

*MI-USAG Administrative
Committee*

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State JOC
Jim Comiskey

Education Coordinator
Dave Begian

Committee Secretary
Al Scharns

Level 9/10 Rep
Lori Koch

Level 8 Rep
Tami Jacobs

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Level 6 Rep
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Level 5 Rep
George Young

Level 4 Rep
Cassie Davis

Prep Opt Rep
Claudia Kretschmer

**NAWGJ State
Chairman**
Georgette Dupke

Inside This Issue

From Doug

SQM & State Meet
Dates 2008-2009

2008 & 2009 SQM
& State Meet Sites

2008-2009 Calendar

Region 5 Camps

Region 5 Congress

State Clinic

Classifieds

DOUG'S BULLETIN BOARD

State Meet & SQM Dates & Sites for 2008-2009

The State Meet & SQM Dates & Sites are contained in this newsletter.

Our next State USAG Administrative Committee Meeting will be Saturday, October 11, 2008. This meeting will review proposed State Meet Judging Panels.

Also, 2007-2008 USAG-MI State Awards: (i.e. Coach of the Year, Judge of the Year, Contributor of the Year), will be presented at the Coaches Conference.

Region 5 Training Camps:

The Region 5 Training Camp Flyer and Entry Forms are in this newsletter.

Region 5 Junior Olympic Chairman, John Geddert wrote:

A brief explanation of how entries are handled at the various camps. FYI

We have been having some issues with clubs entering levels that are not appropriate for the camp. Now we fully realize that a level 7 at some gyms may very well be as talented or experienced as a level 9 at another club...we really still have little options but to stick to entering athletes based on their level **"from the previous year"** (barring sending in proof of skill videos).

I have told Terry... **A) if** a coach wants to enter a kid in a camp that is not of the appropriate level and **B) IF** the camp is not full... then by all means take them (*provided the coach feels they meet the skill criterion*).

Thanks for Terry Russell & Dave Rawles and the staff for implementing this monstrous task.

The Hot Shot Camp is September 5-7, 2008 at Buckeye Gymnastics, Westerville, Ohio. Again, there are limits on entries, first come, first served, 140 gymnasts max.

The High Tech Camp is October 3-5, 2008 at University of Michigan, Ann Arbor. The top 60 gymnasts from Level 10 National's, then Regional's are invited.

The Forward Progress Camp is November 7-9, 2008, East at Flytz, Cuyahoga Falls, Ohio and West at IGI in Westmont, Illinois.

The Regional coaches work together at these camps because it is for the gymnast and about the gymnast improving their technique on skills.

USAG-Michigan Annual State Training Clinic & Coaches Conference

The Michigan USAG State Committee presents it 2008 State Training Clinics for Level 4 & Pre-Team on Saturday, October 11, 2008.

A Level 5 & 6 Clinic will be held on Sunday, October 12, 2008.
Registration forms are on line at www.michigangymnastics.com

YOUR USAG STATE ADMINISTRATIVE COMMITTEE

The USAG-Michigan State Administrative Committee has decided on the following format for selecting nominations for Coach of the Year, Judge of the Year, Contributor of the Year, for Michigan.

A. 2007-2008 USAG-MI State Awards :

1. Doug will ask for nominations thru the next newsletter and send to Dave to post all nominations online.
2. All nominations are due by Labor Day (September 1, 2008)
3. All current Pro members will vote online (State website) from September 15th-30th, 2008
4. Deadline date to vote - September 30th, 2008
5. Votes will be tallied by a three member committee made up of the SC (Doug), Webmaster (Dave), JOC (Jim).
6. Results will be posted online on the State website
7. We will award all ties

B. 2008-2009 USAG-MI State Awards Procedure:

1. Nominations will be collected at States, Regionals and Nationals
2. Nominations deadline date is Memorial Day (May 31, 2009)
3. Doug will collect nominations and give to Dave to post
4. Online voting will begin June 1st-14th, 2009
5. Votes will be tallied by a three member committee made up of the SACC (Doug Rowe), Webmaster (Dave Begian), and JOC (Jim Comiskey).
6. Results will be posted online on the State website
7. We will award all ties **Awards MUST be presented at a coach's session at our "State Clinic/Congress".**

Your Name _____ Professional # _____

Contact # _____ or email address _____

NOMINATION FORM FOR COACH, JUDGE AND CONTRIBUTOR OF THE YEAR

Category:

Name of Nominee:

___ Female Compulsory Coach of the Year _____

___ Male Compulsory Coach of the Year _____

___ Female Optional Coach of the Year _____

___ Male Optional Coach of the Year _____

___ Judge of the Year _____

___ Contributor of the Year _____

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OTHER FREQUENTLY CALLED NUMBERS

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USAG Merchandise (800)345-4719
NAWGJ National Library - Judy Dobransky (586)795-5346 Lib.

