dinner Banquet</u></b>
<b>Professional, Jr. Pro &amp; Instructor Members</b>	\$145.00	\$175.00	\$200.00	\$20.00
<b>Other Member Types and Non – Members</b>	\$175.00	\$205.00	\$230.00	\$20.00
<b>Member Clubs</b>	1st – \$145.00 2nd - \$135.00 3rd - \$135.00 4th - \$125.00 5th - \$125.00 6th or more - \$115.00	1st – \$175.00 2nd - \$165.00 3rd - \$165.00 4th - \$155.00 5th - \$155.00 6th or more - \$145.00	N/A	\$20.00/ea

**HOUSING**

A block of rooms has been reserved. **Call by May 22, 2007**

National Travel Systems Sports Travel Team

PO Box 93498

Lubbock, TX 79493-3498

Toll Free: 1-888-603-8747; Main Line: 806-794-3135

Fax: 806-687-3815

Email: [usagama@takeavacation.com](mailto:usagama@takeavacation.com) Website: [www.wdpltd.com](http://www.wdpltd.com)

Single/Double Rate of \$125.00

Any reservations after the cut-off date will be based strictly on availability.

**Renaissance Atlanta Hotel - Downtown**

**590 West Peachtree Street NW**

**Atlanta, GA 30308**

**404/881-6000– local information only**

\*Please check the USA Gymnastics website – [www.usa-gymnastics.org](http://www.usa-gymnastics.org) for a detailed schedule and registration information.

\*Minimum age for Congress attendees is 16.

# 2007 REGION 8 TRAINING CAMPS

## Level 8 & 9

July 27-29, 2007

**Harbor City Gymnastics**  
Melbourne, Florida

**Open to all Level 8 and Level 9 athletes who qualified in Level 8 or 9 State Meet or above**

### HOTEL INFORMATION

#### IMPERIAL HOTEL & SUITES

2898 N. Wickham Road  
Melbourne, FL 32940  
(800) 554-5188 (321) 255-0077  
Kings & Doubles \$109.00/night  
Suites \$129.00/night



## Level 9, 10 & Elite

October 5-7, 2007

**Salem Gymnastics**  
Winston Salem, North Carolina

**Open to all Level 9, 10 & Elite athletes who qualified to Regionals and Level 9 athletes who competed ONLY at State are NOT eligible for this camp**

### HOTEL INFORMATION

Wingate Inn	Holiday Inn Select
125 South Main St.	5790 University Parkway
Winston-Salem, NC	Winston-Salem, NC
27101	27105
336-714-2800	1-336-767-9595
Rate \$89.00	1-800-553-9595
	Rate \$84.00 Dble/Dble
	\$90.00 King

Ask for Region 8 Gymnastics Training Camp Rate

**Schedule different for ALL camps.**

**COST: \$130.00 per athlete** (includes camp, lunch on Sat. and T-shirt)  
**\$50.00 per coach or judge** (discounts if bringing athletes)

**PROVIDE EMAIL INFORMATION FOR CONFIRMATION OF ENTRY AND FINAL SCHEDULE**

**Camps will fill on a first-come basis.**

Registration forms are available at Regionals and in Region 8 newsletter. There will be **NO** direct mailing to clubs.

**Camps open to all USAG Professional Members.**

### VOLUNTEERS:

**No fee is required to attend camp and you will be eligible for apparel if your athlete qualifies to JO Nationals!**

**MAIL ALL FORMS WITH FEES TO: Debby Kornegay**  
394 Stonebridge Road, Birmingham, AL 35210

# REGION 8 TRAINING CAMP 2006

24

## 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 8 & 9  
July 27-29, 2006  
Melbourne, FL  
Harbor City Gymnastics

LEVEL 9, 10 & ELITE  
October 5-7, 2007  
Winston-Salem, NC  
Salem Gymnastics

NAME OF COACHES ATTENDING CAMP FROM YOUR GYM:

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

DID YOU HAVE GYMNASTS AT LEVEL 10 OR 9 NATIONALS IN 2007?  YES  NO

DID YOU HAVE GYMNASTS AT LEVEL 10 OR 9 REGIONALS IN 2007?  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:

