



Illinois State Administrative Committee Chairman's Report

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Feb01

2001-2003 Illinois USA Gymnastics State Committee

- Junior Olympic Chair
- Level 9 Chair
- Level 7 Chair
- Level 5 Chair
- Safety Chairman



Elections:

- ◆ Please review the Nominations form for the upcoming elections. It is very important that you have the representation that you wish on our Committee. We try to represent your feelings as best as we can and it starts with the procedure of nomination.
- ◆ Please make sure that you have contacted the person that you are nominating. They must be aware and agree with their nominations.
- ◆ This job is a very important one. The following characteristics are important before nominating

JO Chairman's responsibilities

- 1) Knowledgeable with both Illinois and USAG Rules and Policies
- 2) Able to make decisions for the good of the entire USAG program and to be able to differentiate between that and their own interests
- 3) Assist State Series meet directors in the planning of their Competition
- 4) Track the awards required at each level
 - a) Order
 - b) Distribute to meet directors
 - c) Keep track of Financials relating to the Awards
 - d) Be present and assist in the State Series meets if Level Chair is unable
 - e) If Level has a regional meet
 - i) Help in making sure that Region personnel are up to date with all information needed
 - ii) Be at the meet if possible to help in the distribution of the State Gift
- 5) Access to Pentium computer
 - a) Microsoft Office would be a great addition since most of the communications that are sent between the state Committee are in that format
- 6) A secure email address
- 7) A Fax machine that is confidential
- 8) Ability to attend all Committee meetings usually 3-4 a year & at most major gymnastics event (state meet, State Congress, Regional Congress) etc.
- 9) The understanding that this position has an area of confidentiality
- 10) Prior Board Position is strongly suggested

Level Chairman's responsibilities

- 1) Knowledgeable with both Illinois and USAG Rules and Policies
- 2) Able to make decisions for the good of the entire USAG program and to be able to differentiate between that and their own interests

- 3) Be the State Chairperson for their particular level
 - a) Track participant's in and out of their particular level
 - b) Be present and assist in the State Series meets
 - c) If Level has a regional meet
 - i) Help in making sure that Region personnel are up to date with all information needed
 - ii) Be at the meet if possible to help in the distribution of the State Gift
- 4) Access to Pentium computer
 - a) Microsoft Office would be a great addition since most of the communications that are sent between the state Committee are in that format
- 5) A secure email address
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- 8) The understanding that this position has an area of confidentiality

Safety Chairman's responsibilities

- 1) Knowledgeable with both Illinois and USAG Rules and Policies
- 2) Able to make decisions for the good of the entire USAG program and to be able to differentiate between that and their own interests
- 3) Recognized by the National Office as person that understands, educates, represents the utmost in Safety consciousness
- 4) Has a working understanding of all levels of Safety implementation from knowledge of the court systems, meet safety, Gym safety, etc.
- 5) Access to Pentium computer
 - a) Microsoft Office would be a great addition since most of the communications that are sent between the state Committee are in that format
- 6) A secure email address
- 7) A Fax machine that is confidential
- 8) Ability to attend all Committee meetings usually 3-4 a year & at most major gymnastics event (state meet State Congress, Regional Congress) etc.
- 9) The understanding that this position has an area of confidentiality
- 10) Prior Committee Position is strongly suggested

Please take the time to think about who you would like to represent our State. As always, our objective is to develop a "Working Committee" so that all areas of Illinois USA Gymnastics are getting proper attention. Due to the distribution of responsibilities on the State Committee, each position **does require a lot of time.**

We vote on issues as a Committee As a State Chairman I do not vote.

Please look for the Nomination Forms In the Next newsletter

Seniors

Please Fill – out enclosed Form and Fax or email to Dave Van Acker all your High School Seniors. We will be honoring them both at the State Championships and The State Congress during the Senior Awards Banquet.

It is very important to the Athletes that this get done please make sure that Dave does not have to go looking for you. Thanks

Meet Scheduling Meeting Reminder to **all meet directors**. Please keep the Weekend of July 27th-29th free. We will be hosting the annual Meet scheduling Meeting at that time.

- Sunday July 29th
- 2:30 pm
- at the Host hotel

Chalking The Bars?