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Doug's Q & A Section

After all of the State and Regional Meets this season, I compiled a list of questions/comments from coaches, parents, and our committee. I will continue to answer all of the questions I can.

Michigan Coaches – in case you missed this USAG communication!

Coaches attire at State and above competitions. State Committees may also implement at meets below State Championships:

Shoes; closed toe athletic shoes

Pants: Athletic warm-ups or “Dockers-style” pants (no jeans)

Shorts: Athletic or tailored shorts that are a reasonable length (example-7” inseam)

No shorts with tears, holes or short-shorts.

Shirts: Collared shirts, business casual shirts, or T-shirts with gym logo. No spaghetti straps, low-cut tops or midriff revealing shirts.

Hats: no hats or visors

Question – How will this be enforced? First, I am hoping that in Michigan, our coaches will understand this and respect this. For those who don't, I have special shirts and pants from USAG-Michigan that will be on loan for the meet. I will also have special shoes available.

The real point is that YOU WILL BE ASK TO LEAVE THE COMPETITION AREA AND NOT BE ALLOWED TO COACH YOUR GYMNASTS! Will your parents group understand?

Thanks for the questions!



“What’s New for the Women’s Jr. Olympic Program in 2008-2009”

Connie Maloney, USA Gymnastics Women’s Jr. Olympic Program Director
June 2008

All of the following changes/clarifications are recorded in Administrative, Technical and JO Committee minutes from May & June 2008 and are **EFFECTIVE AUGUST 1, 2008**, unless otherwise stated.

- All Agenda items relating to rule changes were tabled until the JO/WTC September meeting.
- A new JO Code will be available in June 2009 for the 2009-2013 season.

I. PROGRAM UPDATES

A. RULES & POLICIES CHANGES

1. Coaches must notify their RACC by fax or e-mail by the Monday following the State Meet of any athletes they intend to petition to Regionals.
2. Member Misconduct (add to page 12): Any falsification of official documentation (scores, athlete DOB, athlete number, etc.) will result in the removal of the athlete from competition and may result in disciplinary action against the responsible professional member.
3. Coaches/judges must produce their Membership card or credential at sign-in or in field-of-play if requested.
4. Coaches attire at State and above competitions. State Committees may also implement at meets below State Championships:
Shoes: closed toe athletic shoes
Pants: Athletic warm-ups or “Dockers-style” pants (no jeans)
Shorts: Athletic or tailored shorts that are a reasonable length (example-7” inseam)
No shorts with tears, holes or short-shorts.
Shirts: Collared shirts, business casual shirts, or T-shirts with gym logo. No spaghetti straps, low-cut tops or midriff revealing shirts.
Hats: no hats or visors
5. East/West & JO National spectator admission will be capped as follows:
Per session: Maximum of \$15 for adults; \$10 for Children/Seniors
Weekend pass: Maximum of \$25 for adults; \$20 for children/Seniors
6. Meet formats: The only acceptable meet formats are listed in the Rules & Policies book. Any ideas for new formats should be submitted to Tom Koll for consideration and/or approval and possible inclusion in future R & Ps.
7. For non-traditional or modified non-traditional competition formats with sessions of **Level 7 athletes only:** a maximum of 80 gymnasts per session (10 per squad). All athletes in the squad will warm-up; then all will compete (no splitting of the squad for timed or touch warmups). Traditional formats remain at 56 gymnasts per session.
8. APPARATUS SPECS: The vault runway for Levels 8-10 is increased from a maximum of 80 feet to 82 feet, as per FIG specs. The minimum of 76 feet remains unchanged.
9. Page 43, G. The recommendation for coaches to stand in front or behind the vault table to “spot” Round-off entry vaults will be deleted in the 2008-09 edition.

