

Illinois State Administrative
Norbert Bendixen
Committee Chairman's Report
Feb 03
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For the most up to date information Please visit the Illinois Web Page
Region5.com/Illinois 5.com/Illinois



NEW FAX 847-949-3903 please do not use 847-949-6241 anymore Thanks

State Series 2002-

□ Level 5 Sectional **March 1st, 2nd 2003**

▪ North West **Palatine,**

• Thank you to Naperville, Gymnastics Academy Rockford for bidding on this meet

▪ North East **American Academy**

• Thank you Illinois Gymnastics Institute, Oak Lawn Park District for bidding on this meet.

▪ South **Quincy Gymnastics**

○ Last qualifying weekend February 9th

□ Level 4 State Invite **March 8th 9th 2003** w/Le 6 State host **EnerGym**

○ Entry Deadline weekend February 16th

□ Level 6 State **March 8th, 9th 2003** host **EnerGym**

○ Last qualifying weekend February 16th

○ **Entry INHAND DEADLINE February 18th**

□ Level 9, 10 State **March 15th, 16th 2003** host **Skyline @UIC**

○ Last qualifying weekend **Feb 23rd**

○ Extended Deadline for IHSA High School athletes is **March 2nd**

▪ **Entry INHAND DEADLINE February 25th** Coaches must Petition to my Office NorbertIL@aol.com **or 847-949-3903** (Failure to do this will eliminate their opportunity to use this weekend)

▪ If they wish to use this weekend

• They Must Listing the

- Meet they are attending
- Athlete name and USAG Number
- Birth date
- And Level that they wish to attend

- This has become necessary due the IHSA Change in policy regarding allowing athletes to compete in one USAG Qualifying Meet during the HS season. What worked last year was rejected this year. I have contacted the IHSA office and While I did receive a correspondence back, the question asked was not answered just referred to the Executive Director If which I have not yet heard from.

- Level 5 State **March 22nd, 23rd, 2003** host **Champaign YMCA**
Please make sure that you bring a Check to Sectionals for State or you will be on your own as t entering the State series and must have **Entry and Check in Hand the TUESDAY FOLLOWING THE SECTIONAL MEET (no Exceptions)**
- Level 7 & 8 State **March 29th, 30th 2003** host **GymNasti**
 - Last qualifying weekend March 9th
 - **Entry INHAND DEADLINE March 11th**

Judges

Sandy Oldham recently traveled to Paris with the Region 5 All-star team as a judge. She judged at the meet and traveled with the Region 5 Delegation. Fun and success was had by all. This year we sent 2 teams and was doubled because last year's Team was unable to leave for their trip due to 9-11. The Kids Coach's and Parents truly had quite an experience. Dianne Durham also attended the same competition as a Judge.

State Committee and General Coaches Meeting

When: During Level 4 Invite, Level 6 State
Time TBA announced
Open for Professional Members

Illinois "Partners in Gymnastics" (Cyndi Zimmerman)

- λ Please plan on attending. We have arranged for some very exciting guest speakers. (Dianne Durham)
 - More on who will come later so please keep your eyes open
 - Awards Banquet for all (Teresa Millmore)
 - Senior Athletes
 - National qualifiers
 - More
 - State Training Camps (Judy Redmond)



Illinois RULES AND POLICIES 2002-2003

- λ The 2002-2003 Rules and policies is available **On Line**
- λ CD's have been sent Thanks to Jay. If you have not received please email Norbert at NorbertIL@aol.com
- λ If a club wishes a Hard Copy we will send them one please request one so that they can be produced and sent



We are very Sad to announce that John Geddert (our region Junior Olympic Chairman has resigned his position effective the end of this years JO Nationals. I have personally served with this man on the Region 5 committee and have seen the affect that he has had on our region and what he has done for the National USAG JO program. Some of his Highlights

- λ **Vision (with a few other coaches in Region 5)**
 - **Region 5 Training Camps**
 - **Region 5 Apparel Fund**
 - **All-star Team and Travel of that Team to International Meets**
 - **The “Team Work” approach at National Meets**
 - **Awards Banquet featuring our top athletes and Coaches**
- λ **JO committee**
 - **Bars Compulsory that we now use**
 - **Make it understood that the JO athletes need to Stay in the sport by not constantly increasing the need for difficulty at the level by keeping the JO Code of points different from that of the FIG in key skills**

He did this all and still was extremely successful at all levels of competition at the Sport.

I can say I will personally truly miss his presence at on the Committee.

We are presently seeking Nomination for the position if interested please contact myself at NorbertIL@aol.com or Kathy Koeth Shufflin.

Regional Meet Bids

- λ **Level 8 Regional**
 - Host:
 - Meet Director Tina Salameh
 - Louisville KY area
- λ **Level 9 Regionals**
 - Host Aerial Arena
- Meet Director Dan Miller
- λ **Level 10 Regional**
 - Host GymNation
 - Meet Director Patrick Jordan
 - Cincinnati OH Area



National R&P Is available on Line If you need a Hard copy please call the National Office and request one

Timed Warm-up clarification

From: Connie Maloney

There apparently is some confusion regarding the changes in the R & P for rules for Timed Warm-ups (pre-meet). Perhaps the minutes from the JO Committee meeting in May 2002 were stated more clearly than the Rules & Policies and for that, I apologize.

On page 40 in the R & P, it states under #2. a) 3) that the warm-up time (per squad) **for Vault & Floor Exercise** is determined by the number of athletes in the largest squad of the session multiplied by the allotted time per gymnast (1, 1½ or 2 min/athlete depending on type of competition). This means that all athletes in the squad have the entire warm-up period to share the apparatus.

It states in pg. 40 #2. d) that "**Block time is not allowed on Vault and Floor Exercise**". That means the **CLUBS (or individuals from different clubs)** may not block time. For example, If a club had 6 gymnasts and another had 2 gymnasts in a squad of 8, the time for all 8 athletes is 8 min. for compulsories (12 or 16 min. for Optionals). It would be unfair for the team of 6 gymnasts to have 6 minutes to do their warm-up vaults while the two others would be frantically trying to perform several warm-up vaults within two minutes time. Therefore, the entire squad is given the full 8 minutes to share the equipment.

Beam and Bars are always timed either individually, or the club (or several individuals from different clubs) may choose to block their time.

Apparently, some meet directors and /or judges are saying that each gymnast must take her own individual warm-up time of 1, 1½ or 2 minutes. This is incorrect and definitely not in the best interest of the athlete.

Reminder this Meet is in close proximity for many of us. Lets make a big pilgrimage to this meet

