

# 2012 Region 5 Newsletter



2012 USA Olympic Gold Medalist Team

It's a dog eat dog world out there, and U.S.A. just gobbled up the competition!

## **USA wins the gold!**

*The last time USA won the Team Gold, another Region 5 coach was on the floor. Region 5 has the magic!*

## **Bobbi Montanari - RACC**

Hello Region 5!!

What an amazing Olympics for Region 5 and the USA! Congratulations to Jordyn Wieber and John and Kathryn Geddert for all of their success.

It is time to register for our Region 5 Congress which is September 13-16, 2012, in Indianapolis, Indiana, at the Indianapolis Marriott Downtown (same location as 2011).

The goal of the Congress is to provide you with an educational experience in a fun environment. We have nationally known speakers of USA Gymnastics sharing their knowledge and expertise for each track of gymnastics. The schedule of speakers and their topics is enclosed. Please view the Region5.com website for continual updates.

The Auction on Friday evening (flyer enclosed) is free to all registered Congress participants! – delicious appetizers, valuable/memorable items being auctioned, cash bar, and an enthusiastic atmosphere. I hope you can join us.

The Banquet on Saturday evening (flyer enclosed) will be incredible. Region 5 has so much to celebrate!! This is a semi-formal event with great food and a show case of why REGION 5 IS THE BEST!!

2012 Regional Meets were incredible. Thank you to Sari Engle and Gymnastics X-Calibur Boosters for directing a phenomenal Level 8 Regionals. Thank you to Linda Barclay, Dave Stiles, Wrights Gymnastics Boosters, and USA Sports Production for directing a superb Level 9 & 10 Regional Meet. Also, thank you to Kristin Moore for her endless hours of work as our Apparel Coordinator. The bid form for the 2013 Regional Meets is on the Region5.com website. Bid forms are due September 1, 2012, to me ([R5Bobbi@aol.com](mailto:R5Bobbi@aol.com)).

Training Camps are underway and registration is overwhelming. Please read the information in the minutes from John concerning the objectives of the camps and refer to the Region5.com website for specific information. Thank you to Dave Rawles our Training Camp Coordinator and all of the gyms and staff for making our camps successful for the athletes and coaches. Your time is greatly appreciated.

Please continue to send me questions/concerns/suggestions you may have. Thank you for your continued support. GO USA and REGION 5.

***“Don't practice until you get it right. Practice until you can't get it wrong.”***

*'Unknown'*



Thank you Jordyn and John for bringing home the gold.

# REGION 5 RTCC TECHNICAL CORNER

BY CHAR CHRISTENSEN, RTCC



Celebrating the Team Gold!



Greetings to our Region 5 Judges and Coaches! Thank you to all of you that have signed up to do judging and coaching sessions at our Region 5 Training Camps. This is so important for the strength of our Region to continue to be on top of our game!

Congratulations to Region 5 with our first place at Level Nine Eastern National Championships and second place at Level Ten JO Nationals Championships. These excellent results are the result of us working together as a Region as we share our knowledge at our Training Camps!

Also, a reminder to all judges that are applying for the National Judges Course must go to the USAG web site to complete the eligibility form. These are due by December 31, 2012 to apply for the course.

Lastly, all judges and coaches should read and review the minutes of the Junior Olympic Committee and Women's Technical Committee Minutes from our May meetings to be ready for the upcoming season! Good luck for another successful Region 5 year to all the judges and coaches!

## Hall of Fame – Augusta Lipsey

CONGRATULATIONS  
TO THE  
2012 INDUCTEES  
OF THE



# Region 5 USAG

# HALL OF FAME HALL OF FAME

**Kathryn Geddert**  
**Dr. Larry Nassar**  
**Dick Mulvihill**



Region 5 All-Star Team in Brazil - 2011





### Keeley Kmiecik

2012 JO National AA Champion  
Keeley has a new skill named after her



## Illinois Newsletter Norbert Bendixen SACC



CONGRATULATIONS ANNA LITE  
LONDON 2012 OLYMPICS  
Replacement!!

**RBUS / Member clubs** One of these changes. This year in order for meet directors /clubs to receive a sanction and TO appear on the Illinois meet schedule you must be either a **member club** (cost but well worth it) or a **RBUS** (free Registered Business) If you are not presently on of these please do so IMMEDIATELY. WE don't want to keep you off the schedule because of it .. Forms can be found on the USA Gymnastics site membership Become a member link. Changes have also been made in the actual Membership structure. I think you will like them please visit the usagym. org membership site to read up on it.

**Pre-Placement** USA Gymnastics University is asking that we all look at our profile on our USA Gymnastics page. USA Gymnastics is well into their new initiative for Education and Certification (I know in the past This was started and died off) but they are well into this program and you can see by just looking at your profile.. When you visit the site you will either be signed in or will have to sign in. Then once you click on the Member Services page a wealth of information shows up about you from your membership ,your sanction, What certifications that you presently hold.. Under Education and learn about the University you can pre-place yourself into the University program.. In other words (grandfather) what you have already accomplished to what you have registered. After you have done U101 Which everybody has to take. please get started on this during the summer when you might have a little free time.. Once season starts your time might not make it a possibility.

### Illinois USA Gymnastics Meet Procedures

#### **Phase One:**

- All meets that were held last year and want to stay on same weekend.
- We start by filling the oldest meet that have keep their weekend first and then go next and next.
- The best way and fairest is to go by weekends of the year. There are few weekends a year that end up having 5 weekends. These change from year to year and if you choose to take the 5th weekend understand that you will be first priority on the next years 5th weekend and that is the only meet that will change dates and not loose its. If only 4 weekends then you will move to the 4th as long as the judges can handle or move to one of the new 5th weekends ranking.
- Only one meet at this time will be awarded per club . There will be a chance to add another meet in Phase Four

#### **Phase Two :**

- All meets above that might have lost their weekend do to lack of judges, holidays would be the first up for second phase.
- Then those that want to change dates.

#### **Phase Three :**

- All new meets from clubs that do not already have a meet on the calendar.

#### **Phase Four:**

- Clubs wanting a second meet.      • Please do not request a meet until your correct Phase

#### **Right now we will be taking Phase 2 requests ONLY:**

Only one meet can be requested. No others at this time will be accepted, so if you 12 Illinois Womens USA Gymnastics Electronic Email June Page 1 of 4 send one it that is not for Phase One it will be sent back to you and you will have to send during the correct Phase.

- Email this information to [ILMeets@ILUSAG.com](mailto:ILMeets@ILUSAG.com) ....Club Name....Club

#....Member/RBUS.....Meet Director....USAG#.....Email.....Meet Name &

Dates.....Levels.....Scoring Program If you are not using one of the scoring programs please contact Cyndi Zimmerman and she will tell you what format it must be in.

**Calendar** Please keep your eye on the Illinois Calendar link to the left of the Website for 2012-2013 Calendar of events. The Level 8, 9, 10 State meet has been voted on and posted on the ilusag.com . The remainder of the State Series will be posted mid Week



## INDIANA NEWS

Indiana has many educational opportunities available throughout the summer for our professional members starting with the Indiana State Congress and Judges Course on July 15<sup>th</sup>. The Hope, Love, Gymnastics Camp which is an interactive camp for gymnasts, coaches and judges will be held at Gymnastics Unlimited on August 25-26, 2012. This camp will also be a continuation of the Judges Course with the judging test being given on Sunday, August 26<sup>th</sup>.

Next up is the Region 5 Congress being held in Indianapolis on September 13-16, followed by our Base Score Clinic on September 23<sup>rd</sup>. All of our Indiana camps and clinics are free to current Indiana professional members. This year we will continue the special camps for our optional gymnasts to prepare for Regionals and Nationals. All dates and information for these educational opportunities can be found on our state website at [www.indianausag.com](http://www.indianausag.com).

