



**Messages from  
Karen Pleasants - State Chairperson for NC USA Gymnastics**

**In This Newsletter You Will Find:**

**Just Released - 2021-2022 Rules and Policies**

NCAA Information for Level 9 & 10 Athletes

Region 8 Championship dates and places

Eastern Nationals Information

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New Meet Reservations Instructions

**2021-2022 USA Gymnastics Rules and Policies**

Click [HERE](#)

**IMPORTANT NCAA INFORMATION FOR LEVEL 9 & 10 ATHLETES**

Each year Region 8 Collects information from Level 9 & 10 Athletes who would like to compete on the NCAA level.

Once this information is collected it is sent to all NCAA schools with competitive Gymnastics programs. This is your chance to put her name out there.

**DEADLINE: October 17, 2021.**

**NCAA Form**

**Region 8 Regional Championships**

(Notice that NC has a Championship in-state for two of the upcoming years! Yay!)

**2022**

**April 22-24 - Level 9 & 10 Regionals-Cabarrus Arena & Event Center, Concord, NC**  
**April 29 - May 1 - Level 6/7/8 Regionals-Myrtle Beach Sports Center, Myrtle Beach, SC**  
**Xcel Regionals - May 6-8 - Foley Event Center, Foley, AL**

2023

April 14-16 - Level 9 & 10 Regionals- Manatee Center, Palmetto, FL  
April 28-30 - Level 6/7/8 Regionals - Greensboro Coliseum, Greensboro, NC  
May 5-7 - Xcel Regionals - Greater Fort Lauderdale Broward County Convention Center

### Eastern Nationals Championships (Level 9)

2022

Eastern National Site announced. May 5-8, 2022 | Rochester, N.Y.  
Golisano Training Center • 4245 East Ave. • Rochester, N.Y. 14618

Link to [Eastern Information](#)

### NEW EDUCATION COURSES REQUIRED FOR PROFESSIONAL MEMBERSHIP

**New Education Requirements:** This season, USA Gymnastics will introduce two new educational courses that certain membership roles will be required to complete as a condition of membership.

**Owner/Directors, Competitive and Recreational Coaches - take note!**

- **U112: Tough Coaching or Emotional Abuse course** is required of Competitive Coaches (18+), Recreational Coaches (18+), and Organizational Owners/Managing Directors. Members must become compliant with this course by **January 10, 2022**.

**Judges, Photographers/Videographers, Meet Directors, Owner/Directors, Competitive and Recreational Coaches - take note!**

- **U113: USA Gymnastics Safe Sport Policy course** is required of Competitive Coaches (18+), Recreational Coaches (18+), Judges (18+), Photographers/Videographers, Meet Directors and Organizational Owners/Managing Directors. Members must become compliant with this course by **November 1, 2021**.

### SAFE SPORT WEBINAR - SEPTEMBER 15 & 16

(This would be a good thing for **THE SAFETY CHAMPION** in your gym to participate in)  
*Raise your hand if you've designated someone already. You may give yourself a smiley face sticker.*

USA Gymnastics Safe Sport will host a live webinar entitled, "Safe Sport Policy Presentation, Questions & Answers" on Wednesday, September 15 at 12:00 p.m. EST. During this webinar, participants will have an opportunity to hear an overview of noteworthy changes to the new Safe Sport Policy and have an opportunity to have their questions answered by Safe Sport personnel. To register for the webinar, please follow the below link.

When: **Sep 15, 2021 12:00 PM** Eastern Time  
Topic: Safe Sport 2021 Policy Presentation and Q&A

[https://usagym.zoom.us/webinar/register/WN\\_Dlpa2bngRj6a5PW\\_CbV1iw?fbclid=IwAR2rlvkNnTDr8R0n5cP7niGL1ezoBfWKcd1z](https://usagym.zoom.us/webinar/register/WN_Dlpa2bngRj6a5PW_CbV1iw?fbclid=IwAR2rlvkNnTDr8R0n5cP7niGL1ezoBfWKcd1z)

USA Gymnastics Member Services and Safe Sport will host a live webinar for Meet Directors on September 16, 2021 at 12:00 p.m. EST. During this webinar, Meet Directors will have an opportunity to learn about Safe Sport requirements at meets, with an opportunity to have their questions answered by Safe Sport and Member Services personnel. To register for the webinar, please follow the below link.

**When:** Sep 16, 2021 07:00 PM Eastern Time (US and Canada)

**Topic:** 2021 Updates for Meet Directors Presentation and Q&A

**Register in advance for this webinar:**

[https://usagym.zoom.us/webinar/register/WN\\_dj67n8tcQymDzBelL5FVUw](https://usagym.zoom.us/webinar/register/WN_dj67n8tcQymDzBelL5FVUw)

After registering, you will receive a confirmation email containing information about joining the webinar.

### **IN ADDITION - Extra things that need attention**

- **U110: Safe Sport Core Course:** USA Gymnastics has expanded the list of people who are considered to have "Regular Contact and Authority Over" minor athletes and are required to take U110: SafeSport Core Course and successfully pass a background check. [Click here](#) to view the list required and approved by the U.S. Center for SafeSport.
- **Parental Consent Forms:** With the release of the 2021 Safe Sport Policy, updates have been made to required parental consent forms for one-on-one interactions, travel, individual training, personal care assistants, and social media content created on behalf of a minor athlete. To review the requirements for consent and download the consent forms, [click here](#).
- **Safety Champion:** New for the 2021-2022 season, Member Clubs are required to designate a Safety Champion. A Safety Champion is a person who champions a safe club atmosphere and serves as a liaison between USA Gymnastics and the club on matters related to safety, including upcoming educational initiatives, policy clarification and delivering safety messages to club staff, parents and athletes. To add a Safety Champion to your organization, access your Club Information page through [usagym.org/memberservices](https://usagym.org/memberservices).
- **Member Club Responsibilities:** [Click here](#) to view Member Club responsibilities related to the Safe Sport policy.

### **BIG REMINDER**

**All Adult (18+) Members** and any adult in a member club who has regular contact with or authority over minors must complete the U110 course annually. This course is free to all individuals who are required to complete it. [Click here](#) to learn more.

### **MEET RESERVATIONS**

Meet Reservation is a **requirement** for **all** USA Gymnastics sanctioned events.

[Click here](#) for step-by-step instructions.

**NEW this season,** Meet Directors are able to scan USA Gymnastics members' membership cards to view their membership status in real time. This new feature will allow meet directors/sanction administrators the ability to verify memberships quickly, if an individual was not previously registered for their event.

- Judges must be entered into the sanction by the event director, sanction administrator or Meet Referee.
- Event directors or sanction administrators must also add on-site and late entries (athletes, coaches and judges) into the Meet Reservation system.
- We are unable to accept sign-in sheets generated by outside meet registration or scoring companies. Please use the coaches and judges sign-in sheets provided in your sanction forms.

## COMPULSORY BOOK UPDATES

Attached are files for three more double-sided replacement pages for both the large and mini books. These will be posted at <https://usagym.org/pages/women/events/devcompulsories/>.

Please follow the printing instructions on the website for printing the mini-book, if needed.

That should be all of the new incidental stuff that you might have missed. If you have any questions please give Karen a text at 919-606-2315 or drop an email to her at [karen.ncgym@gmail.com](mailto:karen.ncgym@gmail.com)

## Repetition of Documents You Might Need



The screenshot shows the title page of the 'North Carolina Rules and Operations August 2021 - July 2022' document. It includes the USA Gymnastics logo, contact information for Karen Pleasants, NC-SACC, and a list of NC USA Gymnastics State Administrative Committee Members with their names, emails, and phone numbers. It also contains information about athlete registration and the registration fee.

### 2021-2022 NC USA Gymnastics Rules and Operations Document

The Rules and Operations document that is unique to NC USA Gymnastics is linked below. The format has changed slightly, but the needed information is in one document. We suggest that you either save the document or the link to your phone, iPad or laptop.

Click [HERE](#)

NC USA Gymnastics proudly provides the following:  
Training camps and clinics at nominal costs  
Coaches apparel for Regional State Teams (over 200)  
State Team gymnasts apparel for Xcel and DP Levels (over 375)  
NC apparel for Level 9s & 10s who qualified to Regionals  
Graduation gifts for all senior gymnasts (. 15Xcel & DP)  
Reduced medal costs for State Meets



The screenshot shows a detailed spreadsheet titled '2021-2022 NC USA Gymnastics Competition Spreadsheet'. It lists various competition events, dates, and locations across different levels and divisions.

### 2021-2022 NC USA Gymnastics Competition Spreadsheet

This document, unique to NC USA Gymnastics, is linked below. The spreadsheet provides important 2021-2022 competitive season information in one place. (state meet qualifying scores, state meet sites, declaration dates, specialist qualifying scores, state meet entry fees, athlete registration fees, etc.).

We suggest that you either save or the link the document to your phone, iPad or laptop.

Click [HERE](#)

## FALL EDUCATIONAL AND TRAINING CAMP DATES

Registration will probably be closed, but cancellations may occur.

**September 17-19th, 2021 - National Team Training Camp  
Auburn, AL**

October 15-17, 2021 - Level 8/9/10 Training Camp  
Everest Gymnastics  
Cornelius, NC  
Also site of the Region 8 NAWGJ Judging Symposium

Find more information on the Region 8 Gymnastics website.  
Click [HERE](#)

Karen openly welcomes questions and comments from any professional member.

Gymnastically yours,  
NC USA Gymnastics State Committee and  
Karen Pleasants, State Chairperson

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See what's happening on our social sites:

