

Region 8 Newsletter Summer 2008

Thank you

Region 8 thanks **Larry and LeeAnn Denham** and **Tennessee Academy of Gymnastics** for hosting Level 8 Regionals. Thanks for providing a wonderful competition for and exciting Level 8 Team and All Star Regional.

Another thank you to **James Linderholm** and **Huntsville Gymnastics** for a great job hosting Level 9 and 10 Regionals for Region 8. We appreciate your hard work.

Region 8 also would like to thank **Orlando Metro** and their Booster Club for hosting Level 10 Nationals in Kissimmee, Florida in May. It is great to have so many wonderful competitions in Region 8.

Thanks to **Peggy Simpson** for 8 years of volunteer service as Georgia USA Gymnastics State Chairman and **Mike McCabe** for 6 years of volunteer service as Florida USA Gymnastics State Chairman.

Cindi Pokrana and her company **Busy Bodies** donated grip bags and Soffee shorts to all the Level 10 athletes who competed at Level 10 Nationals. Thank you Cindi for your continued support!

Tampa Bay Turners donated the backpacks that the Level 10's received at Nationals. A big thank you to **Colleen Barger** and **Brad Harris** for all the hard work they did to make Region 8 look great at Level 9 Easterns and Level 10 Nationals and going to extra mile with the donation of the backpacks!

Training Camps

Region 8 has reformatted and added a camp this year.

In July the **Regional Team Camp** is open to Level 8 athletes who qualified on their State Team to Level 8 Regionals and Level 8 Regional All Star competitors who placed 1-3 All Around. Also TOPs National Qualifiers who competed Level 7 and above in this year are invited to the Regional Team Training Camp. The Regional Team camp is at Gymnastics Inc. in Myrtle Beach, SC. Forms were distributed to Level 8's at Level 8 Regionals. If you have a TOPs National Qualifier please contact Debby Kornegay at DebGK@Bellsouth.net for entry form.

In September all Level 9 athletes who qualified to Level 9 Easterns, Level 10 athletes who qualified to Level 10 Nationals and all active Elite athletes are invited to **National Team Training camp**. This camp will be held at GAA near Atlanta, GA. Invitations to this camp were given out at Level 9 and 10 Regionals.

In October Level 8, 9 & 10 athletes who competed at Regionals or above may attend **Level 8, 9 & 10 Training Camp** at ACE Gymnastics in Longwood, FL. Information and registration forms are available at

<http://www.region8gymnastics.org/pages/newsletters/2007-2008/Winter2008/TCForms.pdf>

Remember the more volunteer coaches and judges we have the more athletes we can take. Get your forms in TODAY!

2008 REGION 8 TRAINING CAMPS

ALL Training Camps will begin with registration at 3:00 P.M. Friday and end Sunday at 1:00 P.M.

REGIONAL TEAM TRAINING CAMP

JULY 25-27, 2008 • Gymnastics Inc • Myrtle Beach, South Carolina

Level 8 State "Regional" Team athletes (up to 64)

Level 8 Regional athletes that placed 1-3 All Around at Regional Championships in All Star sessions

TOP's National Qualifiers that competed Level 7 and above in the previous year.

Entry forms distributed at Level 8 Regionals.

TOP's Testing available Friday July 25th. Go to <http://www.usa-gymnastics.org/Story.aspx?tabid=176&prog=w> to register.

Since this camp is during the summer and in Myrtle Beach, no block of rooms were available. Lists of suggested hotels are below. Please contact the Myrtle Beach Chamber of Commerce for many additional hotel options.

MICROTEL- located on highway 501 a very short distance to Gymnastics Inc
401 Hospitality Lane
Two double beds, \$109.95/night
Reservations– 800 276 9412

SLEEP INN- located on highway 501, a very short distance to Gymnastics Inc
108 Waccamaw Pines Drive
Two double beds, \$129.95/night
3 BR that sleeps 6, \$189.95
Reservations– 843-236-0102

HAMPTON INN- located on highway 501, a very short distance to Gymnastics Inc
4551 Hwy 501

Two queen beds or one king, \$149-\$159/night
Reservations– 877 416 4015

FAIRFIELD INN- located off 29th Ave. N., across from Broadway at the Beach, about 4 miles from Gymnastics Inc
1350 Paradise Circle
Two double beds, \$159/night
Reservations– 843-444-8097