This was our inaugural year for the Indiana Gymnastics Hall of Fame which was held in conjunction with our annual State Banquet. There were 6 inductees who were honored at this event are Terry Spencer Corcoran, Jaycie Phelps, Teresa and Byron Holden, Sandra Ruddick John, Muriel Davis Grossfeld, and Walt Lienert. The Hall of Fame plaque will be housed at the Athenaeum Turners in downtown Indianapolis where our history began. All of our Level 7-10 State All-Around Champions, Level 8 -10 Regional Medalists and Level 9-10 National/NIT Qualifiers, Elite and Senior gymnasts were also recognized and awarded. Seniors gave a speech and shared a video of some of their accomplishments that all enjoyed. The banquet concluded with the presentation of the Pam Poe Scholarship.

The State Congress featured special guest speakers Daniel McCarty (Michigan), Amy Blackburn (Illinois) and several Indiana representatives including Connie Malone, Stephanie Kemp, Amy Repolgle, Dianne Roland and Tyler Deuser. It was great to see all of the clubs who took advantage of this educational opportunity.

The 2012-2013 Competition Calendar is posted on the state website. Good luck to all gymnasts, coaches and judges in the upcoming season.

Linda Barclay  
Indiana State Chair

# Kentucky USAG News

July 2012

Vicki Smith/ SACC: KY  
210 Price Creek Ln.  
New Haven, KY 40051  
(502)460-0584  
vicki.smith@bardstown.kyschools.us

Dear Kentucky USAG,

As your new State Administrative Committee Chair, I would like to take a moment to thank Cap for his dedication and service to this state over the many years. He has been my coach, friend, and mentor. I am grateful to him for instilling in me a passion for this sport. I am sure that I could never fill his shoes, but I truly will do my best to lead our state. Hopefully, Cap will continue to provide guidance and enlighten us with his knowledge. Many thanks to Cap!

Although, I have attended a SACC workshop and National Congress this summer, I am still in the learning stages. Please feel free to send me any ideas, recommendations, or concerns. My contact information is listed above. I look forward to serving KY USAG!

Sincerely,

Vicki Smith/ SACC: KY

## ***KENTUCKY UPDATES***

The KY State Committee met on July 15<sup>th</sup>. An Open USAG meeting for all members was July 20<sup>th</sup>. Below are the updates from the meeting.

\*2013 State Meet dates:      Level 5-10 & Xcel: March 16-17, 2013  
  Level 3 & 4:            March 23-24, 2013

\*State Meet Bids are due by August 15, 2012. Bids will be awarded by September 1, 2012.

\*All other meets that wish to be on the State calendar need to be turned in by September 1, 2012.

\*All Kentucky meets will have 2-judge panels for Xcel. The fee for in-house meets will be \$50.

\*Any gym hosting a meet will be required to send the results to Brian Blewitt ([brian.blewitt@hotmail.com](mailto:brian.blewitt@hotmail.com)) in excel format. Brian is the score chairman for the state and will be tracking scores for qualification. Coaches are responsible for sending optional scores if they do not participate in in-state meets.

\*Part of the mission of the KY SAC is to provide education to its members. The W200 Hands on Training was held at Blue Ribbon Sports on July 21, 2012, with 20 participants.

\*The Region 5 Mini Congress is another great opportunity for enhancing our gymnastics knowledge. Dates: September 14-16, 2012 at Downtown Marriot: Indianapolis, IN.

\*USAG Updates have been posted in Technique and are on the USAG web site for all to see.



## *Chairman's Corner Michigan*

### *USAG Newsletter July 2012*

Wow what a great competitive season for MI-USA Gymnastics. Once again we proved that Michigan can compete with anybody. Gymnast and coaches keep working hard in your gyms and pay attention to the small details. Try not to rest on what you did last year. Let's work hard this summer to improve and move forward to the future.

*Olympic Gymnast and Coaches-* I would like to congratulate Jordyn Wieber for all of her accomplishments and for her selection to the 2012 United State Olympic Team. I would also like to congratulate John and Kathryn Geddert for the outstanding job they have done in preparing Jordyn for this Olympic dream come true. Congratulations also goes out to John Geddert as he was named head coach of the 2012 Olympic Team that will represent the United State in this year's 2102 London Olympic Games.

*2012 Champions Banquet-* On July 18, 2012 we capped off the year with the 2012 MI-USA Gymnastics Champions Banquet. The event was held at the Suburban Showcase in Novi MI. What a great evening of celebration and honors. This year's 2012 recipients in the 8 categories that MI-USA Gymnastics recognizes are as follows:

**Judge of the Year: Donna Trevethan**

**Contributor of the Year: Tami Jacobs – Champion Gymnastics USA.**

**Lifetime Achievement: Alice Buchalter**

**Excel Coach of the Year: Beckey Burden Cuddeback – Waters Edge Gymnastics and Christy Schwartz – Olympia Gymnastics.**

**Compulsory Coach of the Year: Shane Uson - Grand Rapids Gymnastics and Patty Bovee – Splitz Gymnastics.**

**Optional Coach of the Year: Shannon Hunt – Hunts Gymnastics and Kathryn Geddert- Twistars USA**

**Senior Gymnast of the Year Nominees: Kait Kluz – Oakland Gymnastics, Taylor Penzien – Olympia Gymnastics, Tessa Bouman AGA**

**Senior Gymnast of the Year: Kait Kluz – Oakland Gymnastics**

**Gymnast of the Year Nominees: Nicole Artz - Champion USA, Kait Kluz - Oakland Gymnastics, Kameron Moore – Twistars USA, Alyssa Shermetaro - Olympia Gymnastics Jordyn Wieber Twistars USA, Grace Williams Twistars USA.**

**2012 Gymnast of the Year: Jordyn Wieber - Twistars USA**

*2012 MI USA Gymnastics Committee Election-* Thanks to all of the Michigan USA Gymnastics professional members who took the time to vote in this year's committee election. The positions that were up for election included: Education Coordinator - Dave Began (ran unopposed), Xcel Representative Claudia Kretschmer (incumbent), Level 4 Representative Cassie Davis (ran unopposed), Level 6 Representative Beckey Burden-Cuddeback (ran unopposed), Level 8 Representative Tami Jacobs (incumbent). Claudia Kretschmer was in a runoff with Kevin Anderson for the Xcel position. Claudia won this election and will retain her position as the Xcel Representative. Tami Jacobs was in a runoff with Rick Garcia for the Level 8 position. Tami won this election and will retain her position as the Level 8 Representative.

*We are accepting State Meet Bids -* We are now accepting 2012 / 2013 State Meet bids. Please go to the MI USA Gymnastics web site and fill out your bid form. Bids must be submitted by August 12, 2012. Please remember that we are no longer hosting State Qualifying Meets.

*The Web Site -* Please make sure you are checking the MI USA Gymnastics web site @ [www.michigan-gymnastics.com](http://www.michigan-gymnastics.com) for all the latest updates on Xcel, Level 5 and 6 State Meet Qualifying and much more.

**Spring / Summer Wrap-Up**

**Ohio had a GREAT year for National Champions!**

Payton Kennedy—Level 9 National Champion, Vault

Faith Leary—Level 9 National Champion, Floor

Paige Chesney—Level 9 National Champion, Floor

Kasey Pagani—NIT National Champion, All-Around, Bars

Erin Hamister—NIT National Champion, Vault

Mary Jane Horth—Level 10 JO National Champion, Bars

Each of the girls earned a National Champions banner which the state committee purchased for displaying in their gym. Ohio is SO proud of the ladies, the coaches and the clubs!!!! GO TEAM OHIO



**Special points of interest:**

- Ohio had their annual State Champions banquet with 540 people in attendance
- Ohio held its annual NCAA fundraiser with 36 players and raised \$2500
- Ohio's Optional Training camp brought in NCAA coaches and the largest number of athletes yet!



**Ohio - State Congress**

With a "passport" as the schedule, and an offering of "tea and crumpets" and "fish and chips", this year Ohio's State Congress had a London/Olympic theme.

The event was held at Kids are TOPS Gymnastics facility thanks to the willingness of owner Gary Gantz and his staff. There was testing and certification

sessions on Friday while Saturday and Sunday were packed full of information!