Here is the skinny on using various ingredients on the bars. after a short discussion with Connie Maloney, she determined that it does not say that you CAN NOT put "stuff" other than water on the bars in the National R&P book. She then asked me to submit this issue to John Geddert for consideration at the May JO Committee Meeting. This has been done. In the meantime, Connie has told me that as long as the coaches return the bars to their "**original condition**" that this would be acceptable for now. These are my concerns.

1. Even the use of water on bars and grips is a safety concern. Over time, water delaminates the bar. In a short time, water dry rots the grips. The overwhelming majority of our membership practice this. With the increasing concern of grips blowing out all over the country (Gibson has discontinued carrying Reisport grips) . This is an issue that all should follow closely. and if you need to read the "expressed warnings" that come with the grips and the bars, it states not to use water on either. This places liability and blame on the user and their respective coaches.

2. Now imagine a competition. teams are using karo syrup, corn starch and sugar water, coca cola, orange juice, sugar mixed with coca cola, honey, etc; and this is just what i know of. We are all on the floor waiting for everyone to "personalize" the texture for their respective bar use. Then you must wait for these teams to then return the bars to their original condition, vis a vis, wire brushes and sandpaper. I think you get the picture.

3. Someone forgot to raise the horse during the olympic games. Coaches forget to do this at our competitions, up or down. Coaches forget to raise the beam after lowering it for the younger age groups, then kids go over on press handstand mounts. Coaches forget to leave vaulting boards at the competiton event. Coaches forget (Hhhmmm) not to put chalk on the beam. Coaches and kids alike forget their floor music and grips. Coaches forget to put springs back in the boards after taking them out. Coaches forget to tighten the t-handles at bars. With all the things we must remember to do in the "heat" of a competition

My concern is that the said same is going to occur on a regular basis in regards to returning the bars to their original condition. Now imagine that your gymnast follows a gymnast or team that uses any of the above ingredients, and someone "forgets"..... does your gymnast have experience using something other than water in her preparation? Do all of the gymnasts have experience using multiple ingredients in their preparation? I have already witnessed two mishaps because of this. One repeated her bar routine because a huge "chunk" came off the bar and landed in her eye during a giant full and the other landed on the back of her head and neck on the very top of the bar while dismounting a double fly away.

In the final analysis, I believe this is not a safe practice. and the blame and liability will fall on the user. I further believe that there will more mishaps on the horizon.

Therefore, it is my recommendation that "when using certain and varied ingredients on the bars at a competition for the purpose of rail preparation that coaches ie; professional members, must return the bars to their original condition when using ingredients other than the norm, the norm being water and chalk." This expressed notice should go to meet directors who will then give notification to all coaches at their respective coaches meetings prior to a competition. and certainly this would include subsequent state meets at all levels.

Finally, if you have an opinion on this issue please send it along to John Geddert at usatwistar@aol.com. The safety and welfare of ALL gymnasts should be our standard.

cordially, Don Mcpherson. Safety Chair.

Level 9 Eastern Meet Site Change: We listed on the Internet and the State Competitive Summery that the Level 9 Eastern Meet Site was in Orlando Florida.. This was based on a conversation that I had with National Office. After that conversation the Site in Orlanda lost the facility and the Meet was moved to **Landover Maryland.** I apologize for any problems that this may make for those of you that were aticipating the meet being held in Florida.

Injury petition Procedure: Please review the Illinois R&P for the procedure that we will use in Illinois for those athletes that you wish to injury Petition to State and also the procedure to Petition to Regional Competitions. Please be reminded that those athletes that you are wishing to petition should be included in the State / Regional Meet Entry Form and paid for.

Level 10 State Age Groups: Dianne Durham has been very busy researching all the Level 10's in the state of Illinois. Due the fact that many 10's start to compete very late in the season she has had to call all the clubs to verify the age groups of the Level 10's that will be competing this year at state.

From this we as a State Committee have divided the Level 10' for this year into the Folowing 4 groups by the following Birthdates. These groups are fairly even and that was the goal. Please be reminded that the Regional Age Groups will not be like the ones publised below but rather the National Office will be publishing these age Groups after State Meets. These age groups were set according to the information given Dianne and prior to Actual Entries at the State Meet.