HOLIDAY INN- located on the Intercostal Waterway, beside Hard Rock Park and very close to Gymnastics Inc.
101 Hard rock Parkway
Two double beds, or one king, \$169/night
Reservations– 800 398 7231

COURTYARD MARRIOTT- located on 21st Ave. N. across from Broadway at the Beach, about 3 miles from Gymnastics Inc.
1352 21st Ave. North
Two double beds, \$169/night
Reservations– 843 445 6333

STAYBRIDGE SUITES- located across from Hard Rock Park and very close to Gymnastics Inc
303 Hard Rock Parkway
1 BR suite (sleeps 4) \$179.95
2 dbl. bed suite (sleeps 6) \$189.95
2BR 2BA (sleeps 8) \$210
Reservations– 843 903 4000

LAQUINTA- located on 21st Ave. North across from Broadway at the Beach, about 3 miles from Gymnastics Inc.
1561 21st Ave. N.
Two double beds, \$189/night
Reservations– 843 449 5231

HOLIDAY INN EXPRESS- located on 29th Ave. N across from Broadway at the Beach, about 3 miles from Gymnastics Inc.
1290 Paradise Circle
Two double beds. \$179/night
Reservations 800 398 7231

HAMPTON INN- located at Broadway at the Beach, about 3 miles from Gymnastics Inc
1140 Celebrity Circle
Two double beds \$229/night
Reservations 843 916 0600

MYRTLE BEACH MARRIOTT AND SPA– located ocean front at the Grand Dunes
area about 10 miles from Gymnastics Inc
8400 Coste Verde Drive
Two double beds, \$299.95/night
Reservations www.marriott.com or 843 449 8880

NATIONAL TEAM TRAINING CAMP

SEPTEMBER 12-14, 2008 • Gymnastics Academy of Atlanta •Atlanta, GA
All Level 9 and 10 that qualify to the previous year's Eastern/National Meet
All active Elite athletes
Invitations distributed at Level 9 and 10 Regionals and after Easterns and Nationals.
NAWGJ SYMPOSIUM at this camp.

Springhill Suites Kennesaw
3399 Towne Point Drive
Kennesaw, GA 30144
(770) 218-5550
Rate \$109 per night
Includes Hot Breakfast
This block rate is good until August 11, 2008
Block: Region 8 Training Camp

<http://www.marriott.com/hotels/travel/atlkn-springhill-suites-atlanta-kennesaw/>



RATES: \$99 Doubles

**3425 Busbee Drive,
Kennesaw, Georgia 30144
Phone/Fax: 770-427-9700**

FREE HI-SPEED INTERNET ACCESS

Large spacious rooms
Expanded Continental Breakfast with hot sandwiches
Boardroom for 12
8 Suites with microwave/refrigerator/mini-bar, 32" TV w/DVD & more
NEW Business Center with Computer/Fax/Printer
NEW Fitness Room
Outdoor Pool and Spa
Renovated Common Areas, new carpet throughout
Restaurants within walking distance
One mile from Town Center Mall
Complimentary admission to Gold's Gym (1 mile)

Level 8, 9 & 10

OCTOBER 3-5, 2008 • ACE Gymnastics - Longwood, Florida

Open to all Level 8, 9 & 10 athletes who qualified to Regionals or above.

Registration forms available at

<http://www.region8gymnastics.org/pages/newsletters/2007-2008/Winter2008/TCForms.pdf>

La Quinta Inn- Lake Mary

1060 Greenwood Blvd

Lake Mary, FL 32746

407-805-9901

89.00/night for Oct 3, 4, and 5

Hilton Garden Inn

705 Currency Circle

Lake Mary, FL 32746

407-531-9900

99.00 a night/w continental breakfast

40 doubles and 20 Kings

Reserved as Ace Gymnastics

Camps begin with registration at 3:00 P.M. Friday and end at 1:00 P.M. Sunday.

\$130.00 per athlete (includes camp, lunch on Sat. and T-shirt)

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

Camps will fill on a first-come basis.

Camps open to all USAG Professional Members.

VOLUNTEERS:

No fee is required to attend camp if you are a Volunteer!