B. NEW INITIATIVES FOR THE JO PROGRAM

1. LEVEL 9 EAST/WEST CHAMPIONSHIPS
Format change: 16 age divisions, 2 divisions per session; 6 gymnasts per region per age division to allow for a total “Regional Team” format (no individuals).JO NATIONAL
2. INVITATIONAL TOURNAMENT (JO-NIT)
As of 2009, the day following JO Nationals (Sunday) an individual competition will be conducted to include more Level 10 athletes in a “National” experience. The qualifications and format will be determined after analyzing data from 2008. The inclusion of Event specialists is being considered.

3. JO NATIONAL TRAINING CAMP

To be conducted annually (starting in 2008) in October or November at the National Training Center in Houston. Forty (40) athletes will be invited to attend at their own expense.

Qualifications will be as follows:

From JO Nationals: AA #5, 6, 7 & 8 from Junior A, B, C, & D and Senior A & B

From East/West: Top AA athlete per age division

If an athlete declines, the next ranked gymnast in that age division will be invited.

4. JO COACH OF THE YEAR: Congratulations to the Regional nominees:

1 – Justin Howell-Airborne; 2-John & Tammy Carney-Gymnastics East; 3-Jason Baits, Jaycee Phelps, Kathy Vigil-CO Aerials; 4-Mike Hunger & Sammy Wozeny-Twin City Twisters; 5-Ruth Miller – Oakland Gymnastics; 6-Jamie Winkler, Sergie & Galina Petrouniak-Galaxy; 7-Tony Gehman-Northstars-NJ; 8-Johnny Moyal-Elite Gymnastics
Congratulations to the 2008 JO Coach of the Year – Tony Gehman

C. COMPETITION REGULATIONS

1. Floor Exercise Music must be in the form of CD or MP3. Meet Directors of all sanctioned meets must have the necessary equipment.
2. If equipment provided at Regionals or East/West Championships is unfamiliar to the coaches, the attending USA Gymnastics representative will determine if the timed warm-up procedures need to be altered.
3. JO Nationals Regional Team Score for each age division will be determined by adding the top four (instead of five) scores on each event.

D. 2009 CALENDAR

Level 9/10 State meets March 28/29

Level 9/10 Regional meets April 17-19

Level 10 only Regionals April 25-26

Level 9 East/West May 7-10 East-Tupelo, MS; West-Bartlesville, OK

JO Nationals May 14-16 Auburn, WA

JO NIT May 17 Auburn, WA

E. 2009 USAG-BREVET & NATIONAL JUDGES' COURSES

Scheduled for July 2009. The format for all courses will be written and practical exams to directly follow the lectures on each event.

Judges re-certifying at their current level will be required to take an open-book exam and a practical exam.

Judges taking the course for the first time will be required to take a closed-book written exam and a practical exam

F. CHIEF JUDGE FEES

Chief Judge fees will be paid only at:

1. State meets with FOUR-judge panels
2. Level 8-10 Regionals, Level 9 East/West & JO Nationals, regardless of the number of judges per panel.

*Meet Referee fees will continue to be paid at State meet and above.

II. COMPULSORY UPDATES

A. **BARS:** Level 4 & 5 Front hip circle, cast:

Level 4: front hip circle-small cast is one major element = 0.60. If the gymnast doesn't cast immediately (or no cast at all), deduct 0.3. If front hip is not complete, deduct up to 0.6 (includes the 0.3 for no immediate cast). Do not deduct up to 0.6 for front hip plus another 0.3 for no cast.

Level 5: two elements-front hip circle=0.6; cast to horizontal = 0.8. If cast is omitted, deduct double the value = 1.60.

B. **Level 4-6 BEAM:** Handstand dismount clarification: If the coach pushes the gymnast over to assist the gymnast in completing the element, the deduction is 0.50 for the spot, plus the value of the element (0.6 for Lev 4&5, 0.80 for Lev 6)

III. OPTIONAL UPDATES

A. NEW OPTIONAL ELEMENTS

The following NEW ELEMENTS WERE PERFORMED AT THE 2008 JR. OLYMPIC NATIONAL CHAMPIONSHIPS:

Event& #	Description	Value
Bars:		
2.406	Counterswing on HB, front salto between the bars to catch LB in reverse grip (Montell)	D
5.405	From reverse grip handstand on LB, ¼ front giant to release, front salto tucked (similar to tucked Jaeger) with a full twist to catch HB in regular grip (Grable)	D
8.401	Dismount: From clear front support on HB,-underswing (toe-on or clear) to salto forward stretched (Kennedy)	D
Beam		
3.306	Starting in a tuck stand on one foot, other leg extended to side, 1¾ turn in tuck position to finish in a tuck/kneeling position (Ferguson)	C
7.403	Side aerial starting from a kneeling position on one knee (Clore)	D

Additional elements evaluated:

Bars #3.207 Clear hip circle forward (Weiler kip) that finishes above horizontal (but not in handstand phase) = B

Beam mount: #1.409 should also include the McCool mount, Jump to handstand with hip angle (pike) to handspring forward to land on two feet (flyspring). This element was already added to the Beam symbol chart from November 2007.

Floor: Tour Jeté with ¼ turn to side-straddle position with an additional ½ turn C

B. VAULT UPDATES

For Twisting vaults #1.105 (¼-½ on – ¾ -1/1 off); 1.205 (¼-½ on – 1¼ - 1/1 off); 1.206 ((¼-½ on – 1¾ - 1½ off) and 1.305 (¼-½ on – 2¼ - 2/1 off), the following requirement is deleted: “both must turn in the same direction.”

C. BAR UPDATES

1. **Level 7: Change the wording of Bar Special Requirement of one cast to a minimum of 21° - 45° to include “from handstand (vertical)”.**

2. **Counting of Value Parts** The casts will be considered different if they receive either **a)** no Value Part credit (lower than 45° from vertical), **b)** “A” value part credit (21°-45° from vertical) or **c)** “B” value part credit (up to 20° from vertical). They are each considered different for the counting of value parts. Examples:

- Gymnast performs a cast to 45°(A), then a clear hip circle to 45° (B) to a glide kip, then immediately performs another cast to 45°, clear hip to 45°, the gymnast has done the same exact sequence; therefore, the second clear hip will receive NO value part credit.
- Gymnast performs a cast to 45° (A), then a clear hip to 45° (B) to a glide kip, then immediately performs another cast to horizontal (no value) to a clear hip to 45° (B), the connection WILL be considered different, so the second Clear hip will receive B credit.

D. BARS & BEAM DISMOUNTS

Refer to JO Code, pages 49 & 131:

If a gymnast makes no attempt to dismount following a fall while executing an element, OR attempts a salto dismount, but never initiates the salto action and falls without landing on the feet, then deduct:

- 0.50 for the fall
- 0.50 Dismount Special Requirement is not fulfilled
- 0.30 No dismount (off Start Value)

E. BEAM UPDATES

1. Scales forward: In order to receive value part credit for #5.101 and 5.201 (Scale forward), the back leg must be held above horizontal for two seconds.
2. **Clarification of Gainer salto backward dismount:**
 - a. Page 219 - All backward salto DISMOUNTS performed off the end of the beam, but starting facing in towards the length of the beam, may be performed with a two-foot or one-foot (swing through) take off.
 - b. Page 221 – All gainer saltos backward performed off the side of beam have a one foot take-off (swing through).
 - c. Page 222 - To be considered a gainer salto at the end of the beam, the gymnast must be facing out and performing a salto backward toward the beam (similar to a reverse dive).
3. **Level 7 Beam Clarification:**

Beginning last August 1 of 2008, #302 Straddle pike jump from a cross or side position was approved for use at Level 7 with “B” value given. Since there are two elements listed in the JO Code (page 168) under #2.302, the Straddle pike jump with a ¼ turn is also allowed.
4. **Level 7 & 8**

Acro connections: if gymnast attempts a Back Walkover, Back Walkover series, and either breaks the connection or falls on the first Back Walkover, then performs a Handstand (with no 2-second hold; therefore, no VP) connected to a Back Walkover, the 2nd performance of the Back Walkover will not receive “A” value credit because it is not considered a different connection.

Reminder: If no value-part credit is given for an element, that element cannot be used to fulfill a Special Requirement.