July 7 (Lev. 8 & 9)

September 1 (Lev. 9, 10 & Elite)

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

**Thank you for offering to help! Your assistance will be greatly appreciated!** You will be contacted with your event and day approximately 30-45 days prior to the Camp date. Everyone who volunteers that had an athlete at Level 9 Regionals or above will be assigned to work! All proceeds from these events will go to the 2007 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 2008. Clubs who do not work and contribute at least \$1000.00 will also be eligible to receive

# REGION 8 TRAINING CAMP

**CHECK ONE:**

**LEVEL 8 & 9 CAMP**

Melbourne, FL  
July 27-29, 2007

**LEVEL 9, 10 & ELITE CAMP**

Winston- Salem, NC  
October 5- 7, 2007

TEAM NAME: \_\_\_\_\_

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

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

COACHES NAME: \_\_\_\_\_

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

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

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

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

GYMNAST	USAG#	DOB	AGE	CURRENT LEVEL	2007 REGIONAL/ STATE SCORE	T-Shirt SIZE	FEE \$130.00

**PETITION: Must fill out separate petition form**

**(Region 8 Petition Form for Level 9/10 Regionals) and mail to Marian Dykes and Paul Padron.**


COACHES ATTENDING Additional fee to attend Optional Update	USAG#	Clubs with gymnasts attending COACHES - \$25 Each

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

\_\_\_\_\_  
Signature

**FIRST COME - FIRST SERVE!**

\$25.00 processing fee on all refunds -  
refunds will only be given if gymnast can be replaced  
*No refunds within two weeks of Training Camp*

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

**TOTALS \$** \_\_\_\_\_

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

# TRAINING CAMP REGISTRATION FORM

## FOR COACHES & JUDGES WITHOUT PARTICIPATING GYMNASTS

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

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

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

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

DAY PHONE \_\_\_\_\_ 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 8 & 9 CAMP** (Melbourne, FL[7/27-29/07]) DEADLINE 7/7/07 - FIRST COME, FIRST SERVE

**LEVEL 9, 10 & ELITE CAMP** (Winston-Salem, NC [10/5-7/07]) DEADLINE 9/1/07 - 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: \_\_\_\_\_

HOME PHONE \_\_\_\_\_ FAX \_\_\_\_\_ CELL \_\_\_\_\_

WORK 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 8 & 9 CAMP** (Melbourne, FL[7/27-29/07]) DEADLINE 7/7/07 - FIRST COME, FIRST SERVE

**LEVEL 9, 10 & ELITE CAMP** (Winston-Salem, NC [10/5-7/07]) DEADLINE 9/1/07 - FIRST COME, FIRST SERVE

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

# 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 four sets or pieces of coach's apparel.  
 Teams that qualify 1 - 3 athletes to either nationals will be given 2 sets of coach's apparel.  
 Teams that qualify 4 - 6 athletes will be given 3 sets of coach's apparel.  
 Teams that qualify 7 or more athletes will be given 4 sets of coach's 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. Apparel items will be offered for sale.
6. All coaches and judges who have worked camp or donated \$50 will receive a regional shirt.
7. Gymnasts qualified to Nationals who attended Training Camp or whose coaches worked camp will receive a bonus pack if funds are available.
8. 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!**