Region 8 Congress

Region 8 Congress will be held July 17-20, 2008 at Omni Hotel in Jacksonville, FL.

| [Fact sheet](#) |

| [Individual Registration Form](#) | [Club Registration Form](#)* |

| [Tentative Daily Schedule](#) |

*** Member Clubs**

Use link below for additional Form for Member Clubs bringing more than 6 members.

| [Individual Registration Form](#) |

Online Registration

Link for | [INDIVIDUALS REGISTERING ONLINE](#) |

Link for | [ONLINE CLUB GROUP REGISTRATIONS](#) | (Member Clubs and non-member clubs)

Elite Results

Olympic Trials

The following Region 8 athletes qualified to Olympic Trials:

Jana Bieger	Biegers International	Coconut Grove, FL
Olivia Courtney	Orlando Metro	Orlando, FL
Shayla Worley	Orlando Metro	Orlando, FL

Olivia finished 10th All Around after the two day competition. Jana and Shayla were selected to the Olympic Selection Training Camp. Selection of the Olympic Team will be 7/20/2008.

The following athletes qualified to Visa Championships June 5-7, 2008

Senior National Team Members

Jana Bieger	Bieger International Gymnastics	Coconut Creek, FL
Olivia Courtney	Orlando Metro	Orlando, FL
Kimberly Jacob	Superior Gymnastics	Morrisville, NC
Sarah Persinger	Southeastern Gymnastics	Weddington, NC
Shayla Worley	Orlando Metro	Orlando, FL

Junior Elite

Morgan Smith	Brandy Johnson's	Clermont, FL
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US Challenge

Hopes 10-11

Kaitlin Green	LaFleur's Largo	8 th All Around
Erica Len	Gymnastics Academy of Atlanta	10 th All Around

Hopes 12

Hailee Young	Gymnastics Academy of Atlanta	
MaKenzie Kitchens	Gymnastics Academy of Atlanta	

Junior 11-13

Samantha Montgomery	Starlight Gymnastics	1 st All Around
Katie Bailey	Cabarrus County	5 th All Around
Mary Lillian Sanders	Prattville YMCA	9 th All Around

US Classic

Junior

Morgan Smith	Brandy Johnson's	6 th Vault, 4 th Bars and 6 th Floor
Seniors		
Sarah Persinger	Southeastern	8 th Bars, 2 nd Beam, 7 th Floor and 7 th All Around
Kimberly Jacob	Superior	7 th Vault, 4 th Bars, 9 th Beam, 10 th Floor and 8 th All Around

2008 Pacific Rim Championships

Jana Bieger of Coconut Creek, Fla., was the uneven bars champion and took second on the balance beam.

Bieger won the uneven bars with a 15.550, finishing ahead of Liukin and Canada's Kristina Vaculik, who tied for second at 15.225. Bieger gave a solid routine, finishing with a tuck full-in. Liukin missed a Geinger release but her well-choreographed routine still enabled her to earn a 15.225 and to tie for second. Bieger also was third on balance beam with a 15.525.

"I'm definitely happy," said Bieger. "I wanted to prove I can hit beam and that's what I did."

BIDS AWARDED

2009 Level 9 & 10 Regionals have been awarded to Bob Valley and The Master's School of Gymnastics on April 16-19 at Vanderbilt University in Nashville, TN.

2009 Regional Team Training Camp will be held at Tampa Bay Turners on July 24-26, 2009.

Region 8 JO Coach of the Year

The following coaches were presented as JO Coach of the Year for 2008:

Alabama	Vladimir Novikov
Florida	Lisa Music
Georgia	Bob Swadel
Louisiana	Johnny Moyal
Mississippi	Cindy Wallace
North Carolina	Sarah Myers
South Carolina	Joanne Child
Tennessee	Boo Dean

Johnny Moyal was voted Region 8's 2008 JO Coach of the Year. Each region's nominee has been presented to the JO Committee and the National JO Coach of the Year was presented at the Women's Program Appreciation Luncheon at Congress in June.

TOPs State Managers

Alabama - Kathy Chambers kathy Chambersj fj@hotmail.com

Florida - Kathy Semok ksemok@juno.com and

Mike Body bodym@talgov.com or bodym@mac.com

Georgia - Judy Prestigiacomio Miller jprestomiller@charter.net

Louisiana - Kelly Pugh Gymcoach12@msn.com

Mississippi - Terry Musial tblc2003@bellsouth.net

North Carolina – Krystal Kramer krystal_superiorgym@yahoo.com

South Carolina - Davita Ivey iveygym@bellsouth.net

Tennessee - Emily Hubbuch emilyhubbuch@yahoo.com

ELITE CHAIRMAN RESIGNS

Toni Rand, Region 8 Elite Chairman, has resigned after being elected as Florida USA Gymnastics State Chairman. Kelly Pitzen has been appointed to fulfill Toni's term through June 30, 2011.