Of course, the guest speaker, Tom Koll, brought all of his skills to share with us and obviously filled the room with smiles and laughter!

A lot of sessions were offered for judges, all levels of coaching in-

cluding recreation and preschool instructors. Saturday night capped off with a gathering in the Atrium celebrating the success of Ohio this year with an auction, door prizes galore, and dancing.....really!

The Ohio SAC cannot thank all 203 participants enough for making the event such a huge success! GO TEAM OHIO

Ohio would like to extend a HUGE congratulations to Region 5 Olympian **Jordyn Wieber**, alternate **Anna Li**, Olympic Coach, **John Geddert**.

You all make Region 5 proud!

**REGION 5** EVERYONE WELCOME! NO RESERVATION NEEDED

# **AUCTION & RECEPTION**

Starring

*Hilary Carlson & Kathy Feldmann*

as our **Live Auctioners & the**  
*Region 5 Committee Members*

**Friday**

September 14th

6:30 pm - 8:00 pm

**Circle City Bar  
Grille &  
Restaurant**



*Bid on:*

Autographed Olympic  
Memorabilia

Gymnastics Equipment

Gymnastics Event Tickets

and more from your favorite  
Region 5 vendors

**FREE APPETIZERS! CASH BAR**



Reserve Your Tickets Now Before It's Sold Out!

# CELEBRATION BANQUET



Indianapolis Marriott Downtown

**Saturday, September 15<sup>th</sup>**

**6:30 Cocktail Hour, 7:30 Banquet**

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**Anyone from Region 5 is welcome to attend**

**Reservations are required**

**Reserve your seat with your Congress Registration  
or order Banquet Tickets only using the form found online at  
[www.Region5.info/congress](http://www.Region5.info/congress)**

**(Scroll down to the Banquet Tickets section)**

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***Guests of Honor include...***

***• All Star Team  
• Hall of Fame***

***• Coaches of the Year  
• Athletes of the Year***

***• USA National  
Team Members***

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## 2012 Region 5 Congress • Club Registration Form

### The Indianapolis Marriott Downtown • Sept. 14-16, 2012

**PLEASE READ!** - No Member Club Group discount after September 2nd. To receive the discount, everyone you are registering must be A PRO, JR. PRO OR INST MEMBER of USA Gymnastics. You must register all at the same time with one form of payment.

**About Your Club:**

Name of Club: \_\_\_\_\_ Club Number: \_\_\_\_\_

Contact Person: \_\_\_\_\_

Mailing Address: \_\_\_\_\_  New Address

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Day Phone: \_\_\_\_\_ Evening Phone: \_\_\_\_\_

Email: \_\_\_\_\_ Fax: \_\_\_\_\_

**1st Member:** \_\_\_\_\_ office use only: Registration # \_\_\_\_\_

Congress Registration  Saturday Night Dinner Banquet \$30.00

Early Bird Price \$145 (ends 07/22/12)  Steak/Fish Entrée

Regular Price \$175 (ends 09/02/12)  Chicken/Fish Entrée

Vegetarian Entrée

Name: \_\_\_\_\_ SS# \_\_\_\_\_

USA Gymnastics Pro/Inst. #: \_\_\_\_\_ Birth date: \_\_\_\_\_

Email: \_\_\_\_\_ Fax: \_\_\_\_\_

**2nd Member:** \_\_\_\_\_ office use only: Registration # \_\_\_\_\_

Congress Registration  Saturday Night Dinner Banquet \$30.00

Early Bird Price \$135 (ends 07/22/12)  Steak/Fish Entrée

Regular Price \$165 (ends 09/02/12)  Chicken/Fish Entrée

Vegetarian Entrée

Name: \_\_\_\_\_ SS# \_\_\_\_\_

USA Gymnastics Pro/Inst. #: \_\_\_\_\_ Birth date: \_\_\_\_\_

Email: \_\_\_\_\_ Fax: \_\_\_\_\_

**3rd Member:** \_\_\_\_\_ office use only: Registration # \_\_\_\_\_

Congress Registration  Saturday Night Dinner Banquet \$30.00

Early Bird Price \$125 (ends 07/22/12)  Steak/Fish Entrée

Regular Price \$155 (ends 09/02/12)  Chicken/Fish Entrée

Vegetarian Entrée

Name: \_\_\_\_\_ SS# \_\_\_\_\_

USA Gymnastics Pro/Inst. #: \_\_\_\_\_ Birth date: \_\_\_\_\_

Email: \_\_\_\_\_ Fax: \_\_\_\_\_

**4th Member:**

office use only: Registration # \_\_\_\_\_

 Congress Registration Saturday Night Dinner Banquet \$30.00

Early Bird Price \$115 (ends 07/22/12)

 Steak/Fish Entrée

Regular Price \$145 (ends 09/02/12)

 Chicken/Fish Entrée Vegetarian Entrée

Name: \_\_\_\_\_ SS# \_\_\_\_\_

USA Gymnastics Pro/Inst. #: \_\_\_\_\_ Birth date: \_\_\_\_\_

Email: \_\_\_\_\_ Fax: \_\_\_\_\_

**5th Member:**

office use only: Registration # \_\_\_\_\_

 Congress Registration Saturday Night Dinner Banquet \$30.00

Early Bird Price \$105 (ends 07/22/12)

 Steak/Fish Entrée

Regular Price \$135 (ends 09/02/12)

 Chicken/Fish Entrée Vegetarian Entrée

Name: \_\_\_\_\_ SS# \_\_\_\_\_

USA Gymnastics Pro/Inst. #: \_\_\_\_\_ Birth date: \_\_\_\_\_

Email: \_\_\_\_\_ Fax: \_\_\_\_\_

**6th Member:** (For more than 6 Members, please use the 3rd page of this form) office use only: Registration # \_\_\_\_\_ Congress Registration Saturday Night Dinner Banquet \$30.00

Early Bird Price \$100 (ends 07/22/12)

 Steak/Fish Entrée

Regular Price \$125 (ends 09/02/12)

 Chicken/Fish Entrée Vegetarian Entrée

Name: \_\_\_\_\_ SS# \_\_\_\_\_

USA Gymnastics Pro/Inst. #: \_\_\_\_\_ Birth date: \_\_\_\_\_

Email: \_\_\_\_\_ Fax: \_\_\_\_\_

**Please Sign Here:**

I verify that the individuals listed on this form are affiliated with my gymnastics club. Signature: \_\_\_\_\_

**Payment Information:** (make checks payable to USA Gymnastics)Credit Card:        Check \_\_\_\_\_ Amount: \_\_\_\_\_

Print Name on Card: \_\_\_\_\_

Card Number: \_\_\_\_\_ Exp. Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

Signature: \_\_\_\_\_

**USA Gymnastics University Credits:**

Participation at this Regional Congress provides you with USA Gymnastics University Credits.

**Return this form to:**

Mail to: USA Gymnastics/Regional Congress, 132 E. Washington St, Suite 700, Indianapolis, IN 46204 or fax to 317/692-5212

**Cancellation/Substitution Policy**There is a \$30.00 cancellation fee up until Sept. 2nd; no refunds after Sept. 2<sup>nd</sup>. Cancellation request must be received in writing to [callen@usagym.org](mailto:callen@usagym.org). Substitution of participants will be allowed until Sept. 2nd if submitted in writing to [callen@usagym.org](mailto:callen@usagym.org). Onsite substitutions will be charged a \$30 transfer fee. Minimum age for Congress registration is 16.