F. FLOOR EXERCISE UPDATES

1. Clarifications:

JO Code of Points, Page 242, Large faults, #5 “Relaxed or incorrect foot/leg/body/posture” refers to posture faults on non-value part connections throughout the exercise. Deduct up to 0.30
2. If the gymnast lands an element and is moving toward the boundary of the floor area (or actually goes out of bounds) and is spotted (touch/pushed) by the coach to prevent them from either going out of bounds or to prevent them from falling out of bounds, then only one 0.50 deduction will be taken, regardless if it results in a fall. If the gymnast does go out of bounds, a 0.10 neutral deduction will be taken by the Chief Judge.
3. Page 5, JO Code of Points: n. Coach on floor exercise mat: Add the words, “inside the border marking”
4. New Business for Floor Exercise:
 - a. Matting on floor: Rules and Policies - Page 82, F. 2
Clarification: Only one skill cushion per tumbling pass may be used; however, a sting mat may be placed on top of the skill cushion.
 - b. JO Code of Points, page 5. p. Excessive use of magnesia (chalk):
Clarification: a single-line arc drawn with chalk in the corner of the floor mat is acceptable. No tape or Velcro markings are allowed within the floor exercise area. It is still acceptable to place tape markings on the corner lines to indicate the boundary line.

2008 - 2009	Michigan	USAG	Calendar
Dates / Year	Meet Type	Level	Host Club
Fall Season Meets			
Sept 1, 2008	Labor Day		
Sept. 5, 6, 7	Hot Shot Camp Weekend	6, 7, 8	Buckeye Gym OH
Sept. 13, 14	Level 5 & 6 SQM	5 & 6	Olympia - Shelby Twsp.
Sept. 20, 21			
Sept. 26, 27, 28	Regional Congress		Indianapolis, IN
October 3, 4, 5	Level 5& 6 SQM 1 Site High Tech – Univ of Michigan	5 & 6	Saginaw Gym Jesters Ann Arbor
October 10, 11, 12	MI USAG Administrative State Committee Congress & Gymnast Clinic	4, 5, 6, 7 & 8	State Committee Kids Sports USA - Kalamazoo
October 17, 18, 19	NAWGJ Judges Cup - Level 5 & 6 SQM	4, 5, 6, 7, 8	NAWGJ / EMU
October 25, 26			
November 1, 2	Turkeyfest Fun Meet	Level 1-5	Farmington
Nov. 7, 8, 9	Forward Progress Camp	9 & 10	Flytz, OH / IGI, IL
Nov. 15, 16	NAWGJ - Judge Evaluation Clinic	Level 7-10	Olympia – Shelby Twsp
Nov. 22, 23	Fall Season State Meet	5 & 6	All American Flames
Nov. 27, 28, 29 30	Thanksgiving Weekend		
December 5, 6, 7	CO-ED Classic Jingle Bell Rock Gym-Jesters Holiday Fun Meet	Boys & Girls All Levels L-2 to L-5 L-2 to L-5	Kids Sports USA Kalamazoo Euro Stars @ EMU Saginaw
Dec. 12, 13, 14	30 th Annual Christmas Classic	L- 4 to L-10	MAG -Westland
Dec. 19, 20, 21	The Region 5 Cup	L-4 to L-10 / PO	Cincinnati
Dec. 26, 27, 28	Holidays		
Meets 2009	Spring Season		
Jan. 2, 3, 4	Holidays		
Jan. 9, 10, 11	Twistars Inv.	All Levels	Diamondale
Jan. 16, 17,18	Level 5 & 6 SQM - 2 Sites Gym-Jesters Fun Meet	5 & 6 L-2 to L-5	Bounce-Hartland Gtr. Kalamazoo Saginaw
Jan. 23, 24, 25	Cereal City Classic - Battle Creek	All levels	Branch / Battle Creek
Jan. 30, 31, Feb. 1	Winterfest Inv & Fun Meet Cutting Edge Winter Fest Fun Meet Polar Bear Classic Fun Meet-All Around Gym	L-2 to L-10 L-2 to L-5 L-2 to L-5 &PO	Farmington Gym Club Clinton Twsp Jackson
February 6, 7, 8	IGI – Navy Pier Gym-Jesters Fire Up Fun Meet	All Levels L-2 to L-5	Chicago Saginaw
Feb. 13, 14 15	Level 5 & 6 SQM - 2 sites Tulip City Inv. Champion USA & Fun Meet	5 & 6 All Levels	All American Flames & Champion USA - Holland Champion USA - Holland
Feb. 20, 21, 22	Circle of Stars	All Levels	Indianapolis
Feb. 27, 28, Mar. 1	All American Invit.	All Levels	Hartland
March 6, 7, 8	March Madness Turkeyfest Fun Meet Gymnastics Revolution Inv. & Fun Meet Zoomania Fun Meet- All Around Gym	L-4 to L-10 Level 1-5 PO & L 2-8 Level 2-5	GTC-Rochester Farmington Red Cedar Gym Lansing Jackson
March 13, 14, 15	Wolverine Bounce March Magic Fun & Prep Opt Inv Gym-jester Festival In Motion & Fun Meet	L-4 to L-10 L-2-5 & PO L-4/10 & PO	Saline Hartland Saginaw