Region 8 Hall of Fame Proposed Criteria for Selection

Purpose

The purpose of the Region 8 Gymnastics Hall of Fame is to recognize outstanding Regional gymnasts, coaches, officials and other people who have made a major contribution to the gymnastics tradition of Region 8. In honoring recipients worthy of this recognition, the inductees should have possessed lifestyles which identify each as a positive role model for the youth of our community in addition to excelling in the particular endeavors.

Nomination

The Region 8 Committee should nominate and elect inductees through a balloting process using an application form that, among other items, provides for a biographical sketch of each nominee. This process is complete when the number of candidates determined originally by the Committee has been selected. The number inducted will reviewed annually. For nomination to the Hall of Fame, a quorum of at least 80% of the Region 8 Committee must be in attendance, and the candidate must receive a minimum of 75% of the votes. Voting will be secret ballot.

The prospective inductee:

- Must be at least 25 years of age
- Must be a current or past athlete, coach, official trainer or other person who has made exceptional contributions to Region 8 gymnastics and who has lived a lifestyle as a positive role model.
- Will be evaluated on accomplishments while in Region 8 or accomplishments since becoming a resident of Region 8

In addition, inductees must have met one of the following criteria:

- A native of Region 8
- Competed at a gym in Region 8
- Live in Region 8 sufficient length of time to be considered a resident.

Region 8 USA Gymnastics 2008 Hall of Fame Class

The following Region 8 Olympians will be installed as the 2008 Region 8 USA Gymnastics Hall of Fame class.

1972	Kim	Chase May
1972	Kerry	Englert Zimmer
1972	Joan	Moore Gnat
1980, 1884	Kathy	Johnson Clarke
1984	Lucy	Weiner Fox
1988	Brandy	Johnson Scharf
1988	Hope	Spivey Sheeley
1988	Chelle	Stack
1992	Wendy	Bruce Martin
1996	Dominique	Moceanu
2000	Morgan	White
2004	Carly	Patterson

Please join us at on Saturday, July 19th at the Region 8 USA Gymnastics Congress banquet as we honor these athletes.

2008 National Champions

We will also honor our Level 9, 10 and Elite National Champions at the Region 8 USA Gymnastics Congress banquet.

9	Samantha Lutz	Elite Energy	Bars
9	Charly Santagado	Kitty's Allstars	Bars
9	Dalila Lemezán	LaFleurs Largo	Vault
9	Brittany Garcia	LaFleurs Tampa	Bars
10	Catherine Hires	LaFleur's Tampa	Bars
10	Jordan Salsberg	Laniers	Beam
9	Lauren Marinez	Orlando Metro	Beam
9	Andrea Vazquez	Orlando Metro	Beam
10 and Elite	Samantha Montgomery	Starlight	Bars and All Around

Region 8 USA Gymnastics Committee
Effective 7/1/2008

Region 8 Administrative Committee Chairman
Debby Kornegay
DebGK@Bellsouth.net

Region 8 Junior Olympic Committee Chairman
Brad Harris
TBayturnrs@aol.com

Region 8 Technical Committee Chairman
Marian Dykes
Mariandykes@aol.com

Region 8 Pre-Elite Committee Chairman
Kelly Pitzen
kpitzen@gmail.com

Alabama State Administrative Committee Chairman
Deb Walls
debwalls@alausag.org

Florida State Administrative Committee Chairman
Toni Rand
amtwist@aol.com

Georgia State Administrative Committee Chairman
Jon Aardema
jona@gymnasticsacademyofatlanta.com

Louisiana State Administrative Committee Chairman
Jackie Latino
Gymmstar@aol.com

Mississippi State Administrative Committee Chairman
Nancy Hawkins
Nancy@starkvillegymnastics.com

North Carolina State Administrative Committee Chairman
Jennie Adams
jenniekadams@coastalnet.com

