

All Around News



Toni Rand, RECC

ELITE NEWS TOPS



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Elite and Tops Update

Elite Testing and Clinic: We had over 50 athletes attend the clinic this year that was held at Orlando Metro in Orlando, Florida. Our staff, Tammy Biggs (USA National Staff Member), Gary Anderson (National Elite Chairman & American Twister Head Coach), Brad Harris (Regional JO Chairman & Tampa Bay Turners), Jim Chandler (Orlando Metro Staff member), Ray Gnat (ACE gymnastics & former Elite chairman) provided the athletes and coaches with an outstanding clinic experience. The Region thanks these coaches for their time and effort to help the region with this event.

I also wish to thank Orlando Metro and all of their staff for the wonderful hospitality that we received from them. As always, the Metro staff went out of their way to help make the event a success. A very special thank you to coaches Jeff Wood and Christie Barineau, and Gold medal winning World Team Member, Shayla Worley for taking the time to talk with the athletes, parents, coaches and judges about their World Experience. Shayla signed autographs and took pictures with the participants – all of the athletes were very excited to meet her. We wish Shayla and her coaches and all the coaches and athletes in the Region the best of luck in the upcoming Olympic Season!

Elite Testing Compulsory's: Changes have been made to the compulsory routines and have gone into effect (January 1, 2008). If you are training the testing and you have not received these changes, please email me and I will send you the changes. You can also check on line at the USAG website.

TOPS: We will be having a meeting in January/February to discuss possible changes in the TOPS program. If any changes are made, I will make them available to the TOPS managers as soon as possible and they will then send the changes to you.

Qualification to Classic or Challenge: National elite competitions that may be used to qualify to Classic or the Challenge have been set up by the National office. Please check the USAG website for an updated calendar or email me at AmTwist@aol.com

Regional Testing Competition: JFJ Elite will host a regional testing competition in Hoover, Alabama on March 7th, 2008. If you are interested contact Kathy Chambers at 205-979-7969 or use Entry form on page 24.

If you wish to receive updates from me on the TOPS or Elite program, please email me so I can add you to my list – thank you.

On a Personal Note: This has been a difficult time for me since the passing of my husband, Tim. As many of you know, Tim and I were extremely close and I was fortunate to have found my true soul mate in life.

I need to thank everyone for the thousands of letters, emails, gifts, cards and genuine concern and wishes that my family and I have received since August. I will never be able to thank all of you enough for helping me to pull through this and to realize how lucky both Tim and I were to have so many good friends. To this date, the Tim Rand Memorial fund has received nearly \$12,000 in donations that will be used for athlete support and/or coaches/judges education in our region. Hospice has also received nearly \$6,000 in Tim's name. Again, I thank you for your contributions to these organizations on behalf of Tim.

The Region has generously agreed to continue the Tim Rand Memorial Fund. This fund will continue to raise donations for the Region for athletes/coaches/judges education that will be used on a yearly basis to fund events that the Region needs. We will kick off this year's fundraiser with the American Twister Invite on March 15 & 16th, 2008 that will be in honor of Tim. Randy Sikora of Twisters and host of the competition have volunteered to donate \$5.00 per athlete in the meet to the TRMF. In addition, Tim Keckler of Lightning City Gymnastics has offered a cash donation to the fund. I will be sending information to clubs and individuals who would also like to contribute to the Region 8 Tim Rand Memorial fund – Tim as JO chairman, started our Regional Training camps as well as the athlete apparel fund in order to promote regional unity and to educate our coaches/athletes & he would want our region to remain strong and to grow. I hope that through this Memorial that we can achieve this goal. I hope every competition, business, and individual will consider donating to this fund on a yearly basis to keep Region 8 Great and to honor Tim Rand.

A big personal thanks to Brad Harris (our new JO Chairman) for the wrist bands that he had made in honor of Tim and had distributed to coaches/athletes/judges. Additionally, the region will be putting the initials “TR” on the sleeves of our National coaches shirts this year and I know that Tim would be so humbled and honored by your generosity.

I also need to send a special thank you to GK Elite Sportswear (Sally Weaver) for making and donating armbands in Tim's honor for some of the competitions around the USA. GK was the company that made our Team leotards (as well as the JO National suppliers for USAG) and I would recommend GK products to all of you.

And thanks to USA Gymnastics & International Gymnast magazine for the articles in the magazines and on the website for Tim.

If Tim were here, he would be mystified by all of this, however, so pleased that coaches/judges education and athlete support will continue to grow through the Tim Rand Memorial Fund. In closing I wanted to share a few words from John Geddert, Region 5 JO Chairman who Tim admired and, “borrowed” many ideas for our current Training camps and national apparel ideas that our region uses.

A portion of what John wrote follows:

“Out of all the coaches in the USA, Tim Rand has to have had as much impact on our athletes as any. Tim is responsible for setting our current standard of excellence and our blue collar work ethic philosophy. He has indirectly influenced the standard of gymnastics at Twistars and across the nation. He was brilliant in his application of gymnastic knowledge within his own club but never once hesitated sharing that wealth with those in search of the “answers.” The learning curve of coaching for many was significantly shortened due to Tim's willingness to share his ideas. He has given so much to this sport and gymnastics is without a doubt a better sport because of his presence. Say Thanks to Tim Rand.”

Again thanks to everyone for everything – from the bottom of my heart,

Toni