Upstate Gymnastics Center - Maureen Williamson

# REGION 8 ATHLETE FUND CONTRIBUTION

Name \_\_\_\_\_

Club \_\_\_\_\_

Address \_\_\_\_\_

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

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

# All Around News

## REGIONAL JO MEET BID INFORMATION

- Level 9 and 10 Meet will have 17 judges including Meet Referee.
- Level 8 Meet will have 17 judges including Meet Referee. There must be 2 judges per state.
- Cost for awards for Level 9 & 10 will be divided between Region and Meet Director. Level 8 is responsible for purchasing awards through the Regional Chairman.
- Meet Director receives entry fees, admissions, concessions, & other sales.
- Meet Director pays judges fees & expenses and any other expenses associated with meet (except ½ awards for Levels 9 & 10).
- Meet Director has responsibility to arrange for equipment contract for the meet and is responsible for this meet expense.
- Meet Director arranges for necessary skill cushion matting and score flashing equipment.
- Meet Director makes hotel arrangements and arrangements for judges transportation.
- Meet Director furnishes room accommodations for Regional officers acting in an official capacity at the meet (RACC, RTCC, RJOCC) - if not already covered as a judge or coach.
- An outside facility (other than a gymnastics business) must be used for JO Regional Meets (high school, college, convention center, city arena, etc.).
- The competitive gym area must accommodate 4 simultaneous events with proper distance and spacing requirements (refer to equipment section in R & P Book). There must be adequate seating for gymnasts and 4 judges per event.
- It is strongly recommended that a separate warm-up area be available. Equipment should be identical to competition equipment. (Floor may be a spring tumbling strip comparable to competition floor exercise mat).
- The spectator area must be adequate to accommodate the families and friends of 132 gymnasts per day. This includes adequate restroom facilities and parking.
- All equipment must meet the specifications as listed in the R & P Book.
- A separate meeting room adequate for 17 officials must be provided with TV & VCR.
- An area for changing clothes/leotards must be provided for the gymnasts.
- An EMT or equivalent personnel should be present at the site and a physician be on call should one be needed.
- Experienced computer scoring personnel is required with electronic score flashing.
- The facility must be air conditioned.
- The hotel should provide facilities and atmosphere conducive to athletes in a competitive situation.
- Facility must be available for open work-out on the day before competition begins.
- Competition fee of \$10.00 per gymnast must be paid to Region 8 USA Gymnastics.

**BID NEEDED**

**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 I \_\_\_\_

WHAT WAS THE NUMBER OF ATTENDANCE AT YOUR LARGEST MEET? \_\_\_\_\_

HOW MANY MEETS DID YOU ATTEND IN THE PAST 2 YRS.? State \_\_\_\_ Reg. \_\_\_\_ Nat I \_\_\_\_

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:** 5950 NW 66 Way, Parkland, FL 33067 (954) 755-1750 F AX  
[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 F AX

**DEADLINE FOR ELITE REGIONAL BIDS & JO REGIONAL BIDS MUST BE RECEIVED BY June 1, 2007**

# BID FORM FOR

**30**

## 2008 Level 8 & 9 REGION 8 TRAINING CAMP • TBD, 2008

*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:  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 BID MUST BE RECEIVED BY June 1, 2007**



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---

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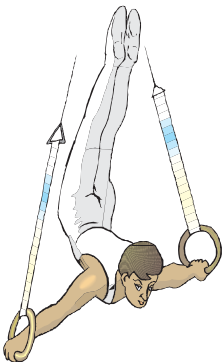
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Updated from May, 2006 WTC/JO Meeting

# 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 <b>Code of Points</b> 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 <b>JO Code of Points</b> 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>NCAAOMNI CARD</b>	Same as above but with NCAA requirements	<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 <b>Rules and; Policies</b> .	<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>

**CONTACT: DEBBY KORNEGAY**

394 Stonebridge Road      Birmingham, AL 35210-4111

(205) 951-0184 Phone & Fax

email: [DebGK@Bellsouth.net](mailto:DebGK@Bellsouth.net)

Order online @ [www.demcards.com](http://www.demcards.com)