South Carolina State Administrative Committee Chairman
Joanne Child

jchildscgym@bellsouth.net

Tennessee State Administrative Committee Chairman

Larry Corrigan

CegcCoach1@cs.com

Region 8 NAWGJ Board

RJD – Sheila Ragle - sragle@bellsouth.net

AL – Mary Ann Wallace - mawalsjd@bellsouth.net

FL – Mark Robbins - Flippermia@mac.com

GA - Sharon Doyle - sharondoyle@comcast.net

LA – Brenda Eberhardt - BLEgym@aol.com

MS – Mary Thacker - mssjdmmt@msusag.org

NC – Mary Hoagland - marygymjud@aol.com

SC – Mendi Knisley - mendi-gary@juno.com

TN - Sibby Lane - tnsjd@yahoo.com

Technical Notes

The Women's Technical Committee, the Junior Olympic Development Committee, and the Women's Administrative Committee met following Junior Olympic Nationals as a joint group as well as in separate meetings. A great deal of discussion was held on the 2009 Judges' Courses. These productive meeting also spent a great deal of time working to improve and clarify rules for the future. While major changes will wait for the new code in 2009, watch for the minutes from all of these meetings to be posted on the USAG website. Some highlights include:

2009 JUDGES' COURSES

- The format for all courses will be a written and practical exams to directly follow the lectures on each event.

- USAG BREVET

Evaluation for current FIG or USAG-Brevet rated officials:

- Timed 50-question multiple choice open-book exam
- Practical exam (1 demo & 5 routines per event)

Course passing grade is 80%

Evaluation for those taking the USAG-Brevet for the first time:

- Timed 50-question multiple choice CLOSED-book exam
- Practical exam (1 demo & 5 routines per event)

Course passing grade is 80%

- NATIONAL COURSES

- for current National-rated judges

- Timed 50-question multiple choice open-book exam
- Practical exam (1 demo & 5 routines per event)

Course passing grade is 80% average, with a minimum of 70% on each part.

- for first-time National Course participants

- 50-question multiple choice (CLOSED-book) exam (10 questions per event and general information)
- Practical exam (1 demo & 5 routines per event)

Course passing grade is 80% average, with a minimum of 70% on each part.

- CHIEF JUDGE FEES

Chief judge fee be paid only at:

- USAG State Meets with FOUR-judge panels

- USAG Level 8-10 Regional & Level 9 East/West and Level 10 National competitions, regardless of the number of judges per panel

Reminder: Chief Judge fees are NOT paid at any invitational competitions.

Clarification: The Meet Referee will continue to receive an additional \$10 per day at all USAG State, Regional, East/West and National Championships. As in the past, no dual compensation is given if the Meet Referee also serves as a Chief Judge.

VAULT

- Recommendation that for twisting vaults #1.105, 1.205, 1.305, 1.206:

Delete the following from the parenthesis “both must turn in the same direction and”

UNEVEN BARS

- LEVEL 4 & 5 COMPULSORY BARS

Clarification on the cast following the front hip circle:

For Level 4, the Front hip circle, small cast is considered one major element (#2 worth 0.60). If the gymnast is unable to cast immediately (or does not cast at all) following the front hip circle, a flat 0.30 deduction is applied (basically the last half of the element was “incomplete”). If the front hip circle itself was not completed, a deduction of “up to 0.30” can be applied. However, do not deduct “up to 0.6” for the incomplete front hip circle, plus an additional 0.30 for lacking the immediate small cast.

For Level 5, the front hip circle is major element #2 (worth 0.60) and the Cast to horizontal is major element # 3 (worth 0.80). If the gymnast omits the cast, the

deduction for omitting a major element is applied (double the value of the element = 1.6).

- ADDITIONAL BAR ELEMENT - element # 3.207:
Clear hip circle forward (Weiler kip) that finishes above horizontal will receive B value.
- Level 7 Bars Clarifications:
 - Under Special Requirement of one cast to a minimum of 21°- 45°, add the words “from handstand (vertical).”
 - Counting of elements
The casts will be considered different if they receive either no Value (below horizontal), an A value (21°-45° from vertical) or a B (within 20° of vertical), they all will be considered different for the counting of value parts. Examples:
 - a. Gymnast performs a cast to 45° (A), then a clear hip circle to 45° (B) to a glide kip, then immediately performs another cast to 45° cast to clear hip to 45°, the gymnast has done the same exact sequence; therefore, the second clear hip will be given 0 value part credit.
 - b. Gymnast performs a cast to 45° (A), then a clear hip to 45° (B) to a glide kip, then immediately performs another cast to horizontal (no value) to a clear hip to 45° (B), the connection WILL be considered different, so the second Clear hip will receive B credit.
- Dismounts on Beam or Bars (refer to *JO Code of Points*, pages 49 and 131):
If a gymnast performs a dismount element:
 - without a value, or
 - attempts to perform a salto dismount but never initiates the salto action and falls without landing on the feet, or
 - makes no attempt to dismount,
Deduct 0.50 Fall
 0.30 No dismount (off Start Value)
 0.50 Special Requirement for dismount not fulfilled

