

ILLINOIS USAG NEWSLETTER

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MAIL NEWSLETTER ITEMS TO:

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The newsletter will be published when we have enough information to be sent out.

ADVERTISING IN THE USAG NEWSLETTER

Rates for advertising

1/4 page \$20

1/2 page \$30

3/4 page \$40

full page \$50

You may advertise for your upcoming meets. We do not accept advertisements from clubs wanting a new coach.

We do accept coaches' applications looking for a job though.

Payable to IL-WPC

VISIT THE ILLINOIS WEB PAGE AT

www.Region5/Illinois.com

**THE 2004-2005 ILLINOIS R&P IS
NOW ON THE ILLINOIS WEB
SITE.**

Bids Awarded since last newsletter

*Level 4/5 NW State
GymNasti*

*Level 9/10 State
Gainers*

Meet reporting procedures are in Norbert's Notes. Please read over them and make sure that you are doing everything right. If you have any questions please call Cyndi Zimmerman.

Illinois Congress

July 22-24

Awards Banquet

July 22

Training Camp

July 21 -22

Technical Symposium

June 2-5 Louisville

June 8-12 Reno

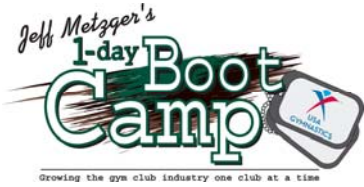
Meet directors make sure that you are checking all pro members and all athletes to make sure that they have current USAG numbers. If they do not have proof they are not allowed on the floor. You can check via email before the meet date.

**Hope everyone had a great
holiday season!**

Illinois USA Women's Gymnastics Newsletter

Dec 04 – Jan 05

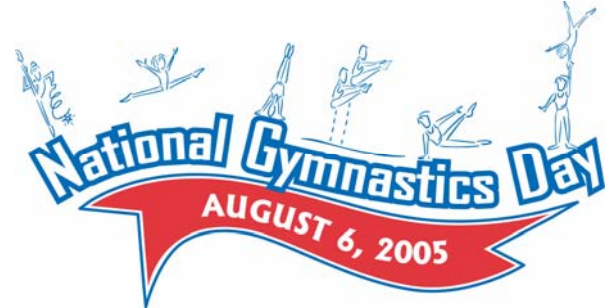
Region5.com/Illinois



Boot Camp comes to Illinois for 1 day course

Jeff Metzger Boot Camp in Chicago on Wed, Sept 14th
time and place to be announced Soon τ

For those interested in donating to Asian tsunami victim relief efforts, please see the USAG website for links usa-gymnastics.org



Safety Course Saturday Jan 15 at [Schaumburg, IL 60193; Schaumburg Sport Center, 1141 West Irving Park Rd](#) From 4:00PM to 8:00PM. Register with the USAG

State Series Meet Host The Following Clubs Bids were accepted

- Level 4, 5 NW State GymNasti @ Wheaton North HS
- Level 9, 10 State Gainers Gymnastics @ Rich Central HS

State Meet Age Groups Level 4-9

- Will be divided up into equal sub age groups (similar to Level 8 Regional format)
 - Will be named Junior A,B,C,D Senior A,B,C,D
- Team awards will be given for all teams that meet the athlete number

minimums

- Level 4,5,6 7
 - Junior Age Group top 3 per event
 - Senior Age Group top 3 per event
 - Combined age Group top 5 per event
- Level 8, 9
 - Junior Age Group top 3 per event
 - Senior Age Group top 3 per event
 - Combined age Group top 3 per event
- Level 10
 - Combined age Group top 3 per event

Partners In Gymnastics

- Congress July 22-24
 - New Compulsory Routine Development
 - Master Staff
 - Connie Maloney



- **Additional National Compulsory Development Committee Staff to be names at alter date**
 - **Pre-School**
 - **Recreational**
 - **Cheer**
 - **CPR, First Aid etc.**
 - **Safety courses**
- **Awards Banquet July 22**
- **Athlete Training Camps Jul7 21, 22**
 - **New Compulsory Skills (no routines)**
 - **Free T-Shirt**
 - **Staff Top Illinois Coaches**

Gymnast Tracking

We have been running into many problems related to the meet directors responsibilities in accordance with running a meet. Below will listed new information, old information that we will be using this year

- **When athletes are found without USAG Number (athletes that have competed with out a valid USAG number the**
 - **Level Chair will contact the Coach of the athlete and warn them of error. Athletes Score may not count towards State Series**
 - **Next time letter sent**
- **When Host Meet Club Directors are identified as not checking USAG numbers (allowing athlete to compete in meet w/o number**
 - **Illinois JO will contact the Club involved with warning**
 - **then letter to USAG State Chair he will notify USAG NATIONAL SANCTION OFFICE**

Meet Director's Reporting Procedure

To report scores, use the score sheet provided in the back of the National Rules & Policies Book or a computer printout.

It is required that you include on the following for each gymnast: level, age group, USA gymnastics number.

Out of state Clubs that are participating in your meet, the club's name and state must appear on the official score sheet.

New reporting Procedures
Please Read Carefully

- 1) **Computer Entry**
 - a) **Electronic version of scoring program emailed to Gymmom4@aol.com**
- OR**
- b) **Mail the following**

- i) **Sanction Report Form, including coaches Sign-in sheet**
- ii) **Check for State Tracking Fee of \$1.00 per competing athlete made out to USAG Illinois WPC with date of meet.**

Cyndi Zimmerman
1167 Milburn Ct.
Naperville IL 60540

- 2) **Level Chairman (for each Level @ meet)**
 - a) **Original score sheets signed by all judges**

- b) Copy of sanction report form, (including Coaches Sign-in Sheet)

Level 5	Level 6	Level 7
Judy Redmond 3301 Butler Ave. South Chicago Hts. IL 60411	Sari Fererro Engles 555 S. Kankakee St Coal City, IL 60416	Cyndi Zimmerman 1167 Milburn CT. Naperville IL 60540
Level 8	Level 9	Level 10
Mary Joe Roehrig 694 Deer Ln. Sleepy Hollow, IL 60118	Randy Parrish 2010 Jennifer Lane Quincy, IL 62301	Dianne Durham 4430 N. Western Ave Chicago, IL 60625

What?	Who?
Sanction form <i>including Coaches Sign-in sheet</i>	National Office Regional Chairman State Chairman Level Chairman (Copy for each level @ meet) Computer Entry (if not filled electronically)
Copy of score sheets <i>(Please use the Club USAG number for Identification)</i>	State Chairman Copy Level Chairman (Original for each level @ meet) Computer Entry (if not filled electronically)
Money	Regional Chair \$ 1.00 / gymnast State Chair \$1.00 / gymnast Computer Entry \$1.00 / gymnast (if not filed electronically)
Electronic Data	Computer Entry

3) State Chairman

- Copy of Sanction Report Form *including Coaches Sign-in sheet*
- Illinois state competition fee include a check for \$1.00 per competing athlete made out to USAG Illinois WPC with date of meet
- Copy of score sheets

State Chairman
Norbert Bendixen
200 Shaddle Ave.
Mundelein IL 60060

4) To Regional Chairman

- Copy of Sanction Report Form *including Coaches Sign-in sheet*
- Region competition fee include a check for \$1.00 per competing athlete made out to Region 5 WPC along with date of meet.
- (no need to send score sheets)

Region 5 Chairman
Kathy Koeth Shufflin
4002 Jane Ave.
Huron, OH 44839

5) To National Office

- Original Sanction Report Form *including Coaches Sign-in sheet*

USAG Pan Am Plaza
201 S. Capitol Suite 300

Indianapolis, IN 46255
(800) 345-4719

SCORE SHEETS:

Score sheets must be in ink or computer printout.

Please make sure that the score sheets include the USAG Club number for Club identification on the score sheets

All score sheet changes must be initialed by the judges.

All USAG numbers must appear on the score sheet.

All score sheets must be sent electronically to computer Entry Person.

For any score sheets not sent electronically, please follow the procedure listed above.

Forms and payments must be mailed within 24 hours of event completion.

MEET CANCELLATION:

If a meet is canceled, treat it as a normal meet by sending the sanction form to all people listed above with "CANCELLED" written across the center.

“Refer to “Easy To Use Chart” listed above.



The Region V All Star Gymnastics Team was the very first foreign

team to train at the Chinese National Training Center in Beijing, China. John and Kathy Gedder organized our group. Yuegui and Jiani Wu contacted the Chinese Gymnastics Association to obtain an invitation. November 16, 2004 we took off for China to an incredible experience that no one in our group will ever forget.

The Chinese Gymnastics Association provided us with unlimited hospitality, and took care of our every need. A bus, and a translator was provided for us to visit the Great Wall, Tiananmen Square, The Forbidden City, Tiantan, and The Summer Palace. The Association invited us to a banquet of the traditional Peking Duck Diner. The dinner was wonderful, and the adults enjoyed some strong Chinese liquor. Gifts were exchanged, and each of us received a warm up and a lovely silk table cloth. What a wonderful opportunity to learn a little more about each other.



We had the opportunity to train for 4 days at the National Training Center. We were on the floor with their team, and could tape anything that we wanted to. It was just incredible. Certainly was this judges dream. Their training was incredible. They had just brought in some new girls that were age eligible for 08, and they were trying to decide who to keep at the National center to train for the Olympics in 2008. Beijing will be the host, and you can imagine the tremendous pressure everyone is under. The coaches want the best girls for that team, and all the girls want to be on that team. We saw a lot of hard work, and a few tears.

I found myself focused on beam and bars. The attention to detail is in every skill they do. Tuck jump fulls on beam are razor sharp. All leaps are beyond 180 degrees. Landings are soft, but rock solid. Their pirouettes on bars are right at the top with maximum amplitude. Releases are huge, and in perfect position at the apex. Wow, and then you watch them condition. It hurt me to watch, and the repetitions were unbelievable. I lost count of how many lunges they did up on to a bench that was almost as tall as they were.



We found their dance studio up stairs, and watched the dance instructor working with the younger girls. The little 12 year old girls showed artistry beyond their years. Arms are fluid, toes always working off the floor, and the posture was beautiful. Drill, drill, and drill for perfection.

China's gymnastics program starts in the smaller cities with recreational teams for the very young children. They are given the basics of movement that would prepare them for either diving, rhythmic, and artistic gymnastics. Coaches from the providences come to evaluate the talent, and take those children with promise to train in the capital of the providence. The children train their during the week, but are able to go home for weekends. The National coaches then recruit from the providences to bring the talent to the National Training Center. While we were there, the coaches were cutting gymnast so they would only keep 30 at the National Center. These girls would live in dorms near by, and train 6 days a week, twice a day. They only go home once a year.



I do have a video that I took during training. I will be happy to share this with anyone who would like a copy.

I am so thankful that John and Kathy allowed me to tag along on this trip. I learned so much, and I will be excited to see the Chinese gymnasts at the 2008 Beijing Olympics. I wonder which one of those little girls I saw working so hard, will perhaps become an Olympic Champion.

Committee Meeting was held at the Gymnastics Etc on December 30, 2004. The meeting was called to order at 10:00am.

Present

Norbert Bendixen - State Chair
Randy Parrish – Level 9 Chair
Cyndi Zimmerman – Level 7 Chair
Sari Ferraro – Level 6 Chair
Terry Theobald – Election Chair
Teresa Millmore - Secretary
Jean Johnson – NAWGJ

Absences

Todd Gardner – Elite Chair
Don McPherson – Safety Chair
Dianne Durham - Level 10 Chair
Randy Peebles - JO Chair
Leonard Issacs – Education Chair
Mary Jo Rohrig – Level 8 Chair
Judy Redmond – Level 5 Chair

1. Technical Symposium and routines – June 2-5 in Louisville or June 8-12 in Reno
 - Illinois Congress will be July 22-24 head clinician will be Connie Maloney.
Cost \$60/ person or \$300/club postmarked by May 15th or \$75/person and \$350/club after May 15th.
 - Training Camp will be July 21-22
Cost \$50/athlete includes t-shirt.
 - Banquet will be July 22nd at 7pm (Sari is in charge of Banquet)
2. Gymnast Tracking –
 - All meet results should be sent electronically within 48 hours of the meet.
 - All coaches should be wearing lanyards. If you do not have proof of your pro number you will not be allowed on the floor.
 - All meet directors must check to make sure all kids have current USAG numbers. If they do not show up on the USAG web site they must have proof or renewal to compete.
3. Age Groups for State series meets –
 - Age groups for state series meets will be listed as JRA, JRB, JRC, JRD, SRA, SRB, SRC and SRD. All levels will be split into equal numbers into each group.
Level 9 and 10's numbers of age groups will be decided by the JO chair and the level chair. For example - They might be divided into 4 equal groups of numbers warrant.
4. Team Awards –
 - Level 4-7 will have JR team awards (3 scores), SR team awards (3 scores) and Combined team awards (5 scores).
 - Level 8-9 will have JR team awards (3 scores), SR team awards (3 scores) and Combined team awards (3 scores).
 - Level 10 will only have Combined team awards (3 scores).
5. At state meets a coach's hospitality room is not required but suggested.

Meeting adjourned at 2pm.