MARIAN DYKES
RTCC

# TECHNOTES ICAL

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In-gym experience cards for regionals 2009 are in this newsletter. This form can also be printed off the Region 8 website. These cards can be completed using in-gym experiences from June 1, 2007 - June 1, 2008. This June 1 due date is a date received. Please be sure you meet this firm deadline. Any Level 10 or higher judge must complete this card to be eligible for consideration by the Region 8 Board for assignment to a regional meet in 2009.

The availability forms for Regional Championships are in this newsletter. You will not receive an individual mailing. Completed forms must be returned to Marian Dykes and received by June 1, 2008.

This summer has been full of great clinics and learning experiences. The Regional Congress held in Atlanta had lectures that emphasized keeping knowledge up to date, coming to a meet prepared and being as professional as possible at the meet. There were so many lectures I enjoyed over the summer, but two lectures presented by Connie Maloney stand out.

Connie Maloney did a great presentation on professionalism. Several points of emphasis included:

- ☑ How can I become a better human being? A better judge/coach?
  - By learning from my mistakes
  - By being open-minded to the ideas of others
  - By taking the time to savor the special moments of working with children
  - By realizing the impact you have on the athlete's life.
- ☑ Always conduct yourself in a Professional manner. Am I an unprofessional judge?
  - Am I a "Know-it-all" who really doesn't?
  - Am I too proud to look something up if unsure?
  - Am I so unprepared that I have to look up everything?
  - Do I expect others to keep ME updated?
  - Do I give unsolicited advice to other judges, coaches or athletes?
- ☑ Aspects of being Professional: PERSONALITY, BEHAVIOR, DEMEANOR
  - Respectful
  - Stays calm under fire
  - Polite
  - Positive attitude
  - Friendly
  - Unbiased
  - Flexible, can accept unexpected changes
  - Cooperative – willing to compromise
  - On time
  - In proper uniform
  - Pleasant countenance for the athletes

CONT'D.

- Confident without being boastful
- Be willing to admit you made a mistake
- Remain in your seat or by your event during short breaks, or if finished before other events.

☑ Some "unprofessional" behavioral faults"

- Condescending attitude
- Impatience with judging partner-especially if other judge is a neophyte
- Acting bored or tired
- Showing bias toward certain gymnasts or teams
- Reporting to the job in less than optimal condition (tired from night before on the town, hung over, incorrect uniform such a colored shirt etc.)
- Unflattering remarks about a gymnast, coach or other judge at your judging station-in front of parent workers
- Complaining/whining/demanding
- Too chatty on the field of play
- Doesn't acknowledge gymnast's presentation at end of routine.
- Refuses to compromise in a conference; argumentative
- Socializing with coaches during meet

Connie also did a great presentation entitled "Judges' Keep your Head up." There were some wonderful exercises with practice judging that showed judges how much they "cheat" and look down during routines. I am amazed how often people look at the judges where there is a beautiful gymnast out there to watch. When a judge has his or her head down everyone notices. Remember, no one is grading your paper. It is fine to take an entire page to get a routine down, if this is what it takes to keep from looking down. Just like the gymnast, practice makes perfect. As the season starts, judges are encouraged to practice keeping your head up during the entire routine.

## Nomination Form for Junior Olympic Committee Chairmen

(Please type or print clearly

I nominate the following persons for Junior Olympic Committee Chairman:

Name of Junior Olympic 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 October 15, 2007**