BALANCE BEAM

- Compulsory Beam:
Clarification for the Handstand dismount: If the coach pushes the gymnast over to assist the gymnast in completing the element, there is a 0.50 deduction for the spot, plus no value is given for the element.
- Clarifications in *JO Code of Points*:
 - Gainer saltos backward:
 - Page 219 - All backward salto DISMOUNTS performed off the end of the beam, but starting facing in towards the length of the beam, may be performed with a two-foot or one-foot (swing through) take off.

- Page 221 – All gainer saltos backward performed off the side of beam have a one foot take-off (swing through).
 - Page 222 - To be considered a gainer salto at the end of the beam, the gymnast must be facing out and performing a salto backward toward the beam (similar to an inward dive).
- Level 7 Beam Clarification:
Beginning last August 1 of 2008, #302 Straddle pike jump from a cross or side position was approved for use at Level 7 with “B” value given. Since there are two elements listed in the JO Code (page 168) under #2.302, the Straddle pike jump with a ¼ turn is also allowed.
- Level 7 & 8
Acro connections: if gymnast attempts a Back Walkover, Back Walkover series, and either breaks the connection or falls on the first Back Walkover, then performs a Handstand (with no 2-second hold; therefore, no VP) connected to a Back Walkover, the 2nd performance of the Back Walkover will not receive “A” value credit because it is not considered a different connection.
- Reminder: If no value-part credit is given for an element, that element cannot be used to fulfill a Special Requirement.*
- Scales forward: In order to receive value part credit for #5.101 and 5.201 (Scale forward), the back leg must be held above horizontal for two seconds.
 - Beam mount: #1.409 should also include the McCool mount, Jump to handstand with hip angle (pike) to handspring forward to land on two feet (flyspring). This element was already added to the Beam symbol chart from November 2007.

Floor Exercise

- *JO Code of Points*, Page 242, Large faults, #5 “Relaxed or incorrect foot/leg/body/posture” refers to posture faults on non-value part connections throughout the exercise. Deduct up to 0.30
- If the gymnast lands an element and is moving toward the edge of the floor area (or actually goes out of bounds) and is spotted (touch/pushed) by the coach to prevent them from either going out of bounds or to prevent them from falling on the area outside the floor exercise mat, then only one 0.50 deduction will be taken, regardless if it results in a fall. If the gymnast does go out of bounds, a 0.10 deduction will be taken from the average score.
- Page 5, *JO Code of Points*: n. Coach on floor exercise mat: Add the words, “inside the border marking”
- Matting on floor: *Rules and Policies* - Page 82, F. 2
Clarification: Only one skill cushion per tumbling pass may be used; however, a sting mat may be placed on top of the skill cushion.

- *JO Code of Points*, page 5. p. Excessive use of magnesia (chalk):
Clarification: a single-line arc drawn with chalk in the corner of the floor mat is acceptable. No tape or Velcro markings are allowed within the floor exercise area. It is still acceptable to place tape markings on the corner lines to indicate the boundary line.

MEET FORMATS

The committees would like to remind meet directors that the only acceptable formats for sanctioned events are listed in the current *Rules and Policies*. If any individual has an idea for a new format, it should be submitted to Tom Koll for consideration and/or approval and possible inclusion in future *Rules & Policies*. Otherwise, all coaches and judges have the professional responsibility to report violations of the *Rules & Policies*.

A maximum of 80 gymnasts per session for competitions that have sessions of ONLY Level 7 competitors, using non-traditional formats.

All judges and coaches should reference the full text of the minutes for specific wording as well as additional changes and clarifications to deductions and skill values.

