

**Coordinator of New Element Evaluations: Char Christensen**

Instructions: For any element not included in the USAG Element Supplement or the current FIG Code of Points, use the regional form published in state and regional newsletters. Follow all instructions and mail to Char.

Evaluation Committee -- Sandy Oldham, Judy Dobransky, Carolyn Bowers, Carole Leidtke,

**Illinois and Injury Petitions for all Regional Championships: Hilary Carlson**

Instructions for Petitions to Regional: Follow all instructions in the National R & P and State R & P and use the Injury Petition Form from the State R & P Appendix. Mail as instructed in the State R&P under Regional Petition. Please call Hilary Carlson to indicate that the petition is coming. **Reminder: 3 days past the state meet.**

All remaining inquiries including gymnast drop-backs, technical questions, problems, and proposals should be sent to **Char Christensen**.

Jr. Olympic mobility questions should be sent to the Jr. Olympic Chairman, **John Geddert**

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## Regional Training Camps

Regional training camps are under the direction of the Regional Junior Olympic Chair, John Geddert (517-485-4852) and the Regional Training Camp Chairman, Dan Miller . Those interested in being a clinician please contact John.

Camp information can be found on line [www.Region5.com](http://www.Region5.com) . from June to the end of November. All entry info and correspondence goes to Dan Miller.

**Super Camps:** 1<sup>st</sup> weekend in August

**Super Camp Requirements:**

Gymnasts should be training level 8 skills or higher.

Level 7 gymnasts are welcome as long as they are working: giants on bars, flip flops on beam, twisting on floor

**Hot Shot (12 & under):** 1<sup>st</sup> weekend in September

**Hot Shot requirements:**

Gymnasts must be 12 or younger with good optional potential **and has already competed as a level 6 or higher.**

Good handspring on vault

Single rail giants, good kip, cast 45', flyaway

Flip flops on beam, working flight series

Strong layout on floor and some understanding of twisting

**High Tech 9, 10, Elite:** 1<sup>st</sup> weekend in October

**High tech requirements:**

This camp fills from top to bottom.

Elites, Level 10 National Qualifiers, **Pre-Elite Qualifiers**, Level 10 **and down.**

**There are approximately 60 spots for this camp.**

**Forward Progress:** 1<sup>st</sup> weekend in November

**Forward Progress requirements:**

Gymnasts should be training level 9 skills or higher **and up only.**

*Dates subject to change upon availability of gym sites. See calendar for more specific dates.*