BRINGING MORE THAN 6 MEMBERS FROM YOUR CLUB?  
*This form must be accompanied by the first two pages of the Regional Congress Club Registration Form*

**Member:**

office use only: Registration # \_\_\_\_\_

|  |   |
|--|---|
| <input type="checkbox"/> <b>Congress Registration</b><br>Early Bird Price \$100 (ends 07/22/12)<br>Regular Price \$125 (ends 09/02/12)<br>Name: _____<br>USA Gymnastics Pro/Inst. #: _____<br>Email: _____ | <input type="checkbox"/> <b>Saturday Night Dinner Banquet \$30.00</b><br><input type="checkbox"/> Steak/Fish Entrée<br><input type="checkbox"/> Chicken/Fish Entrée<br><input type="checkbox"/> Vegetarian Entrée<br>SS# _____<br>Birth date: _____<br>Fax: _____ |
|--|---|

**Member:**

office use only: Registration # \_\_\_\_\_

|  |   |
|--|---|
| <input type="checkbox"/> <b>Congress Registration</b><br>Early Bird Price \$100 (ends 07/22/12)<br>Regular Price \$125 (ends 09/02/12)<br>Name: _____<br>USA Gymnastics Pro/Inst. #: _____<br>Email: _____ | <input type="checkbox"/> <b>Saturday Night Dinner Banquet \$30.00</b><br><input type="checkbox"/> Steak/Fish Entrée<br><input type="checkbox"/> Chicken/Fish Entrée<br><input type="checkbox"/> Vegetarian Entrée<br>SS# _____<br>Birth date: _____<br>Fax: _____ |
|--|---|

**Member:**

office use only: Registration # \_\_\_\_\_

|  |   |
|--|---|
| <input type="checkbox"/> <b>Congress Registration</b><br>Early Bird Price \$100 (ends 07/22/12)<br>Regular Price \$125 (ends 09/02/12)<br>Name: _____<br>USA Gymnastics Pro/Inst. #: _____<br>Email: _____ | <input type="checkbox"/> <b>Saturday Night Dinner Banquet \$30.00</b><br><input type="checkbox"/> Steak/Fish Entrée<br><input type="checkbox"/> Chicken/Fish Entrée<br><input type="checkbox"/> Vegetarian Entrée<br>SS# _____<br>Birth date: _____<br>Fax: _____ |
|--|---|

**Member:**

office use only: Registration # \_\_\_\_\_

|  |   |
|--|---|
| <input type="checkbox"/> <b>Congress Registration</b><br>Early Bird Price \$100 (ends 07/22/12)<br>Regular Price \$125 (ends 09/02/12)<br>Name: _____<br>USA Gymnastics Pro/Inst. #: _____<br>Email: _____ | <input type="checkbox"/> <b>Saturday Night Dinner Banquet \$30.00</b><br><input type="checkbox"/> Steak/Fish Entrée<br><input type="checkbox"/> Chicken/Fish Entrée<br><input type="checkbox"/> Vegetarian Entrée<br>SS# _____<br>Birth date: _____<br>Fax: _____ |
|--|---|



# USA GYMNASTICS 2012 REGION 5 CONGRESS

## Registration From

The Indianapolis Marriott Downtown – Indianapolis, IN – September 14-16



### PARTICIPANT INFORMATION:

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

USAG Pro/Inst #: \_\_\_\_\_ Exp: \_\_\_\_\_ Daytime Phone: \_\_\_\_\_

Email: \_\_\_\_\_ DOB: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

### REGION 5 CONGRESS COST:

|                                   | Pro, Jr. Pro & Instructor Member  | Other Member Types and Non-Members                                      |
|-----------------------------------|---|---|
|                                   | <b>Registration Fee</b>   | <b>Registration Fee</b>   |
| <b>1. Regional Congress</b>       | Early Bird (ends July 22nd)<br>\$145.00 <input type="checkbox"/>        | Early Bird (ends July 22nd)<br>\$175.00 <input type="checkbox"/>        |
|                                   | Regular Price (ends September 2nd)<br>\$175.00 <input type="checkbox"/> | Regular Price (ends September 2nd)<br>\$205.00 <input type="checkbox"/> |
| <b>2. Saturday Dinner Banquet</b> | \$30.00 - for Congress Attendee   | \$45.00 for additional tickets  |
|                                   | <input type="checkbox"/> – Chicken/Fish Entrée                          | <input type="checkbox"/> – Chicken/Fish Entrée x _____                  |
|                                   | <input type="checkbox"/> – Steak/Fish Entrée                            | <input type="checkbox"/> – Steak/Fish Entrée x _____                    |
|                                   | <input type="checkbox"/> – Vegetarian Entrée                            | <input type="checkbox"/> – Vegetarian Entrée x _____                    |
| <b>3. One Day Only*</b>           | Early Bird (ends July 22nd)   | Regular Price (ends September 2nd)                                      |
|                                   | \$75.00 <input type="checkbox"/> Friday                                 | \$100.00 <input type="checkbox"/> Friday                                |
|                                   | \$75.00 <input type="checkbox"/> Saturday                               | \$100.00 <input type="checkbox"/> Saturday                              |
|                                   | \$50.00 <input type="checkbox"/> Sunday                                 | \$75.00 <input type="checkbox"/> Sunday                                 |

On-line registration is available to Professional, Jr. Professional, and Instructor Members ONLY.

On-line Registration Deadline is September 2nd

**Onsite/Day of Registration will be available starting September 13th at the Indianapolis Marriott Downtown.**

Registration is limited. Onsite Cost for Regional Congress - \$200 for members / \$230 for non members.

### PAYMENT INFORMATION: (make checks payable to USA Gymnastics)

Credit Card:  PREFERS   Other \_\_\_\_\_ Amount: \_\_\_\_\_

Print Name on Card: \_\_\_\_\_

Card Number: \_\_\_\_\_ Exp. Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

Signature: \_\_\_\_\_

Card Holder Phone: \_\_\_\_\_ Email: \_\_\_\_\_



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**USA GYMNASTICS  
REGION 5  
Banquet Registration Form**

The Indianapolis Marriott Downtown – Indianapolis, IN – September 14-16

**ATTENDEES INFORMATION:**

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Daytime Phone \_\_\_\_\_ Email: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

**REGION 5 BANQUET TICKETS:**

|                                      |                                  |                         |                        |
|--------------------------------------|----------------------------------|-------------------------|------------------------|
| <b>Saturday<br/>Region 5 Banquet</b> | \$30.00 <input type="checkbox"/> | X _____<br># of tickets | = _____<br>total price |
|--------------------------------------|----------------------------------|-------------------------|------------------------|

\_\_\_\_\_ # of Chicken/Fish Entrees

\_\_\_\_\_ # of Beef/Fish Entrees

\_\_\_\_\_ # of Vegetarian Entrees

We will be attending with the Region 5 Awards Banquets Honored Guest: \_\_\_\_\_

**Please return this form to USA Gymnastics via:**

**Fax: 317/692-5212**

**Mail: 132 E Washington St., Suite 700, Indianapolis, IN 46204**

**Email: [rbrazo@usagym.org](mailto:rbrazo@usagym.org)**

**PAYMENT INFORMATION:** (make checks payable to USA Gymnastics)

Credit Card:      Other \_\_\_\_\_ Amount: \_\_\_\_\_

Print Name on Card: \_\_\_\_\_

Card Number: \_\_\_\_\_ Exp. Date: \_\_\_\_ / \_\_\_\_

Signature: \_\_\_\_\_

Card Holder Phone: \_\_\_\_\_ Email: \_\_\_\_\_

**There is a \$5.00 cancellation fee up until two weeks before the date of the banquet; no refunds after that date.  
Request for refund must be received in writing to [callen@usagym.org](mailto:callen@usagym.org)**

