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## Regional Championship Hosts - Bidding Now Open

Bids are now being accepted for Regional Championships hosts.

Each regional competition has a "priority state" as determined by the the regional rotation schedule which is alphabetical through the states. If there is not a favorable bid from the "priority state", bids from all other states will be considered.

Bids must be submitted online by October 15, 2023. Incomplete or late bids will not be considered.

The dates and priority states are listed below. Additional information is included on the bid form.

### **April 13-16, 2023**

Level 9-10 Regionals  
Priority State: Indiana

### **April 20-23, 2023**

Level 6-8 Regionals  
Priority State: Michigan

### **May 5-7, 2023**

Xcel Regionals  
Priority State: Ohio

## Judges' PIF Forms Due 9/15

Professional Involvement Forms (PIF) are now up on the Region 5 Website. All judges wishing to be considered for regional or national assignments should complete this form. For state assignments, please check with your SJD or SACC to see if this form is required. You can find the form [here](#).

# What's New for the 2022-2023 Season

The RACC held its summer meeting in July. Minutes are posted on the Region 5 website. Below are highlights of some changes taking effect in the 2022-2023 season:

- Second alternates for Dev Nationals will now receive athlete apparel. (This is for Level 10 only)
- Due to the increase of expenses for host clubs, entry fees and gate fees for regional competitions have increased to:
  - Level 9/10 Regional Championships:
    - \$140/gymnast entry fee
    - \$20 maximum for adults for admission per day
  - Level 6-8 Regional Championships:
    - \$125/gymnast entry
    - \$20 maximum for adults for admission per day
  - Xcel Regional Championships:
    - \$100/gymnast entry fee
    - \$20 maximum for adults for admission per day
- The regional qualifying score was raised to a 36.50 for Xcel Silver.
- State teams at Xcel Regional Meets will each have 8 gymnasts. The Diamonds will have one team and all other divisions will have an A and B team.
- Level 6/7/8 Regional Championships will now have 4-judge panels for all levels.

Clarification: Coaches apparel will now be awarded by club and not to the specific coach. Therefore, if the same coach works two full camps, that club will be eligible to get two sets of apparel for their club (if needed) if they have a gymnast(s) who qualifies for Eastern Nationals or Dev Nationals. If you have questions about this, please let us know.

Please be sure to thoroughly read and review your state rules & policies and the USAG Women's Rules & Policies for additional changes and updates.

## Region 5 Annual Awards Winners

Congratulations to our Regional Awards winners that were honored at the Region 5 Banquet held in conjunction with regional congress.

### Dev Gymnasts of the Year:

Nikki Smith - Euro Stars  
Faith Torrez - Legacy Elite

### Dev Clubs of the Year:

Euro Stars Gymnastics (MI)  
Legacy Elite Gymnastics (IL)

### Horizon Club of the Year:

Queen City Gymnastics (OH)

### Contributor of the Year:

Tami Schaafsma

Congratulations to everyone!

## Elite Ambassador Team Announced

Congratulations to the gymnasts named to the Region 5 Elite Ambassador Team:

### **Izzy Stassi**

Gym X-treme (OH)

### **Gabby VanFrayen**

Gym X-treme (OH)

### **Carly Weinberg**

Buckeye Gymnastics (OH)

### **Kelise Woolford**

Buckeye Gymnastics (OH)

These athletes will travel to Puerto Rico in October with the Region 5 All Star Team.

## Region 5 at U.S. Championships

Congratulations to our Region 5 Elite athletes that competed at the U.S. Championships in Tampa, FL last weekend.

Junior Izzy Stassi from Gym X-Treme finished 5th in the All Around which placed her on the National Team. She also took home a silver medal on Floor.

Kelise Wooldford from Buckeye Gymnastics and Gabby VanFreyen from Gym X-Treme also had strong competitions.

Congratulations to all the athletes and coaches.

## Training Camp Updates

Region 5 Training Camps are off to a great start! At this time, the Illinois Forward Momentum camp is full but we are still accepting registrations for other camps.

Some friendly reminders about camps:

- DO NOT enter gymnasts that don't qualify for the camp. (Yes, we check every single athlete's qualifications). Gymnasts not meeting the qualifications will be scratched.
- Region 5 camps are for building camaraderie, learning from others, and making new friends. Our goal is to be ONE incredibly successful team on a national level. We accomplish this through education, sharing and getting to know each other. With that in mind, please allow the coaches on each event to coach your athletes at camp. Also, if you are coaching an event, you are expect to work with ALL athletes and ALL coaches.
- Please be sure to update your online entries with the coaches that are attending so we can accurately staff each event.