Many of you are sending contracts, in-gym forms and availability by e-mail. This is great. I am all for fast transmission and definitely want to save the trees. Several items that will help if you use e-mail as your preferred method of delivery:

- Include your name on the file as part of the title on the file you are sending
- Please sign your correspondence with both your first and last name. You may think you are the only Gertrude in Region 8, but there could be several. A last name is a big help.

A special thank you to NAWGJ for all of their help at Level 9/10 and Level 8 regionals as well as at the Level 9 Eastern Championships with supplying the auxiliary judges for these championship meets hosted in Region 8. Mary Ann Wallace, Alabama NAWGJ State Judging Director coordinated volunteers at the Level 9/10 regionals. Tennessee NAWGJ did a wonderful job helping with volunteers for Level 8 regionals. Mark Robbins worked with Florida NAWGJ to coordinate volunteers for Level 10 NJO Nationals. Thank you!

JO NOTES

Dear Region 8 Professional Members:

First of all I would like to thank the volunteer members of the Region 8 Junior Olympic Committee. These volunteers were extremely helpful to me in my first few months and I really appreciate their time and guidance. The Region 8 J.O. Committee includes the following people:

Alabama

J – Mary Lou Dillard – Dillard1640@aol.com

C- Meg Henry – coaches@unitedgymstars.com

Florida

J - Rene Niccolai – JCI RENE@aol.com

C - Laura Parraga – misslauraashley@hotmail.com

Georgia

J – Michelle Donovan - md-riley@mindspring.com

C – Elena Piskun - elena@northwindgymnastics.com

Louisiana

J – Brenda Eberhardt – BLEGYM@aol.com

C - Bryan Neal – bryangymcoach@yahoo.com

Mississippi

J – Mary Moore – msmiiwii@aol.com

C – Emily Lay - Emily@starkvillegymnastics.com

North Carolina

J – Kristie Phillips - kpacgym@yahoo.com

C – Kenny Morphis – kennymorphis@aol.com

South Carolina

J – Mendy Knisley - mendi-gary@juno.com

C – Louie Liguori – gymandmore@aol.com

Tennessee

J – Jeanna Lane – jlane@premierathletics.com

C – Adam Byrd – Gccgym04@aol.com

In addition to thanking the new J.O. Committee, I would like to thank everyone that answered the survey that I made available online and at the Regional Meets. Your feedback really gave me an idea on which direction Region 8 would like to proceed in and allowed me to take that information to my meetings this past May, following J.O Nationals. Although many of the items were tabled until our September meetings in Indianapolis (the joint committee’s did not want to make a lot of changes in the final year of a quadrenium), Region 8 did get passed our motion to change the number of age groups at Level 9 Eastern Championships from 8 to 16 so that every athlete in the competition is on their respective team and truly will represent Region 8.

The next thing I would like to go over once again is the new Training Camp System. If you were not aware Region 8 adopted a new three camp system that I think is going to be fantastic. The new camp system will begin in July and include the following camp experiences:

1 = “Regional Team” Training Camp – July 25-27, 2008 at Gymnastics Inc. - SC

Qualifiers:

Level 8 State “Regional” Team athletes (up to 64)

Level 8 Regional athletes that placed 1-3 at Regional Championships in non state team sessions.

TOP’s National Qualifiers that competed **L 7** and above in the previous year.

2 = “R 8 National Team” Training Camp – September 12-14, 2008 at GAA in Atlanta

Qualifiers:

All L 9 and 10 athletes that qualified to the previous year's Eastern/National Meet
All active elite athletes

This camp will serve as host for NAWGJ Symposium

3 = "L 8, 9, 10 Regional Training Camp" - October 3-5 at ACE in Florida

Qualifiers:

All L 8, 9 and 10 athletes that qualified to the previous year's Regional Championship meet or above.

I am confident that the new camp system we have put in place will provide the ultimate training and learning opportunities for our athletes, coaches and judges alike to help take Region 8 to the next level. With that said however, the training camps cannot be a success without the support of our clubs. I would ask that **every** club that qualified athletes to Level 8-10 Regional Championships be a part of at least one of the three camps as all of the funds raised go directly back to our athletes and coaches for apparel and our "All-Star" trip. Please do your part.

An additional item that I would like to review with the Region 8 pro membership our effort to improve camaraderie and team building at our Championship meets. 2008 marked the first year that we had a Region 8 "Host" hotel at Easterns and Nationals. I am thrilled to say that both hotels sold out and I got some fantastic feedback. It was great to see all of our athletes and coaches together at such important events. I really feel that this was a great step in team building and a feeling of togetherness.