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>	\$ 10.00 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**  
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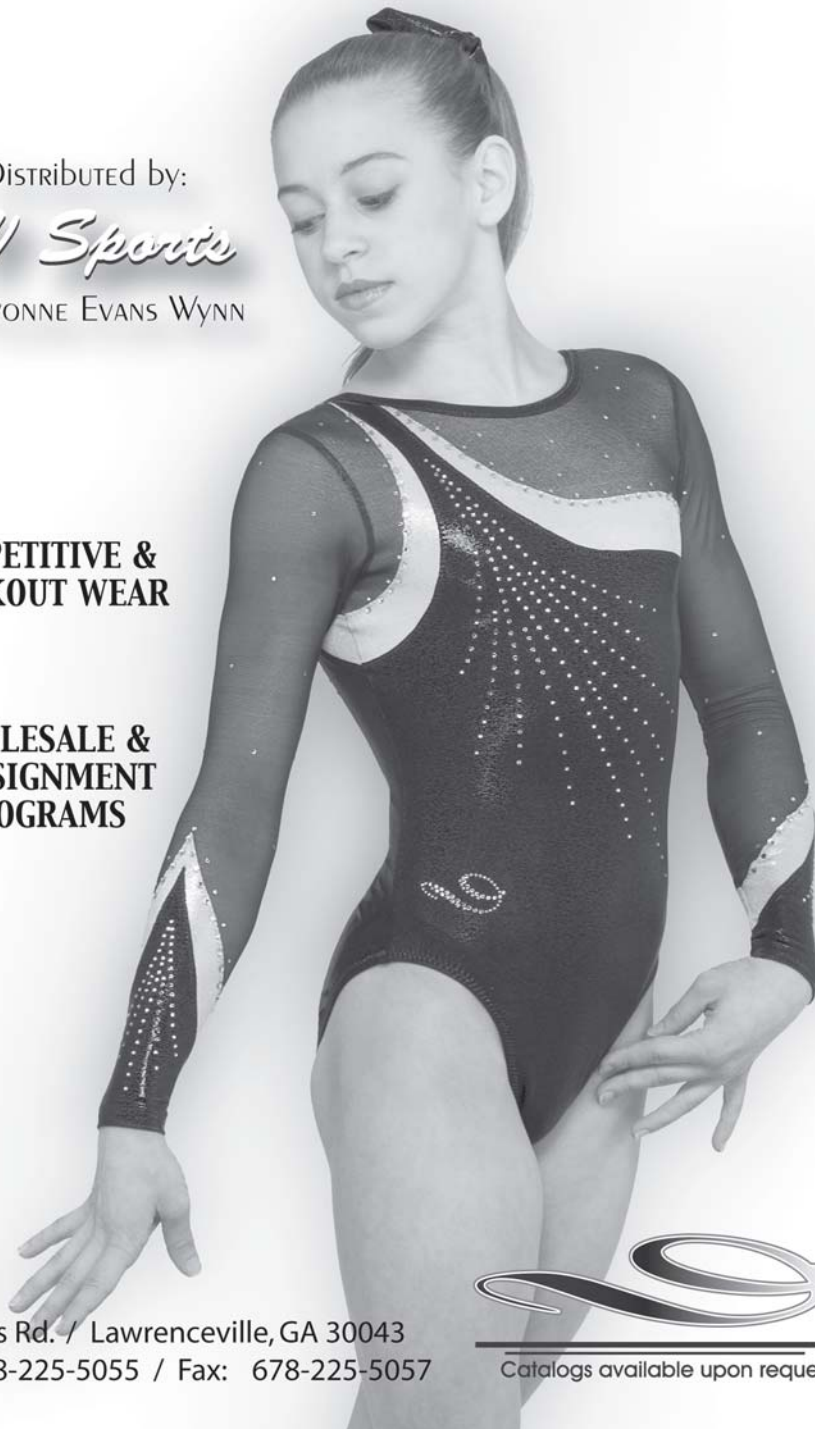
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# All Around News

## Region 8 Committee Meeting Minutes

October 6, 2006

Level 9, 10 and Elite Training Camp • Duluth, GA

Meeting called to order at 9:00 PM

At attendance:

Debby Kornegay	RACC
Marian Dykes	RTCC
Paul Padron	RJOCC - Absent
Toni Rand	RECC – Absent

Deb Walls	AL - Absent
Mike McCabe	FL
Peggy Simpson	GA
Jackie Latino	LA
Nancy Hawkins	MS
Jennie Adams	NC
Joanne Child	SC
Larry Corrigan	TN