**Friday - September 14, 2012**

**Region 5 Congress Schedule**

*updated 7-26-12*

| <b>Times</b>  | <b>Coaching</b>   | <b>Business</b>  | <b>Preschool / Recreational</b>  | <b>Women's Officials</b>   | <b>Coaching / Business</b>  | <b>T &amp; T / Rhythmic</b>           |
|---------------|---|--|--|--|---|---------------------------------------|
| 9:00 – 10:00  | Indiana A-D<br>Char Christensen<br>John Geddert<br>Tom Koll<br>Connie Maloney<br>2012 JO Update | Michigan/Texas<br>Dave Holcomb<br>Programs To Help Get<br>And Keep Kids In<br>Your Gym | Florida/Illinois<br>Brant Lutska<br>Oh Baby, Baby  | Marriott 7-8<br>Char Christensen<br>John Geddert<br>Tom Koll<br>Connie Maloney<br>2012 JO Update | Indiana G<br>Char Christensen<br>John Geddert<br>Tom Koll<br>Connie Maloney<br>2012 JO Update   | Marriott 9<br>Susan Jacobson<br>T & T |
| 10:15 – 11:15 | John Geddert<br>Developing Tumbling   | Dave Holcomb<br>Team Programs For<br>Fun And Profit                                    | Brant Lutska<br>Vaulting For Preschool<br>And Recreational<br>Classes                    | Connie Maloney<br>WTC Core - Bars<br>Practice Judging<br>Levels 7 And 8                          | Tom Koll<br>Team Building...<br>Come Participate  | Susan Jacobson<br>T & T               |
| 11:15 – 11:45 | <b>BREAK</b>  |  |  |  |   |                                       |
| 11:45 – 12:45 | John Geddert<br>Major Releases  | Dave Holcomb<br>Turbo Charge Your<br>Preschool Program?                                | Tom Koll<br>Levels 1 - 3<br>Those Are My Kids  | Connie Maloney<br>WTC Core - Bars<br>Practice Judging<br>Levels 9 And 10                         | Lynn Moskovitz<br>Understanding USA<br>Gymnastics University                                    | Susan Jacobson<br>T & T               |
| 12:45 – 2:00  | <b>LUNCH (Raffle 12:40 - 12:50 pm in Exhibitor Area – Indiana E)</b>                            |  |  |  |   |                                       |
| 2:00 – 3:00   | John Geddert<br>Beginning Vaulting:<br>Developing An<br>Incredible Handspring                   | Rachel Brazo<br>Sexual Misconduct<br>Prevention  | Brant Lutska<br>Linda Thorberg<br>Fun Music For<br>Preschool And<br>Recreational Classes | Char Christensen<br>WTC Core - Floor<br>Practice Judging<br>Levels 7 And 8                       | Cheryl Jarrett<br>Tom Koll<br>2013 New<br>Compulsory,<br>Communication,<br>Organizing, Planning | Rhythmic                              |
| 3:15 – 4:15   | Kathryn Geddert<br>Basic Skills And Drills  | Dave Holcomb<br>Competitive Teams For<br>Every Child And Every<br>Gym                  | Linda Thorberg<br>Parent And Child Class<br>Set It Up!                                   | Char Christensen<br>WTC Core - Floor<br>Practice Judging<br>Levels 9 And 10                      | Cheryl Jarrett<br>Lynn Moskovitz<br>Compulsory Beam And<br>Floor - One More Year                | Rhythmic                              |
| 4:30 – 5:30   | Tom Koll<br>The Value Of Shaping  | Dave Holcomb<br>Marketing Ideas To<br>Attract And Keep New<br>Families                 | Brant Lutska<br>Let's Have A Ball!   | Judy Dobransky<br>Artistically Speaking<br>Beam And Floor  | Claudia Kretschmer<br>How To Get Xcel<br>Started In Your Gym                                    | Rhythmic                              |

**REGION 5 AUCTION & RECEPTION**  
**6:30 - 8:00 pm in the Circle City Bar and Grille Restaurant**

**Saturday - September 15, 2012**

**Region 5 Congress Schedule**

| <b>Times</b>  | <b>Coaching</b>  | <b>Business</b>   | <b>Preschool / Recreational</b>  | <b>Women's Officials</b>  | <b>Recreational / Business / Sports Medicine</b>     | <b>Men's Discipline</b>          |
|---------------|--|---|--|---|--|----------------------------------|
| 9:00 – 10:00  | Indiana A-D<br><br>John Geddert<br>Bars<br>Levels 5 And 6                        | Michigan/Texas<br><br>Jeff Metzger<br>Culture is<br>EVERYTHING                    | Florida/Illinois<br><br>Brandt Lutska<br>Games For Parties,<br>Field Trips, Etc. | Marriott 7-8<br><br>Char Christensen<br>WTC Core - Beam<br>Practice Judging Levels<br>7 And 8 | Indiana G<br><br>Tom Koll<br>Recreational Gymnastics | Marriott 9<br><br>Men's Coaching |
| 10:15 – 11:15 | John Geddert<br>Front And Back<br>Tumbling                                       | Jeff Metzger<br>No Organization<br>Strategy?                                      | Linda Thorberg<br>Bars For Preschool And<br>Recreational Classes                 | Char Christensen<br>WTC Core - Beam<br>Practice Judging<br>Levels 9 And 10                    | Tom Koll<br>Looking Toward 2012 And<br>Beyond        | Men's Coaching                   |
| 11:15 – 11:45 | <b>BREAK</b>   |   |  |   |  |                                  |
| 11:45 – 12:45 | John Geddert<br>Connie Maloney<br>Transition Bar Releases<br>The Art Of Survival | Jeff Metzger<br>Getting Others "To Do<br>What You Want"                           | Tom Koll<br>Ideas For Recreational<br>Instructors Who Teach<br>Vault             | John Geddert<br>Connie Maloney<br>Transition Bar Releases<br>The Art Of Survival              | Steve Greeley<br>Staff Manuals:<br>How To Create One | Men's Coaching                   |
| 12:45 – 2:00  | <b>LUNCH (Raffle 12:40 - 12:50 pm in Exhibitor Area – Indiana E)</b>             |   |  |   |  |                                  |
| 2:00 – 3:00   | Tom Koll<br>Conquering Fears With<br>No More Tears                               | Jeff Metzger<br>Understanding The<br>Numbers Behind A<br>Healthy Business         | Linda Thorberg<br>Brain Games<br>How Physical Activity<br>Helps Kids Learn       | Kathy Feldmann<br>Optional Vault<br>Levels 8, 9, And 10                                       | Steve Greeley<br>Staff Performance Reviews           | Men's Coaching                   |
| 3:15 – 4:15   | Kathryn Geddert<br>101 Flexibility Drills  | Jeff Metzger<br>How To Give<br>Employee Evaluations<br>And When To Give<br>Raises | Steve Greeley<br>The Power Of Positive<br>Teaching                               | Tom Koll<br>The Switch Leg Leap<br>And Its Application To<br>"C" Level Leaps                  | Dr. Larry Nassar<br>Rehabilitation Circuits          | Men's Coaching                   |
| 4:30 – 5:30   | Kathryn Geddert<br>Balance Beam Basics   | Jeff Metzger<br>Proper Pricing  | Linda Thorberg<br>Round Table For<br>Recreational Classes                        | Judy Dobransky<br>Compulsory Vaulting   | Dr. Larry Nassar                                     | Men's Coaching                   |

**REGION 5 BANQUET**

**6:30 -7:30 pm Cocktail Hour at Circle City Bar and Grille Restaurant; 7:30 pm Banquet in Marriott 7 - 10**

**Sunday - September 15, 2012**

**Region 5 Congress Schedule**

| <b>Times</b>  | <b>Coaching</b>                          | <b>Business</b>  | <b>Preschool / Recreational</b>                      | <b>Women's Officials</b>   | <b>Men's Discipline</b> |
|---------------|--|--|--|--|-------------------------|
|               | Indiana A-D                              | Michigan/Texas   | Florida/Illinois                                     | Marriott 7-8   | Indiana G               |
| 9:00 – 10:00  | Marvin Sharp<br>Developing Optional Bars | Gary Gantz<br>Future Of Front Office Strategic Concepts                  | Steve Greeley<br>The 12 Unbreakable Laws Of Teaching | Nancy Gibson<br>Claudia Kretchmer<br>2012 Xcel Program New Rules And Changes | Men's Coaching          |
| 10:15 – 11:15 | Marvin Sharp<br>Conditioning And Shapes  | Gary Gantz<br>System For Program Managers                                | Rhonda Zalucky<br>School Age Stations And Drills     | Kathy Feldmann<br>Donna Trevehan<br>2012 NCAA Update                         | Men's Coaching          |
| 11:30 – 12:30 | Marvin Sharp<br>Round Off Entry Vaulting | Gary Gantz<br>Blue Ocean Strategy: How To Standout From Your Competitors | Steve Greeley<br>Awards, Rewards, And High 5's       | Hilary Carlson<br>Optional Bars Composition                                  | Men's Coaching          |

ADD-ON COURSES

| <u>DATE</u>    | <u>TIME</u>    | <u>COURSE</u>  | <u>INSTRUCTOR</u>                 | <u>ROOM/LOCATION</u> |
|----------------|----------------|--|-----------------------------------|----------------------|
| Thur., Sept 13 | 4:00 - 9:00 pm | Risk Management/Safety Certification                 |                                   | TBA                  |
| Sun., Sept. 16 | 1:00 pm        | Judges Exam  | Connie Maloney                    | Marriott 9           |
| Sun., Sept. 16 | 1:00 - 5:00 pm | R102 Preschool Fundamentals: Hands On Training (HOT) | Linda Thorberg<br>Rhonda Zaluckyj | Florida/Illinois     |

**Region 5 Committee Meeting  
July 10, 2012; 10:03 a.m. – 4:40 p.m.  
Indianapolis, IN**

**I. CALL TO ORDER**

The meeting was called to order by Regional Administrative Committee Chairman, Bobbi Montanari, at 10:03 A.M.

**II. ROLL CALL**

*Present*

Bobbi Montanari, Regional Administrative Committee Chairman (RACC)  
Char Christensen, Regional Technical Committee Chairman (RTCC)  
Norbert Bendixen, Illinois Administrative Committee Chairman (SACC: IL)  
Linda Barclay, Indiana Administrative Committee Chairman (SACC: IN)  
Vicki Smith, Kentucky Administrative Committee Chairman (SACC: KY)  
Jim Comiskey, Michigan Administrative Committee Chairman (SACC-MI)  
Nina Dent, Ohio Administrative Committee Chairman (SACC: OH)  
Augusta Lipsey, Regional Secretary and Hall of Fame Coordinator

*Absent*

John Geddert, Regional Junior Olympic Committee Chairman (RJOCC)

Norbert Bendixen's contact information was updated. His address is 426 Midway, Mundelein, IL 60060, his phone number is 847-334-7768, and his fax number is 847-949-6241.

**III. WELCOME**

Bobbi welcomed the Committee to Indianapolis and thanked them for a good year. Bobbi stated the protocol for communication during the meeting.

**IV. ETHICAL OBLIGATIONS OF COMMITTEE MEMBERS**

Bobbi reminded Committee Members that all communication during the meeting is to be kept confidential. The USA Gymnastics Policy Confidentiality Forms, Ethical Obligations of USA Gymnastics Employees, Officers, Directors and Committee Members, and Conflict of Interest Questionnaire were distributed for each member's signature.

**V. MINUTES**

Deadlines for the distribution of the minutes were set. Following approval, the minutes will be posted on the Regional website and distributed to the Professional Membership via e-mail and newsletters.

**VI. FINANCIAL REPORT**

The General Account has a balance of \$124,679.94. The Apparel Fund has a balance of \$28,535.31.

**VII. STATE OVERVIEWS**

Illinois (Norbert Bendixen)

1. The number of gymnasts competing remained consistent during the 2011-2012 competitive season.
2. A profit was made at each state meet.

3. The Region 5 Level 8 meet was well run and made a profit.
4. Norbert and Kim Bendixen received the life time achievement award from the Illinois Administrative Committee.
5. Some recruiting of athletes is occurring within the state.

#### Kentucky (Vicki Smith)

1. Two state meets were hosted with over 300 gymnasts each.
2. Effort is being made to increase and encourage educational opportunities for the professional membership.
3. The State Chairman is trying to visit many of the gyms around the state to gather their input and let them know their opinions are valuable regardless of the size of the gym.

#### Michigan (Jim Comiskey)

1. The Xcel program has grown dramatically and has saved some gyms.
2. Michigan will no longer have sectional qualifiers during the 2012-2013 competitive season. To qualify into a Level 5 state meet a gymnast must compete in all four events at a Michigan invitational.
3. The Michigan Administrative Committee and the MI-NAWGJ have a joint meeting to discuss concerns affecting the state.
4. This year was strong for the state of Michigan considering Jordyn, John, and Kathryn's success. The Champions' Banquet will be held on July 18<sup>th</sup>. There will be close to 600 people in attendance this year. State all-around champions, Regional champions, National competitors, NIT gymnasts and TOP's gymnasts are invited. Graduating seniors are also recognized. Coach of the Year, Contributor of the Year, and the Lifetime Achievement Award are presented at the banquet.
5. State Clinics have been well attended.
6. 2012 is the first year that the Level 7-10 state meets were held together. There were 580 gymnasts competing in the three day meet.
7. The Fun State Meet had 640 gymnasts.
8. Michigan did well at Regionals and Nationals.
9. Michigan is fairly unified, but there are still some comments about recruiting.

#### Indiana (Linda Barclay)

1. Everyone is beginning to work together and get along.
2. A lot of training camps are being offered.
3. Some recruiting is happening in the state of Indiana.
4. An Indiana Hall of Fame was started in 2012.
5. Indiana offered a state congress that was free to professional members.
6. Indiana is working on a statistics program to track all of their athletes. If it works, Linda will bring the program to the Regional Administrative Committee.

#### Ohio (Nina Dent)

1. Ohio is continuing to work to have the State Administrative Committee and OH-NAWGJ work together.
2. 560 people attended the Ohio State Banquet.
3. Nina tries to remind people how grateful she is for the people that are involved in the success of the state.
4. Nina is working to get everyone thinking the same philosophy – Team Ohio.

## **VIII. COMMUNICATION**

Protocol for website and e-mail: Sender-to-Bobbi-to-Kristin.

Bobbi asked if a Regional Rules and Policies were needed. The committee determined that it would be helpful to have all Level 8-10 regional information in one place on the website. The information should be available with three or fewer clicks of the mouse. Work will continue to develop a rules and policies.

The next regional newsletter will be distributed in August. Information for the newsletter should be sent to Bret Norman by July 27<sup>th</sup>.

State websites need to post the following items as they pertain to their state:

- State specific Rules & Policies
- Judges Selection Process
- Minutes from all meetings

The Region 5 Administrative Committee should continue copying e-mails to Bobbi.

## **IX. State Chairman Workshop**

1. Meetings should follow Robert's Rules of Order.
2. Concern was raised concerning the indemnification of the NAWGJ assigners. If the assigner is an elected member of the state committee, they would be indemnified. Appointed members of the Committee are not indemnified. There have been problems with judges being assigned meets without having current USA Gymnastics membership. Assigners do not have the ability to check USA Gymnastics numbers. This is a responsibility of the Meet Directors. NAWGJ State Judging Directors can ask their members to send the assigners a copy of their current USA Gymnastics and NAWGJ membership cards as another way to check that all judges are up-to-date with their memberships.
3. Beginning for the 2012-2013 competitive season, a club must be a member club or registered business of USA Gymnastics to receive a sanction.

## **X. REGIONAL TECHNICAL CHAIRMAN REPORT (Char Christensen)**

Char congratulated the Region for their success at the JO Championships and the Level 9 Eastern Nationals. The Level 9's were the overall winner, and the Level 10's came in 2<sup>nd</sup>. Congratulations were also extended to John and Kathryn Geddert for being named USA Gymnastics Elite Coaches of the Year and Jordyn Wieber for being named USA Gymnastics Elite Athlete of the Year. Congratulations are offered to Jordyn Wieber for making the 2012 Olympic Team and to Anna Li for representing our region as an alternate to the 2012 Olympic Team.