March 20, 21, 22	Level 5 SQM 2 Sites Big 10's (U of Illinois) & MAC's (Ball State)	5 & 6 College	Mid-Mich Gym Saginaw MEGA – Farmington Hills Out of State
March 27, 28, 29	Level 8,9,10 State Meet NCAA Regional's Spring Fever Fun Meet - Cutting Edge Gym-Jester Star Fun Meet	8, 9, & 10 College L-2 to L-5 L-2-5	Holt 9th Grade Campus Out of state Clinton Twsp Saginaw
April 3, 4, 5			
April 10, 11, 12	Easter Weekend		
April 17, 18, 19	Level 9 & 10 Regional Meet NCAA National's L-5 SQM - 1 Site	9-10 College 5	TBD Nebraska Olympia – Shelby Twsp.
April 24, 25, 26 2009	Level 8 Regional Meet Gym Jester Bravo Fun Meet / AAU District State Championship / Special Olympics	8	TBD Saginaw
May 1, 2, 3 2009	Level 6 & Level 7 State Meet	6/7	GTC-Rochester
May 7, 8, 9, 10	Level 9 E/W National Championships Prep Opt & Level 4 State Meets	L-9 Prep Opt / L-4	East-Tupelo, Mississippi Midland GTC
May 14, 15, 16, 17	Level 10 National Meet Level 5 State Meet - Branch	10 5	Auburn, Washington KidSportsUSA- Kalamazoo
May 22, 23, 24, 2009	Memorial Day Weekend		
May 29, 30, 31	Michigan Pre Team State Invitational Meet	L-2,3,4,5	Gym America
June 6, 7, 2009			
June 12, 13, 14			
June 19, 20, 21			

ENTRY DEADLINE DATES FOR 2008-2009 MICHIGAN STATE QUALIFIER AND STATE MEETS

All state qualifier and state meets are listed below. USPS POSTMARK ENTRY DEADLINE DATES are listed for each meet. *Please be aware of your post office policies.* If you mail your entry on the deadline date but the post office does not postmark it until the next day, ***you will be charged the \$10.00 late fee per gymnast for state qualifiers or \$25.00 late fee per gymnast for state meets.*** Please keep these dates easily accessible and refer to them often.

***Plan ahead and fill out your entry form early.**

***Payment MUST accompany all entries.**

<u>Meet Date</u>	<u>Meet</u>	<u>Entry Deadline Date</u>
Sept. 13-14	Level 5/6 State Qualifier – Olympia Gym	Mon., AUG. 25 (3wks)
Oct. 4-5	Level 5/6 State Qualifier – Saginaw Gym Jesters	Mon., Sept. 15 (3 wks)
Oct. 17-19	Level 5/6 State Qualifier – NAWGJ SQM @ EMU	Mon., Sept. 29 (3 wks)
Nov. 22-23	Level 5/6 Fall State Meet – All American Flames-Pt. Huron	Mon., Oct. 27 (4 wks)