Peggy Simpson appointed secretary

**Reminder:** Judging panels for spring state meets due to Marian by November 1, 2006.

**Bids:**

**MOTION** to accept Level 9/10 Training Camp 2007, Kenny Morphis, Winston-Salem, NC

Motion: Joanne Child:  
Second: Jennie Adams:

**Passed Unanimously**

**MOTION** to accept Level 9/10 Training Camp 2008, Ray Gnat, Longwood, FL.

Motion: Nancy Hawkins  
Second: Peggy Simpson

**Passed Unanimously**

**MOTION** to accept Level 9/10 Regional Championship 2008, Huntsville Gymnastics Center.

Motion: Mike McCabe  
Second: Jennie Adams

**Passed Unanimously**

Discussion concerning Regional Congress for 2007. Selection for national clinician requests will be forwarded to the national office and scheduling of sessions and events.

Deb K. presented the criteria for Regional Coach of the Year selection. The nominees should be submitted via the JO Chair to the National JO Committee who will decide the National JO Coach of the Year. The winner will be introduced at the 2007 USA Championships.

**Timeline:**

- States select a State JO Coach of the Year. This nomination will be submitted to the Regional JOCC at the Regional Championships.
- Each region will select a Regional JO Coach of the Year following the JO National Championships. This nomination will be submitted to Tom Koll on or before July 1, 2007.

**A-1 Awards:** A request for consideration of the possibility of customized state medals was presented to the national supplier, A1 Awards. Due to storage constraints, inventory, etc., A1 has suggested that they have available state charms that can be added to the official USAG state medals.

**Steve Penny** has met with the NCAA regarding state, regional, and national funds used for trips, apparel, etc. for the athletes. At present, the national office is awaiting the official written ruling regarding this matter.

The **Volunteer judges form** for training camps needs to be revised to include more information regarding the judge's experience, level, etc.

Next meeting, December 15, 2006 at 9:00 AM, Orlando, FL.

Motion to adjourn – 9:45 PM

# All Around News

## Region 8 Committee Meeting Minutes

December 15, 2006

La Quinta Inn • Lake Mary, FL

Meeting called to order at 9:09 am by  
Chair Debby Kornegay

Mike McCabe appointed secretary

In Attendance:

Debby Kornegay	RACC
Marian Dykes	RTCC
Paul Padron	RJOCC
Toni Rand	RECC

Deb Walls	AL SACC	
Mike McCabe	FL SACC	
Peggy Simpson	GA SACC	9:18 am
Jackie Latino	LA SACC	
Nancy Hawkins	MS SACC	
Jennie Adams	NC SACC	absent
Joanne Child	SC SACC	absent
Larry Corrigan	TN SACC	

**Motion:** To approve minutes from Region 8 Committee meeting October 6, 2006

Motion – Marian Dykes

Second - Deb Walls

**Passed by unanimous vote**

Regional Board business:

- Committee address lists were updated for publication
- Planner updated with National dates
- Reviewed recent regional financial reports
- Hurricane Fund – 4 athletes / 2 acro / 2 JO \$1000 each for training
- 9/10 regional champs update – layout – travel arrangements
- L8 regional update – Question about group rate
- L9 Eastern baskets / snack bags – Kissimmee – to be put together locally
- Region 8 Congress Clinician choices / discussion / city / date may be published
- Auction will be held at Region 8 Congress with items from national office

- Next Region 8 meeting 1pm June 14, 2007 – Atlanta, GA
- 2008 Region 8 Congress date request to national office 1st choice July 11-13 and 2nd choice July 18-10
- Reviewed financial report from 2006 Region 8 Congress
- Discussion regarding a Region 8 Hall of Fame

**Motion** to develop a Hall of Fame for Region 8 with the first induction class consisting of past and current service award recipients.

Motion - Marian Dykes

Second - Peggy Simpson

**Passed by unanimous vote**

Set date for 2008 Level 9, 10 and Elite Training Camp - October 2, 2008 Training Camp at Ace Gymnastics, Longwood, FL

National R&P clarification requested for handicapped athlete status

Discussion and review of current national policies pertaining to the age and allowed responsibilities of JR Professional coaches and new judges aged 16-17 years.