- A. Professional Involvement Forms (PIF's) will be on the websites and in newsletters by July 20, 2012. Judges must complete and return the form electronically by September 15, 2012. Professional Involvement Forms are to be used to assist in the selection of recommended judges for State and Regional assignments. A judges tab will be added to the Regional website to help judges find all necessary forms.
- B. The Judges Recommendation deadline is October 15, 2012. Each State Chairman must submit a rank order list of 12-14 judges to Char by the designated date. Affiliation of each judge must also be documented. There is a goal to have judges know their event assignments for Level 9 and 10 Regionals and have it available on the website by December 15, 2012.
- C. There were approximately 85 petitions for Level 8, 9, and 10 Regional Championships. A huge thank you is extended to Hilary Carlson for her hard work on our petition process.

- D. The judge's volunteer form for Regional Training Camps has been on the regional website since June 1, 2012. In order to volunteer in a leadership role, judges need to complete this form electronically by August 1, 2012. State Chairmen are asked to send a second reminder e-mail to judges in July.
- E. Please include John, Char, and Bobbi on all newsletters and with important web updates.
- F. Char thanked the states for sending hard copies of the Level 8, 9, and 10 state meet results to her at the end of the optional season.
- G. The criteria used to select judges for state meet assignments should be on the state websites or in newsletters by October 1, 2012.
- H. Please remember that all clinics sponsored by USA Gymnastics or NAWGJ must be registered with USA Gymnastics for CPE credits to be valid. Judges must have their forms signed at the end of each session. Judges are reminded that it is their responsibility to print their CPE forms from the USA Gymnastics website.
- I. Petition and inquiry forms should be included in each state handbook.
- J. USA Gymnastics members are reminded that Rules and Policies meet formats are the only ones that can be used. If there is a violation of this or any sanction violation, it should be noted on the sanction form.
- K. The table below lists the percentage of athletes that qualified for their regional meet from their state meet.

|    | Level 8 | Level 9 | Level 10 |
|----|---------|---------|----------|
| MI | 89%     | 99%     | 100%     |
| OH | 74%     | 99%     | 97%      |
| IN | 78%     | 75%     | 100%     |
| IL | 88%     | 81%     | 99%      |
| KY | 99%     | 100%    | 76%      |

- L. Coaches are reminded that a score of 9.0 is required at their State Meet for an event specialist to qualify to the Regional Championships. Qualifying criteria into the state meets should be on the state websites by October 1, 2012.
- M. To be recommended to be assigned to a national meet, judges are reminded that they must judge at the Level 9/10 Regional Meet or have judged at a Level 9/10 State Meet and coached at the Level 9/10 Regional Championship in the recommended year.
- N. Sanction violations need to be put in the comment section of the sanction form by meet directors and meet referees. Violations such as finishing past 10:00 pm, over the number of gymnasts allowed for the competitive format, etc. must be documented. For the falsification of memberships and dates, there is a \$500 fine for the first offense and \$1000 fine for the second offense. This was used during the 2011-2012 season.

**XI . REGIONAL JUNIOR OLYMPIC CHAIRMAN REPORT (Submitted Written Report from John Geddert)**

**A. Overview of 2011-2012 Season**

The 2012 Season was one of continued frustration. It was the third consecutive year that Region 5 finished second in the overall team standings at the Level 10 Junior Olympic Nationals. However, we once again won the team title at the Level 9 Eastern Championship Meet. We will work on this by having Great Training Camps, cooperation, energy and instilling passion, and commitment to Region 5. The camps need fine tuning with attention to basics. The following issues will be addressed with the camp coordinators.

1. Vaulting
    - a. Speed development
    - b. Round off mechanics
    - c. board techniques
    - d. rotational drills
    - e. blocking drills
    - f. uphill timers
    - g. post flight twist mechanics
  2. Bars
    - a. Kip casting excellence
    - b. Swing efficiency and alignment
    - c. Pirouetting
    - d. Dismount amplitude
    - e. Proper shapes
    - f. Form and execution
  3. Beam
    - a. Range of motion on leaps and jumps
    - b. Landing technique
    - c. Back handspring efficiency
    - d. Turn excellence
  4. Tumbling
    - a. Round off mechanics
    - b. Back handspring speed and body tension
    - c. Blocking and setting drills
    - d. Up-hill tumbling timers
    - e. Rotational drills
    - f. Twisting and flipping mechanics
  5. Floor Dance
    - a. Leap technique
    - b. Increasing range of motion
    - c. Turn proficiency
    - d. Presentation artistry
- B. Junior Olympic Program Committee Report
- Much of the meeting was devoted to the Xcel program. The minutes from this meeting can be found on [usagym.org](http://usagym.org).
- The new Junior Olympic Program, which will take affect August 1, 2013, outlines five compulsory levels and five optional levels.
- Levels 1-2: Developmental (but some regions may compete at these levels)
  - Level 3: Beginner Compulsory similar to the current Level 4
  - Level 4: Intermediate Compulsory similar to the current Level 5
  - Level 5: Advanced Compulsory similar to the current Level 6
  - Levels 6-10: Optional levels
- C. Junior Olympic National Results
1. National Qualifiers
    - a. Twistars – 10
    - b. IGI – 5

- c. Olympia – 4
- d. Legacy Elite – 4
- e. Phenom – 4
- f. United – 3
- 2. National Medalists
  - a. Twistars – 21
  - b. Phenom – 5
  - c. Legacy Elite – 5
  - d. Olympia – 4
  - e. IGI – 4
  - f. Perfection – 4
- 3. National Champions
  - a. Twistars – Grace Williams (AA)
  - b. Phenom – Keely Kmeciak (AA)
  - c. Champion USA – Nicole Artz (FL)
- 4. National Team Members
  - a. Twistars – Grace Williams and Kameron Moore
  - b. Phenom – Keely Kmeciak

#### D. All Star Team

The Region 5 All Star Team has been determined. The proposed All Star Team trip will be October 19-23, 2012 in Panama. We are organizing a workshop/training camp to help spread our knowledge and assist the development of gymnastics in that region of the world. The 2012 All Star Team Members are:

- 1. Grace Williams – Twistars USA – 38.775
- 2. Kameron Moore – Twistars USA – 38.488
- 3. Amanda Wellick – Legacy Elite – 38.369
- 4. Bailey Gardner – Twistars USA – 38.138
- 5. Alyssa Shermataro – Olympia – 38.094
- 6. Mary Jane Horth – Gym World – 38.075
- 7. Anna Hill – Twistars USA – 38.038
- 8. Nicole Artz – Champion USA – 37.938

#### Elite Spots – Senior National Team Members

- 1. Jordyn Wieber – Twistars USA
- 2. Bridget Sloan – Sharps
- 3. Anna Li – Legacy Elite

#### Elite Spots – Junior National Team Members

- 1. Lexi Priessman – CGA
- 2. Amelia Hundley – CGA

*(All Elite gymnasts listed above are ineligible to travel with the All Star Team due to national team obligations.)*

#### All Star Team Alternates

- 1. Nia Dennis of Buckeye Gymnastics is the only elite eligible for travel at this time. It is believed that she may be named to the national team this fall which would make her ineligible.

#### Junior Olympic All Star Team Alternates

- 3. Melissa Zurawski – Balance Institute – 37.813
- 4. Payton Richards – Phenom – 37.744
- 5. Rachel Haines – Twistars USA – 37.713

6. Tenielle Funches – 37.713

If gymnasts can be added based on site transportation arrangements and a pay-your-own-way scenario, they will be added in the following order.

1. Jessica Peszek – Deveaus – 37.000
2. Nicole Gendusa – IGI – 37.638
3. Sydney McGlone – UGI – 37.594
4. Marissa Oakley – Phenom – 37.581
5. Jessica Ling – Oakland – 37.563
6. Amanda Kowalski – Perfection – 37.563
7. Eileen Malecki – IGI – 37.425
8. Emma McClean – Stars and Stripes – 37.138

## **XII. XCEL PROGRAM (Jim Comiskey)**

- A. No states rights.
- B. There are five levels with Diamond being equal to Level 9.
- C. The Bronze level will be a non-competitive in-house level.
- D. The age groups have changed. The Bronze level can be any age. To compete at the Silver level a gymnast must be age 7, Gold level must be age 8, Platinum level must be age 9, and Diamond must be age 10.
- E. How the Xcel program is used is based on the individual philosophy of the gym.
- F. The air board can be used at the Bronze and Silver level, but the start values will be lower.
- G. Bonus will still be applied.
- H. The maximum times for beam and floor have not been determined.
- I. Region 5 and 6 are using the new rules with modifications during the 2012-2013 season. *(The Region 5 Administrative Committee decided to leave the regional Xcel competition as an invitational).*

## **XIII. HALL OF FAME (Augusta Lipsey)**

- A. The biographies of all nominees were sent to the Regional Administrative Committee prior to this meeting. It was determined that a point system be used in which each Regional Administrative Committee voting member would list their choice for the top five nominees (*Dr. Larry Nassar deferred his induction from 2011 to 2012, therefore, only five names were needed this year*). The top ranked nominee would receive five points; the second ranked nominee would receive four points, etc. The points for the nominees were tallied by Nina Dent. The five nominees receiving the greatest number of votes will be presented to the Region 5 Hall of Fame Selection Committee. A conference call will be set up with the Selection Committee to determine the 2012 inductees into the Region 5 USA Gymnastics Hall of Fame.
- B. The Hall of Fame Guidelines were distributed with the updated election process. This will be placed on the Region 5 website.

**The motion was made to recommend to the Region 5 Hall of Fame Selection Committee to induct nominees that receive a minimum of 50% of the total possible points for induction.**

|                        |                      |
|------------------------|----------------------|
| <b>Motion:</b>         | <b>Nina Dent</b>     |
| <b>2<sup>nd</sup>:</b> | <b>Linda Barclay</b> |
| <b>Passed:</b>         | <b>Unanimous</b>     |

#### XIV. REGIONAL MEETS

##### A. 2011-2012 Season Overview

USA Gymnastics does not require scores to be verified at the end of a meet. This rule affected a gymnast at the Level 9/10 Regional Championships. The problem was rectified, but verification of the scores should be done to eliminate human error. Checking of the scores is part of the judges judging time.

**The motion was made to require score verification at all regional championships.**

**Motion:** Jim Comiskey  
**2<sup>nd</sup>:** Norbert Bendixen  
**Passed:** Unanimous

##### B. The Level 8 State Meet hosts need to submit their state meet results in a timely fashion so that the state teams can be determined for the Level 8 Regional Championships. The number of members on the state teams will be discussed at the next Regional Administrative Committee meeting.

##### C. Financial Reports

The financial reports were presented with the Level 8 Regional meet showing a profit of \$569.00, and the Level 9/10 Regional meet showing a loss of \$3675.00.

##### D. Qualifying scores for the 2013 Regional Championships will remain the same.

Level 8: 34.00  
Level 9: 34.00 (established by USA Gymnastics)  
Level 10: 34.00 (established by USA Gymnastics)

##### E. Entry Fees

Entry fees for the 2013 Regional Championships will be discussed at the next Regional Administrative Committee meeting.

##### F. Judging Panels

The Judging Panels for the 2013 Regional Championships will remain the same.

Level 8: 2 judge panels  
Level 9: 4 judge panels  
Level 10: 4 judge panels

##### G. Administrative Fees

The administrative fees will remain \$1.00 per gymnast at all sanctioned meets.

#### XV. CALENDAR

- **Level 9 & 10 Regionals:** April 12-13, 2013
- **Level 8 Regionals:** April 19-21, 2013
- **Level 9 Easterns:** May 2-5, 2013; Battle Creek, Michigan – Host: Branch Gymnastics
- **JO Nationals:** May 9-11, 2013; Minneapolis, Minnesota – Host: Twin City Twisters
- **NIT:** May 12, 2013; Minneapolis, Minnesota – Host: Twin City Twisters
- **National Compulsory Workshop:** May 31-June 2, 2013; Lake Buena Vista, Florida (ESPN Wide World of Sports)
- **National Compulsory Workshop:** June 7-9, 2013; Reno, Nevada
- **National Congress:** August 14-17, 2013
- **Region 5 Congress:** September 13-15, 2013; Hilton Columbus Downtown, Ohio
- **Level 9 & 10 Regionals:** April 11-13, 2014
- **Level 8 Regionals:** April 25-27, 2014
- **Level 9 Easterns:** May 1-4, 2014; Bradenton, Florida – Host: Tampa Bay Turners

- **JO Nationals:** May 8-10, 2014; Jackson, Mississippi – Host: Meet Control & MS-USAG
- **NIT:** May 11, 2014; Jackson, Mississippi – Host: Meet Control & MS-USAG
- **Region 5 Congress:** September 12-14, 2014; Hilton Columbus downtown, Ohio

#### **XVI. REGIONAL CONGRESS**

- A. The Region 5 Congress is scheduled for September 13-16, 2012 at the Indianapolis Marriott Downtown, Indianapolis, IN (same site as last year).
- B. There will be designated shirts for the Administrative Committee to wear each day. The Regional Committee is asked not to wear blue jeans, warm-up pants, or short shorts.
- C. Congress Responsibilities – Regional Administrative Committee and Volunteers
  1. The Regional Administrative Committee is asked to be visible and answer any questions the Congress attendees may have. Please help to maintain a clean and organized environment.
  2. Hilary Carlson and Kathy Feldmann will be the public relations persons on site.
  3. The Directors of Information will be Norbert Bendixen and Vicki Smith.
  4. The main registration table will be manned by Rachel Brazo, Nina Dent, and Gordy Feldmann.
  5. The Region 5 Store will be manned by Augusta Lipsey, Claudia Kretschmer, Gordy Feldmann, and Linda Barclay's volunteers.
  6. The hospitality room will be under the direction of Shirley Ashley.
  7. Jim Comiskey will be the audio trouble shooter.
  8. Kathy Feldmann will be the director of the vendors.
- D. Congress Responsibilities – Volunteers
  1. Linda Barclay is asked to involve volunteers from each state at the Regional Congress.
  2. Volunteers will have their congress registration waived if they work seven or eight sessions.
  3. One volunteer is needed per session to be the session coordinator. Possible jobs include the following: introduce the speaker, have water available for the speaker, check credentials of the audience, distribute the speaker's handouts if applicable, and complete the feedback form.
- E. Auction
  1. Linda Barclay briefly discussed information on a casino party fundraiser rather than an auction. She will look into it further.
- F. Banquet
  1. The Regional Administrative Committee is asked to promote and assist with preparation of the banquet.
  2. The Regional Administrative Committee and Kathy and Gordy Feldmann will assist with the set-up of the banquet.
  3. Nina Dent and Linda Barclay will collect tickets and money for the banquet.
  4. Bobbi Montanari will open and close the banquet.
  5. An invocation will be offered by Augusta Lipsey.
  6. John Geddert will be the Master of Ceremony with another person who is to be determined.
  7. The photographer and videographer will be Bret Norman and Kristin Moore.
  8. Jim Comiskey will be in charge of the lighting for the banquet.

#### **XVII. NEW BUSINESS**

A mission statement will be developed by Bobbi Montanari and sent to the Regional Administrative Committee for approval. Following approval it will be placed on the regional website.

The focus of the 2013 Congress will be the new compulsories.

Clarification - As per the USA Gymnastics 2011-2012 Rules and Policies book, athletes whose petition has been approved but choose not to compete, will not be eligible for a refund unless the refund request was made 10 days or more from the date of the meet.

#### **XVIII. NEXT MEETING**

1. The next Regional Administrative Committee meeting will be September 16, 2012 at 1:00 pm following the Regional Congress.
2. Agenda items include
  - a. Overview of the Regional Congress
  - b. Regional Meet Bids
  - c. Judging Recommendations
  - d. Regional Championship Entry Fees
  - e. Level 8 State team composition
  - f. Training Camps
3. The 2013 summer Regional Administrative Committee meeting will be scheduled from 10:00 AM until 5:00 PM.

#### **XIX. ADJOURNMENT**

The meeting was adjourned at 4:40 PM

*Respectfully Submitted 7/15/12*

*Augusta A. Lipsey*

*Region 5 Administrative Committee Secretary*