Jr A 5/92 – 1/1/87

Sr A 1/31/85 – 1/1/84

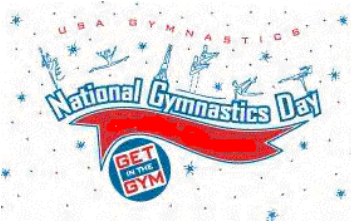
Jr B. 12/31/86 - 2/1/85

Sr B 12/31/83 – 1/72

Attire at State Meets: Please remember that with the State Series 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 appropriatly to this occation. The Men's Program has placed a National guideline that all Coaches must wear at least Collared Shirts.

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



“Gymnastics – A Great Foundation” This years theme for National Gymnastics Day is, to reflect how we feel about our great sport. Please place this event on your Summer Calendar of events.

TOPS Program 2001 National Testing Dates of Oct. 5 thru 7, 2001 in Indianapolis.

USA Gymnastics

Talent Opportunity Program - proposed program for 2001

3/26/01

Physical Abilities Testing

Bold indicates a change from last year's test

	9 year old	10 year old	11 year old
R & L Splits	Biggs Flexibility Test	Biggs Flexibility Test	Biggs Flexibility Test
Shoulder Flexibility	Same as before	Same as before	Same as before
Leg Lifts	Same as before, Timed for 30 sec	Same as before, Timed for 30 sec	Same as before, Timed for 30 sec
Pull ups	Same as before	Same as before	Same as before
Vertical Jump	Same as before	Same as before	Same as before
Press Handstand	Same as before, beam, floor or low bar	Same as before, beam, floor or low bar	Same as before, beam, floor or low bar
Push ups	Same as before	Same as before	Same as before
20 meter sprint	Same as before	Same as before	Same as before
Rope Climb	12' for time, legs piked and horizontal	12' for time, legs piked and horizontal	12' for time, legs piked and horizontal

Skills Testing

	9 year old	10 year old	11 year old
Vault	<ul style="list-style-type: none"> one step, front handspring on floor, rebound 5 running steps, handspring on 36", fall to back 60 foot run, and using the board, do a front layout onto 16" 35 foot run, round off on board, straight jump onto 36" 	<ul style="list-style-type: none"> run, handspring onto a horse set at 110 or 125 cm, land on feet run, Tsukahara (timer) onto a horse set at 110 or 125 cm, land on feet run, round off flip flop from board onto 36" from a stand, bounce (2-3x) on a board, flip flop to panel mats stacked to the height of the board, land on your feet on a skill cushion run, round off flip flop from board, 1/2 turn onto 36" 	<ul style="list-style-type: none"> run, handspring with mats stacked 8-16" above horse, land on feet run, Tsukahara (timer) with mats stacked 8-16" above horse, land on feet run, Yurchenko (timer) onto a padded horse or stacked mats at 110 or 125 cm, land on feet run, Yurchenko 1/2 turn in preflight (timer) onto a padded horse or stacked mats at 110 or 125 cm, land on feet or back
Bars	<ul style="list-style-type: none"> glide kip, cast handstand cast 45 degrees, 2 clear hip circles in a row to 45 degrees basket swing to rear support, front hip circle in undergrip 1-3 giants layout flyaway kick to handstand on floor, 2 sec., 1/2 turn, hold 2 sec., 1/2 turn, hold 2 sec. (without assistance) 	<ul style="list-style-type: none"> front and back seat circles Routine: glide kip, cast handstand, 1/2 pirouette, glide kip, cast 45 degrees (or higher), clear hip circle 45 degrees (or higher), glide kip, cast squat on, long hang kip, cast handstand, 1 or 2 giant circles, layout flyaway kick to handstand on floor, hold 2 sec., full pirouette, hold handstand 5 	<ul style="list-style-type: none"> glide kip cast handstand on LB, stalder or toe shoot to glide kip, squat on National Testing routine, high bar sequence, same options hold handstand on floor bar for 2 sec, full turn, hold handstand for 2 sec. (without assistance)