We are also gearing up for our second annual Regional "All-Star" team trip to be hosted on the weekend of August 7-10 in Myrtle Beach, SC. Region 8 would like to thank Louie Liguori and Gym and More for hosting this prestigious event. I will give everyone a full report on the team and how the trip went when we return. As a reminder, the following is how the team was selected.

The top six – L 9's (plus ties) and the top six – L 10's (plus ties) from Eastern/National Championships will make up the team. The team is chosen as follows:

Any athlete(s) that place first in the AA get first priority.

Any athlete(s) that place second in the AA fill any remaining spots.

Any athlete(s) that place third in the AA fill any remaining spots.

If there are still spots available the athlete(s) with the highest AA score regardless of Age Group will make up the remainder of the team.

Due to NCAA regulations Graduating Seniors are ineligible for the

trip.

Finally, I would like to congratulate all of coaches of our Eastern and National Champions from Region 8. You are truly the pride our Region.

Thanks a lot and GO Region 8 –

Brad Harris
Region 8 Junior Olympic Committee Chairman

ELITE NOTES

Region 8 Pre Elite & TOPS clinic
Elite Testing Competition
Dec. 19-21, 2008
American Twisters
Fort Lauderdale, FL

All athletes, coaches, and judges interested in the Elite and/or TOPS program mark this weekend on your calendar **NOW!** You are invited to attend and participate in this year's Region 8 elite/TOPS clinic/competition. This year we will be offering three different tracks at the clinic, along with an Elite testing.

Track #1- This will be for current elite, pre elite or hope's division athletes. The focus will be on developing optional skills needed to be competitive at this level.

Track #2- This will be for athletes interested in learning the elite compulsories for future testing. *Coaches, note the

compulsories are comprised of basics that can be used at ANY level!

Track #3- This will be for athletes ages 6-10 interested in the TOPS program. Concentration will be on TOPS skills as well as the current physical abilities tests.

EVERYONE attending the clinic will learn the USA National Team warm-up used at all training camps. This is an all-inclusive warm-up that can be used for ALL team levels!

The staff will include at least one National Team coach along with several regional elite level coaches, regional judges, the newly appointed regional Elite Chairman, Kelly Pitzen and the National Pre Elite Committee Chairman, Gary Anderson.

This will be an educational opportunity for athletes, coaches and judges. It will be a "hands on" working/participation clinic for all athletes attending. If you are interested in the testing or the clinic, please email me with a tentative number of athletes you would like to bring along with the tracks you would be interested in. This is essential in order to plan and adequately staff for a successful low instructor/student ratio. If you have any questions please contact Kelly at Kpitzen@gmail.com

Sincerely,
Kelly Pitzen
Region 8 Pre Elite Chairman

Tentative Schedule:

Friday, Dec. 19

- **Elite Compulsory Testing**

This is a great opportunity to take, or simply come and watch the compulsories being done in a competitive situation

- **Parent and coaches lecture on the “Elite/PreElite/Tops Programs” following the testing.**

Saturday, Dec. 20

- **Full day of instructional rotations with “tracks” for those wanting to learn the compulsories, those working in the TOPS program (both skills and testing) and optional skill development toward the “new code”.**
- **Judges to help with the evaluation and construction of routines under the “new code” for all divisions of Elite (international, pre elite and hopes)**

Sunday, Dec. 21

- **Rotations up until 2:00 PM to allow participants an opportunity to return home the same day.**

(Please fill this out and cut and paste this on an email and send it back to me)

VERY IMPORTANT

In order to adequately plan for staff, it is essential I have some idea of the numbers that will be participating. With this, I will have to LIMIT the enrollment to keep the teaching ratios to a level where the clinic is valuable to those participating. Please give me your best

“guesstimate” (you will not be held to these numbers, just give me your best guess!) at this time:

- _____ **number of athletes for elite testing**
- _____ **number of PreElite/Elite athletes for skill development**
- _____ **number of athletes attending to learn the Elite compulsories**
- _____ **number of 7 to 10 year olds attending for TOPS skills and drills**
- _____ **number of coaches planning on attending**

Name of your gym club:

Club and/or personal email:

Club and personal phone: