

ILLINOIS USAG NEWSLETTER

Inside this Newsletter

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MAIL NEWSLETTER ITEMS TO:

Teresa Millmore
402 Olympia Dr.
Bloomington, IL 61704
(309)663-8413
(309)663-8350 fax
tmillmore@aol.com

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

Injury Petition Information in this newsletter. Please read over carefully if you have someone you need to petition into state or regionals.

Senior Athletes please fill out the senior information form on the internet or in this newsletter so that your athletes can be

recognized at their state meet.

Erna Wachtel Scholarship information is also in this newsletter. This scholarship is for all graduating seniors.

Regional leo's and coaches shirts sign up form is in this newsletter. Please fill out the information needed and return by the due dates listed.

Dates to Remember

Compulsory Workshop's

South June 18

North June 25-26

Awards Banquet

July 22

Congress

July 23-24

Training Camp

July 25

**BEST OF LUCK TO ALL ILLINOIS GYMNAST AT THEIR STATE AND ABOVE MEETS!
ILLINOIS ROCKS!**

Illinois USA Women's Gymnastics Newsletter

February 05 – March 05

Region5.com/Illinois



State Series Meet Host

The Following Clubs Bids were accepted

- **Level 4, 5 NE State Hinsdale** @ Hinsdale Central HS

Injury Petition: Please review the procedures for Injury petition for both the state Series and the Regional Meets

Quick over view

State injury petitions requests must

- Include Form found on line or on the CD that your Club requested
- Doctors Note with release
- Copy of Score Sheet. Scores can be now found on Line for all meets in Illinois (thank you Cyndi Zimmerman)
- Must be in hand 3 days after last qualifying weekend to State Chairman, Illinois Junior Olympic Chairman, Level Chair

Regional Injury petitions requests must

- Include Regional Injury report Form found on Line or CD
- Doctors Note with release
- Copy of Score sheet. Scores can be now found on Line for all meets in Illinois (thank you Cyndi Zimmerman)
- Must be in hand 3 days after State meet to Hilary Carlson, State Chair, Illinois Junior Olympic Chair, Level Chair

Senior Athletes Please fill out the form included or find it on Line and submit to the Junior Olympic Chair. We would like to recognize **our graduating seniors at their State meets**. We would really hate to leave one out during the announcements and the presentation of an award. Every year there is one or 2 that are forgotten simply because the coaches failed to make the athletes aware of this. Please help us out

Thanks

Financial Report Please find attached the 2004 Financials for Illinois USAG. We have been asked by the National Office to now publish this information annually.

Regional Qualifier Leotards We will once again provide a gift Leotard to all Regional Qualifiers. Please email your gymnast's leotard sizes (gymkin) I will then forward this information.

The Level 8 State please use the new form that will be provided and found on Line.

Attire at State and Regional Meets: Please remember that with the State Series and Regional meets come with it a certain respect to the event. This is a very special time in the life of the athletes, and Parents that are participants.

With this in Mind please dress appropriately to this occasion. The Men's Program has placed a National guideline that all Coaches must wear at least Collared Shirts.

I certainly have seen a variety of Attire during this competition season but I think that FOR SURE the State series deserves some better consideration.

Gymnast Tracking Reminder if you are planning on using an out of state score for either mobility or State Series meets THEY MUST BE REPORTED JUST LIKE ANY OTHER USAG Competition

Sent to State chairman

Sent to Level Chairman (level of the child)

Sent to Gymnastics Score Tracking (Cyndi Zimmerman)

Coach / Judge Compartment

I have seen over the last few years an increase in incidents of violations of common courtesy, rudeness towards each other and rule infractions all under the guise of what is "best for the gymnasts".

I have seen lines drawn between the

- Judging community and the Coaching community.
- Meet Directors and Judges;
- Judges and Judges;
- Coaches and Coaches;
- Coaches and Meet Directors

Illinois and Gymnastics itself is now very successful and with that the responsibility for a certain level of humbleness, and positive compartment by ALL Members of our COMMUNITY.

I unfortunately have not seen that happening, we are, in increasing levels, conducting ourselves in both combative, adversarial, outrageous behavior.

Many of us have lost the trust in each other.

WE are starting to see populations of people gather into "camps" "Who side are you on?!"

This situation must STOP. It is not good for our sport, our athletes, our businesses and just as important the environment that we must all live in 7 days a week during the competitive Months.

The time is NOW to START OVER.

WE once again must cast aside what has happened and regain the TRUST

We are heading into the most important time of the year for our athletes and we must act like adults and everyone must put aside what has happened in the past pull our bootstraps up and get back to work towards the goals that have made us great.

Please let us stop the bleeding NOW

Thanks for the forum and

As Always Have a Happy Handstand

Norbert

Illinois USAG State Chairman

Level 8 Regional Format

- **Qualifying Score 34.5** from State to Regionals. So that every gymnast that leaves their respective State Meet will know that they have qualified.
- Regional age groups will set **AFTER all the State Competitions** have been competed and Regional entries received. The number of age groups will be determined at a later date but will have a separate session for each age group.
- Top 4 scores will be used to determine the State Team scores. The number of athletes in teams to be determined later.
- State Teams will be derived by Rank Order of their State Athletes within the State by Age Groups. These teams **will rotate around the Gym as a State Team** and the remainder gymnasts will be All-Star's but in a separate rotation. This is most similar to what last year's Regional Meet, JO Nationals.
- λ **Level 9, 10 Regionals**
 - Host Twistars
 - Meet Director John Geddart Lansing Michigan

ATTENTION Illinois USAG PROFESSIONAL MEMBERS: Sign up now for the Illinois USAG newsletter via email! Or breaking news

If you have a current USAG pro number, you are eligible to receive the newsletter in your email right when it comes out . [Sign up now](#) visit the Website and Sign up

Region 5 Apparel Fund: Lets do our part. Every year our Regional athletes recognize how truly great it is to be a Region 5 Level 10 National Qualifier. The Region goes out of its way to supply the athletes with a plethora of Apparel. With Illinois success this year please keep this fund in mind. Thank you.

2005 PARTNERS IN GYMNASTICS

Mark your calendar!

Partners in Gymnastics will be hosting The Illinois State Congress ,The Illinois State Training Camp, State Awards Banquet, and a series of New Compulsory Workshops this year.

Compulsory Workshops South – June 18, 2005

Compulsory Workshops North - June 25 & 26, 2005

Awards Banquet - July 22, 2005

Congress - July 23 & 24, 2005

Training Camp - July 25, 2005

Illinois State Congress (Preview- more to Come)

Clinicians:: Connie Maloney, Junior Olympic Program Manager, Neil Resnick, Patty Resnick and more.

Dates: July 23 & 24, 2005

Cost: Club (unlimited number of coaches) \$300* After 5-15-05 \$350.00

Individual \$60* After 5-15-05 \$75.00

* If registered by May 15



Competitive Team Basics
Compulsory Routines-level 4 thru 6

New Optional Rules-level 7-10
Lectures on skills, development, training 4-10

Mental, psychological
Conditioning
Flexibility
Injury prevention, rehab, training for the injured
Recreational: Basics
Compulsory Routines-level 1 thru 3
Games & Conditioning
Preschool
Business

Cheerleading
Boys
Women's Judging New Optional Rules-all levels-all events
New Compulsory Rules-all levels-all events
Shorthand
Study sessions for all levels for testing
And additional topics, round tables and lectures as needed

Awards Banquet

Date: July 22, 2005

Banquet to honor all our senior athletics, State Champions, Regional & National Qualifiers, and our

Elite Gymnasts

GIRLS STATE TRAINING CAMP

Master Staff: Neil Resnick, Patty Resnick

Date: July 25, 2005

* If another day is needed July 26 will be added

Cost: \$50 per gymnast (includes camp T-shirt)

Training Camp will concentrate on skills, routines will not be taught.

COMPULSORY WORKSHOPS **NEW THIS YEAR**

To teach the level 4, 5, 6, Beam and Floor routines to Coaches, Judges, and gymnasts

WHO: Club entry: a maximum of: 6 coaches and 6 gymnasts from one club no more than 2 gymnasts per level

Individual Coaches, Judges, Professional members

COST: \$50.00 per person (coach, judge, gymnast, and includes lunch)

The limits will allow more Illinois Clubs to participate and ensure quality of instruction. Workshops will promote

gymnasts, Coaches, and Judges learning the new Compulsory routines together. There will be an approved

group of Master Clinicians based upon technical reputation, experience and attendance at Louisville/Reno.

The Clinicians will be expert panels of 3 that will present level 4-6 Beam and a second panel of 3 that will teach level 4-6 Floor.

Workshop Dates:

1. June 18 Saturday 9:30 – 4:00 South

2. June 25 Saturday 9:30 – 4:00 North

3. June 26 Sunday 9:30 – 4:00 North

If numbers merit the following Workshops will be scheduled:

June 17 Friday 9:30 – 4:00 South

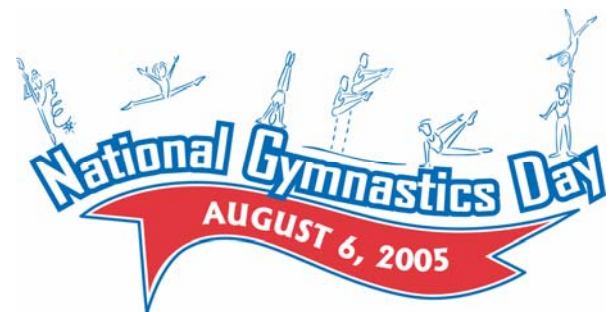
June 18 Saturday 9:30 – 4:00 North



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 T



ERNA WACHTEL SCHOLARSHIP ATHLETE'S AWARD

• FROM THE ERNA WACHTEL SCHOLARSHIP COMMITTEE:

Betty Axelson, Norbert Bendixen, Hilary Carlson, Sandy Oldham, Jean Johnson

- NOMINATIONS DUE MARCH 5
- ATHLETE MUST BE A GRADUATING HIGH SCHOOL SENIOR: U.S.A.
- OPTIONAL COMPETITOR—LEVEL 8, 9 OR 10
- GYMNAST MUST BE NOMINATED BY COACH
- COACH MUST WRITE A RECOMMENDATION

REQUIREMENTS: _____

- Athlete must have exceptional work habits
- Athlete must possess personal character traits of honesty, sincerity, pride and is considerate of teammates, family and friends
- Athlete must be dedicated, show initiative, self-discipline, responsibility, determination, courage, and a positive attitude
- Athlete must need financial assistance for college (coach must verify need)
- Athlete must write a paper telling why she feels she exemplifies the ideals that the Erna Wachtel award is recognizing and why she is worthy of receiving financial assistance
- ONE OTHER RECOMMENDATION FOR THE ATHLETE MUST BE SUBMITTED (by teacher, pastor, family friends, etc.)
- Award will be presented at the Level 8, 9 or 10 State Meet

Erna Wachtel Athlete's Award Nomination Form

Gymnast Name _____ Competitor Level _____

Address _____ City _____ Zip _____

Coach _____ Club _____ Club Phone () _____

College Gymnast Is Planning To Attend (If known) _____

INCLUDE WITH THIS FORM:

- 1) Coaches' Recommendation
- 2) Athlete's Letter
- 3) Recommendation from Teacher, pastor or Family Friend

Send all requirements to:

Betty Axelson-McClelland, Elk Grove Gymnastics School,
775 Bonnie Lane, Elk Grove Village, IL 60007 or FAX to 847-382-5640 by MARCH 5

QUESTIONS: Call Betty at 847-382-7487 or evenings at E.G.G.S., 847-437-3447

(you can leave a message with Glen Marks if I'm not there)

ILLINOIS GRADUATING SENIOR GYMNAST



In an attempt to recognize graduating seniors, the State Committee is asking all coaches to fill out both forms below and FAX or E-MAIL to:

Randy Peebles – IL JO Chairman
Fax # 217-787-7020
E-mail: randypeebles@insightbb.com

SENIOR GYMNAST(S) TO BE HONORED AT THEIR STATE MEET.

NAME: _____ LEVEL _____

NAME: _____ LEVEL _____

NAME: _____ LEVEL _____

NAME: _____ LEVEL _____

NAME: _____ LEVEL _____

NAME: _____ LEVEL _____

CLUB NAME: _____

COACH NAME: _____

PHONE NUMBER: _____

ILLINOIS SENIOR ATHLETE PROFILE

In an attempt to recognize graduating seniors at their State Meet, the State Committee is asking graduating seniors to fill out this form and FAX or E-MAIL to:

Randy Peebles – IL JO Chairman
Fax # 217-787-7020
E-mail: randypeebles@insightbb.com



NAME: _____

GYMNAST ADDRESS: _____

Gymnasts home address please

CLUB: _____

PHONE: _____

CURRENT COMPETITIVE LEVEL: _____ # OF YEARS IN GYMNASTICS: _____

GYMNASTICS

ACCOMPLISHMENTS: _____

FAVORITE EVENT: _____

HIGH SCHOOL INFO:

NAME: _____

LOCATION _____

GPA _____ EXTRA-CURRICULAR ACTIVITIES _____

HONORS _____

ADDITIONAL ACCOMPLISHMENTS: _____

POST HIGH SCHOOL ASPIRATIONS: _____

LEVEL 8 REGIONAL LEOTARDS

The Illinois State Committee has selected to give all Regional Qualifiers an Illinois leotard. Please fill out the information below for all your athletes at **Level 8**. Must be received in hand by Tuesday, March 15, 2005 to:



Randy Peebles, JO Chair
 Fax # 217-787-7020
 E-mail: randypeebles@insightbb.com

CLUB NAME: _____ CONTACT: _____

E-MAIL: _____ PHONE # : _____

ADDRESS: _____

Gymnast's Name	Level	CM	CL	AXS	AS	AM	AL	AXL
1.	8							
2.	8							
3.	8							
4.	8							
5.	8							
6.	8							
7.	8							
8.	8							
9.	8							
10.	8							
11.	8							
12.	8							
13.	8							
14.	8							
15.	8							

LEVEL 9 REGIONAL LEOTARDS

The Illinois State Committee has selected to give all Regional Qualifiers an Illinois leotard. Please fill out the information below for all your athletes at **Level 9**. Must be received in hand by Tuesday, March 1, 2005 to:



Randy Peebles, JO Chair
 Fax # 217-787-7020
 E-mail: randypeebles@insightbb.com

CLUB NAME: _____ CONTACT: _____

E-MAIL: _____ PHONE # : _____

ADDRESS: _____

Gymnast's Name	Level	CM	CL	AXS	AS	AM	AL	AXL
1.	9							
2.	9							
3.	9							
4.	9							
5.	9							
6.	9							
7.	9							
8.	9							
9.	9							
10.	9							
11.	9							
12.	9							
13.	9							
14.	9							
15.	9							

LEVEL 10 REGIONAL LEOTARDS

The Illinois State Committee has selected to give all Regional Qualifiers an Illinois leotard. Please fill out the information below for all your athletes at **Level 10**. Must be received in hand by Tuesday, March 1, 2005 to:



Randy Peebles, JO Chair
 Fax # 217-787-7020
 E-mail: randypeebles@insightbb.com

CLUB NAME: _____ CONTACT: _____

E-MAIL: _____ PHONE # : _____

ADDRESS: _____

Gymnast's Name	Level	CM	CL	AXS	AS	AM	AL	AXL
1.	10							
2.	10							
3.	10							
4.	10							
5.	10							
6.	10							
7.	10							
8.	10							
9.	10							
10.	10							
11.	10							
12.	10							
13.	10							
14.	10							
15.	10							

COACHES REGIONAL SHIRT(S)

The Illinois State Committee has selected to give all Clubs with Regional qualifiers an Illinois Regional shirt (one per regional). Additional shirts may be purchased at \$ 17.00 (19.00-AXXL) per shirt shipping included..

Please fill out the information below for your club's **Level 9 & 10** coaches. Must be received in hand by Monday, March 22, 2005 to:



Randy Peebles, JO Chair
 Fax # 217-787-7020
 E-mail: randypeebles@insightbb.com

CLUB NAME: _____ CONTACT: _____

E-MAIL: _____ PHONE # : _____

SHIPPING ADDRESS: _____

Coach's Name	9&10 Regional	AXS	AS	AM	AL	AXL	AXXL
Complimentary Shirt:	*****	****	****	****	****	****	****
	9 & 10						

Coach's Name	9&10 Regional	AXS	AS	AM	AL	AXL	AXXL
Additional Shirts @	*****	17.00	17.00	17.00	17.00	17.00	19.00
1.	9 & 10						
2.	9 & 10						
3.	9 & 10						
4.	9 & 10						

Additional Shirts Amount Due - (payable to IL-WPC) \$ _____

Mail checks to: Randy Peebles, JO Chairman
 111 S. Old Covered Bridge Lane
 Springfield, IL 62711

COACHES REGIONAL SHIRT(S)

The Illinois State Committee has selected to give all Clubs with Regional qualifiers an Illinois Regional shirt (one per regional). Additional shirts may be purchased at \$ 17.00 (19.00-AXXL) per shirt shipping included.

Please fill out the information below for your club's **Level 8** coaches. Must be received in hand by Monday, April 5, 2005 to:

Randy Peebles, JO Chair
 Fax # 217-787-7020
 E-mail: randypeebles@insightbb.com



CLUB NAME: _____ CONTACT: _____

E-MAIL: _____ PHONE # : _____

SHIPPING ADDRESS: _____

Coach's Name	8 Regional	AXS	AS	AM	AL	AXL	AXXL
Complimentary Shirt:	*****	****	****	****	****	****	****
	8						

Coach's Name	8 Regional	AXS	AS	AM	AL	AXL	AXXL
Additional Shirts @	*****	17.00	17.00	17.00	17.00	17.00	19.00
1.	8						
2.	8						
3.	8						
4.	8						

Additional Shirts Amount Due - (payable to IL-WPC) \$ _____

Mail checks to: Randy Peebles, JO Chairman
 111 S. Old Covered Bridge Lane
 Springfield, IL 62711