Jan. 17-18	Level 5/6 State Qualifier – Gtr. Kalamazoo World of Gym.	Mon., Dec. 22 (4 wks)
	Level 5/6 State Qualifier – Bounce Gymnastics –Hartland	Mon., Dec. 22 (4 wks)
Feb. 14-15	Level 5/6 State Qualifier – All American Flames-Pt. Huron	Mon., Jan. 19 (4 wks)
	Level 5/6 State Qualifier – Champion USA - Holland	Mon., Jan. 19 (4 wks)
Mar. 21-22	Level 5/6 State Qualifier – Michigan Elite Gym	Mon., Feb. 23 (4 wks)
	Level 5/6 State Qualifier – Mid Michigan – Freeland	Mon., Feb. 23 (4 wks)
Mar. 28-29	Level 8, 9, 10 State Meet – Twistars	Mon., Mar. 2 (4 wks)
Apr. 18- 19	Level 5 State Qualifier – Olympia Gym	Mon., Mar. 30 (3 wks)
	Level 9/10 Regional Meet – TBD	Sun. Mar. 29 (at State Meet)
Apr. 24, 25, 26	Level 8 Regional Meet – TBD	Sun. Mar. 29 (at State Meet)
May 1, 2, 3	Level 6 & Level 7 State Meet – GTC-Rochester Gym	Mon., Apr. 6 (4 wks)
May 8, 9, 10	Prep Opt & Level 4 State Meet – Midland Gym TC	Mon., Apr. 13 (4 wks)
	Level 9 Jr. & Sr. Nationals – East-Tupelow, MS	Sun., Apr. 19 (at Reg'l Meet)
May 15, 16, 17	Level 5 State Meet Branch (KSUSA @ Kalamazoo)	Mon. Apr. 20 (4 wks)
	Level 10 JO Jr. & Sr. Nationals – Auburn, Washington	Sun., Apr. 19 (at Reg'l Meet)
May 29-30	Pre Team Fun State Invitational – Gym America	Mon., Apr. 23 (4 wks)

RESPONSIBILITIES OF THE MEET DIRECTORS REGARDING ASSIGNED OFFICIALS

The following information should be sent to all judges assigned to a meet. This information should be sent via U.S. mail or **email** "*13 or more days*" prior to the meet.

- a. Date(s) of the meet. **Sanctioned and Un-Sanctioned Fun Meets.**
- b. Times – reporting times and ending time
- c. Location of meet with map and directions
- d. Lodging with phone numbers and directions to the hotel
- e. Contact phone number
- f. Which day's rooms will be provided for the judges.
 - 1.) If a judge needs to leave before 6:00 am to arrive at the meet site at the judges report time, then the judge shall be offered a room the night before.
- g. When and where the meals will be provided.
- h. Meet information indicating levels of gymnasts, mixed groups, numbers, etc.
- i. Information should be sent to the judges as soon as possible i.e.: when meet information is sent to the gyms

Problems have occurred due to lack of communication with the judges. We would appreciate your consideration of this request.

On page 71 USAG Women's Program Rules and Policies: " Judges should report 30 minutes prior to march in for local and invitational competitions unless otherwise specified by the Meet Referee. "

Reporting time for those competitions requiring video analysis may be up to 1 hour prior to march in.

The Meet Referee will specify reporting time. Fees are based upon the contracted March-In Time.

JUDGES MEALS

Minimum requirements at Michigan Competitions (**Sanctioned and Un-Sanctioned Meets**)

Breakfast

1. a meal which includes fruit (ex., fruit salad) - a good continental breakfast
2. a Hot or semi hot meal (ex., quiche)

If you choose not to serve breakfast - a \$10.00 charge will be assessed for over-night meets (NAWGJ assignor)

Lunch & Dinner

1. Dinner should be an ample meal. Ample - *Adjective: Characterized by abundance. liberal, generous, abundant, plentiful, copious, bounteous, bountiful, plenteous.*
2. A sack or box lunch for take home is OK, if the other meal (lunch) is the ample meal.

Lunch and Dinner can be reversed with prior communication with the assigned judges.

⇒ Please let the judges know when and how meals will be taken care of prior to the date of the competition.

Questions should be directed to your NAWGJ assignor.

Additional “Thoughts” when hosting a meet:

- ? ***Requirement of a CD Player with a 30 track player and an MP3 player***
- ? National Anthem American & (Canadian when gymnasts from Canada competing)
- ? Coaches with expired USAG Pro Numbers
- ? Put in Pre-Meet Info – “No Animals Allowed in Gym”
- ? Free Admission for gymnasts ONLY with USAG Athlete (injured & non-injured)
- ? Check to make sure your uneven bar widths are up to date
- ? Pre-Meet info must include type of vault runway & R.O. entry mats & vault boards
- ? ***NO*** Peanuts on premises
- ? ***NO*** Alcohol on premises
- ? What to do with bounced checks after the meet? Notify Club issuing check & State Chairman
- ? Create an Announcer Script for “breaking ties at Michigan SQM & State Meets”
- ? Weather Emergency Plan Posted / Meet cancellation guidelines in Pre-Meet & Final Meet Info
- ? Injury Emergency Guidelines posted
- ? Vomit Clean Up Guidelines posted (Baking Soda)