**JOCC Report:**

GK apparel line for coaches and athletes

- fitted at regional meet – pickup at national meet

Board discussion:

- of apparel for coaches / judges working training camps
- of the apparel package for athletes
- of apparel for coaches and required dress each day of competition
- not acceptable to be on the floor at national 9/10 championships without the wearing of proper apparel
- club staff not wearing apparel will receive a letter of concern from the region 8 administrative committee

The trip planned by the region for our national achieving athletes was cancelled due to uncertainty over NCAA

# All Around News

regulations. The region holds \$7000 in airline tickets with one year to use them with a \$50 per ticket change fee. The top 3 place AA finisher and then the next 3 highest all around for all of the age groups.

- Level 9 - Top 6
- Level 10 - Top 6

Discussion of a summer educational camp to benefit coaches and athletes. Topics included master clinicians, rates, format, and scheduling. Emphasis should be on the development of coaching skills for those attending.

The National office will be presenting a JO Coach of The Year. Each state must provide a candidate to Paul Padron RJOCC by Regional Championships. The candidate must coach level 10.

Debby reviewed report procedures and paperwork for state chairman for the following:

- quarterly financial statements
- state championship results – qualifiers
- send state numbers for levels 8-9-10 to preplan regional championships.
- Non-USAG listings on USAG state website calendars are not allowed.
- State chair request for National athlete database to include levels 1-2-3.

### RECC Report:

- reviewed December clinic and testing
- discussion of TOPS – HOPES – Elite
- Pre-Elite/Hopes never considered Elite until Classic
- February Pre-Elite and Elite testing in North Carolina and Alabama
- May seminar / TOPS Coordinators

### RTCC Report:

- SJD / SACC use the level 8-9-10 video from 2006 if new video not ready.

### Motion to adjourn

Motion: Nancy Hawkins

Second: Deb Walls

Passed by unanimous vote at 1:20pm

Next meeting Thursday June 14<sup>th</sup>  
1:00pm – Atlanta, GA

SACC/RACC workshop Wednesday,  
August 15<sup>th</sup> San Jose, CA

Respectfully submitted by Mike McCabe-  
USAG Florida SACC

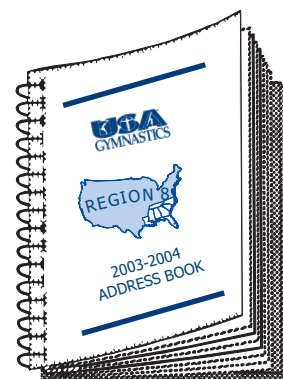
## 2006-2007 REGION 8 ADDRESS BOOK & DISK

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

- Region 8 Clubs**
- Head & Assistant Coaches**
- Region 8 Board**
- Judges**
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# Region 8 USA Gymnastics 2007 State Team Information

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

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

Team Name \_\_\_\_\_

Address to be shown in Address Book :  
\_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip + 4 \_\_\_\_\_

Gym Phone: ( \_\_\_\_\_ ) \_\_\_\_\_

Fax ( \_\_\_\_\_ ) \_\_\_\_\_ Cell Phone: ( \_\_\_\_\_ ) \_\_\_\_\_

Email \_\_\_\_\_ @ \_\_\_\_\_ Web page: \_\_\_\_\_

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

\_\_\_\_\_  
Signature

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

Gym Director \_\_\_\_\_

Home Phone ( \_\_\_\_\_ ) \_\_\_\_\_

Okay to Print \_\_\_\_\_

Cell Phone ( \_\_\_\_\_ ) \_\_\_\_\_

Signature

Head Coach \_\_\_\_\_

Home Phone ( \_\_\_\_\_ ) \_\_\_\_\_

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Assistant Coach \_\_\_\_\_

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Signature

Assistant Coach \_\_\_\_\_

Home Phone ( \_\_\_\_\_ ) \_\_\_\_\_

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Cell Phone ( \_\_\_\_\_ ) \_\_\_\_\_