		sec. (without assistance)	
Beam - Acro	<ul style="list-style-type: none"> press handstand from floor using board, high beam scale hold 2 sec., split handstand hold 1 sec., legs together handstand hold 1 sec., split handstand hold 1 sec., high beam back walkover, high beam front handspring, 1 or 2 foot landing, low beam front to back cartwheel, medium or high beam back handspring, high beam 	<ul style="list-style-type: none"> press handstand from floor using board, press down to pike stand, high beam cross handstand split, hold 2 sec., quickly put legs together and then quickly split legs, hold 2 sec., high beam front handspring, 1 or 2 foot landing, high beam flip flop, legs together, rebound, stretch jump, flip flop, legs split to step out, high beam standing back tuck, on a medium or high beam, stacked mats are permitted <p>one of the following:</p> <ul style="list-style-type: none"> round off, salto dismount, must be performed on a low beam front layout dismount, low beam 	<ul style="list-style-type: none"> press handstand, hold 2 sec., ½ turn, hold 2 sec., press down to pike stand, high beam front handspring step out or front aerial, high beam <p>one of the following must be done as a dismount, the other two must land on the beam, each skill may be individually done on a high, medium, or low beam</p> <ul style="list-style-type: none"> 2 back handsprings (legs any position), salto round off, salto (may add back handspring) punch front, salto (may add front handspring)
Floor - Acro	<ul style="list-style-type: none"> from a stand on the board, jump off board, punch, front tuck salto from a stand on the board, from jump hurdle, round off, 2 back handsprings, layout salto standing back tuck salto back extension roll to hs, straight arms 	<ul style="list-style-type: none"> 2-3 steps, front handspring, front salto (tuck, pike or layout) from hurdle, round off, whip salto, 2 back handsprings, layout salto handstand snap down, back tuck salto back extension roll, straight arms, ½ turn (blind change) 	<ul style="list-style-type: none"> run, front full (tuck or layout), may be done from a front handspring from hurdle, round off, whip salto, 2 flip flops, layout full salto, rebound handstand snap down, 2-3 flip flops, layout ½ salto, rebound 2-3 steps, round off, back handspring, tuck or layout salto, up onto 36"
Beam - Dance	<ul style="list-style-type: none"> jump/press to stoop stand, come up to a straight body stand National Testing section 5A - 5E stretch jump, pike jump, stretch jump, pike jump 2 split jumps, 2 quick pivot turns, split jump, pivot turn, hold relevé 3 seconds Jump forward from the side of the beam, stick landing, hold 5 seconds 	<ul style="list-style-type: none"> National Testing section 1 - 9E (same section as before) 	<ul style="list-style-type: none"> National Testing full routine
Floor - Dance	<ul style="list-style-type: none"> dance class (same as before) 	<ul style="list-style-type: none"> National Testing sections 3D - 6A, & 7K - 11B (same sections as before) 	<ul style="list-style-type: none"> National Testing full routine

ILLINOIS GRADUATING SENIOR GYMNAST

In attempt to identify 2001 graduating seniors, the state committee is asking all coaches to fill out the form below

and the attached form and mail OR FAX to:

DEADLINE: MARCH 23RD.



DAVID VAN ACKER-JO CHAIR
QCGA
13120 RT. 67
MILAN, IL 61265
FAX: 309-787-6592
PH: 309-787-0205

IDENTIFIED GYMNASTS WILL BE HONORED AT THEIR STATE MEETS:

NAME: _____ LEVEL _____

NAME: _____ LEVEL _____

NAME: _____ LEVEL _____

NAME: _____ LEVEL _____

NAME: _____ LEVEL _____

CLUB NAME _____

COACH NAME: _____

PHONE NUMBER _____



ILLINOIS SENIOR ATHLETE PROFILE

NAME: _____

Gymnast
ADDRESS: _____

PHONE: _____

CLUB: _____

OF YEARS IN GYMNASTICS: _____

GYMNASTICS

ACCOMPLISHMENTS: _____

CURRENT COMPETITIVE LEVEL: _____

FAVORITE EVENT: _____

HIGH SCHOOL INFO:

NAME: _____

LOCATION _____

GPA _____ Extra-Curricular Activities _____

Honors _____

ADDITIONAL ACCOMPLISHMENTS: _____

POST HIGH SCHOOL ASPIRATIONS: _____

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