Signature

Assistant Coach \_\_\_\_\_

Home Phone ( \_\_\_\_\_ ) \_\_\_\_\_

Okay to Print \_\_\_\_\_

Cell Phone ( \_\_\_\_\_ ) \_\_\_\_\_

Signature

Assistant Coach \_\_\_\_\_

Home Phone ( \_\_\_\_\_ ) \_\_\_\_\_

Okay to Print \_\_\_\_\_

Cell Phone ( \_\_\_\_\_ ) \_\_\_\_\_

Signature

Please mail or fax to your **USA GYMNASTICS STATE CHAIRMAN - DEADLINE April 1, 2007**  
**or FAX to DEBBY KORNEGAY (205) 951-0184 by April 10, 2007**  
**OR to fill out ONLINE go to <http://www.region8gymnastics.org/pages/forms.html> by April 10, 2007**

# All Around News

## Region 8 NAWGJ Regional and State Directors

<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> alsjd@alanawgj.org / 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@mac.com	2502 N. Dixie Hwy. #11 Lake Worth, FL 33460	561-586-3044 Home 561-317-4460 Cell
<b>GEORGIA</b>	<b>JEAN DeARMON</b> <a href="mailto:jeangasjd@yahoo.com">jeangasjd@yahoo.com</a>	188 Cane Mill Lane Dahlonega, Georgia 30533	706-864-4182 Home 404-862-1711 Cell
<b>LOUISIANA</b>	<b>BRENDA EBERHARDT</b> BLEgym@aol.com <a href="http://www.NAWGJLouisiana.org">www.NAWGJLouisiana.org</a>	4008 Ellen Drive Marrero, LA 70072-6222	504-347-2444 Home 504-347-2449 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** 2007—2009 Planner Now Available Four Year Planner for Coaches & Judges

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# 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	4651 Buford Highway Atlanta, GA 30341	770-451-6910 Work 770-457-0943 Fax 770-939-3302 Home 404-408-6699 Cell
<b>REGIONAL JO COMM. CHAIRMAN</b>	<b>PAUL PADRON</b> Paul_Padron@charleston.k12.sc.us	<b>1 Cutchin Court</b> Charleston, SC 29414	<b>843-766-3008 Phone/Fax</b> <b>843-200-5429 Cell</b>
<b>REGIONAL ELITE PROGRAM COMM. CHAIRMAN</b>	<b>TONI RAND</b> AmTwist@aol.com	7957 Steeplechase Court Port St. Lucie, FL 34986	772-489-5982 Phone/Fax

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## STATE ADMINISTRATIVE COMMITTEE CHAIRMEN

<b>ALABAMA SACC</b>	<b>DEB TAPSCOTT-WALLS</b> DebWallsALASACC@aol.com <a href="http://www.alausag.org">www.alausag.org</a>	<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 <a href="http://www.usag-fl.org">www.usag-fl.org</a>	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 <a href="http://www.gausag.org">www.gausag.org</a>	<b>7545 Industrial Court</b> Alpharetta, GA 30004	<b>770-475-6103 Work</b> <b>770-753-4546 Fax</b>
<b>LOUISIANA SACC</b>	<b>JACKIE LATINO</b> Gymmstar@aol.com <a href="http://www.gymnasticsLA.com">www.gymnasticsLA.com</a>	2073 Bonn Street Harvey, LA 70058	504-328-3838 Phone/Fax
<b>MISSISSIPPI SACC</b>	<b>NANCY HAWKINS</b> nancy@msusag.org <a href="http://www.msusag.org">www.msusag.org</a>	<b>101 Miley Drive</b> Starkville, MS 39759	<b>662-615-5533 X102 USAG Line</b> <b>662-323-9795 USAG Fax</b>
<b>NORTH CAROLINA SACC</b>	<b>JENNIE KENNEL ADAMS</b> jenniekadams@coastalnet.com <a href="http://www.nc-usag.org">www.nc-usag.org</a>	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 <a href="http://www.scgymnastics.org">www.scgymnastics.org</a>	<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 <a href="http://www.tnusag.org">www.tnusag.org</a>	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  
Birmingham, AL 35210-4111