Posted 6/15/08

Region 5 Gymnastics 2008 Training Camp Information

August 1-3, 2008

1st
140
gymnasts

Super Camp North
Branch Gymnastics
6712 NCC Parkway
Kalamazoo Mi. 49009 269-544-3000

Hotel INFO Call
Premier Sports Events
269-978-2418

gopremierevents.com/index/eventdetails222

Super Camp SOUTH

1st
140
gymnasts

Champion Gymnastics
11100 Plantside Drive
Louisville, Ky. 40299

HOLIDAY INN

LAKEVIEW
505 MARRIOTT DRIVE
CLARKSVILLE, IN 47129
812-283-4411
103.00+ R5 Super Camp

Camp hours Friday, Saturday 9-6 Sunday 8-12:30
details will follow.

October 3-5, 2008

Top 60
gymnasts

High Tech Camp
University of Michigan
Ann Arbor, Mi.

HOST HOTEL
20 Block Rooms both Hotels
R5 Gymnastics HighTech Camp

Hampton Inn Holiday Inn Express
46280 N.I-94 Service Dr NEXT DOOR
Belleville Mi. 48111 734-857-6200
734-699-2424

\$149+
Thursday-Saturday
SATURDAY you must bring in your lunch..

Camp hours Friday and Saturday 8:30-5:00
Sunday 9-1:30

September 5-7, 2008

1st
140
gymnasts

Hot Shot Camp
Buckeye Gymnastics
7159 Northgate Way
Westerville, Oh. 43082
614-895 1611

Courtyard Comfort Inn
7411 Vantage Dr. 8400 Lyra Dr.
Columbus Oh. 43235 Columbus, Oh. 43240
1.800.321.2211 614-791-9700
119+ R5 HotShot Camp \$89+ R5 HotShot Camp

Camp hours Friday 8-5
Saturday 12-8
Sunday 8-12:30

November 7-9, 2008

1st
140
gymnasts

Forward Progress Camp **EAST**
Flytz USA
2900 State Rd.
Cuyahoga Falls, Oh. 44233
330-926-2900
Courtyard Marriott
Bridgewater Parkway
Stow, Oh.

Forward Progress Camp **WEST**
IGI
145 Plaza Dr.
Westmont, Il. 60559
630-325-3333

1st
140
gymnasts

HOTEL
Best Western Oakbrook Inn
669 Pasquinell 1 Dr.
Westmont, Il. 60559
630-323-1515

Camp hours Friday 8-5
Saturday 12-8
Sunday 8-12:30

Michigan USAG
State Committee

presents:

The 2008
State Training Clinics



*Skill Development, Training Techniques,
and Fundamentals of Level 4-6*

Be part of 2008 Training clinic
to be held at the fabulous

KidsSports USA

Coaches Conference

October 11 & 12, 2008

Saturday, 9:30 am - 5:50 pm &
Sunday, 8:30 am - 4:50 pm

**Gymnast Clinic
Level 4 & PreTeam**

October 11, 2008

Saturday, 9:30 am - 5:50 pm

**Gymnast Clinic
Level 5 & 6**

October 12, 2008

Sunday, 8:30 am - 4:50 pm

KidsSports USA

6712 NCC Parkway

Kalamazoo, Michigan 49009

Early Bird Pre-Registration ★

Postmarked by August 31, 2008

\$50 per gymnast

\$35 per Coach/day

Register early
and SAVE \$

Pre-Registration

Postmarked by September 12, 2008

\$60 per gymnast

\$45 per Coach/day

Late-Registration (if room permits)

Postmarked after September 12

\$70 per gymnast

\$55 per Coach/day

Lunch included

**Mark Your
Calendar !**

Attending Coaches use MI-USAG
Conference Registration form, and
for your gymnasts use the State
Training Clinic form.





**USA
GYMNASTICS**
*In cooperation with Region 5
Presents the*

2008 Region 5 Congress

GENERAL INFORMATION

DATE/SITE:

Region 5 September 26 - 28, 2008 Indianapolis, IN Sheraton Indianapolis Hotel and Suites

PURPOSE OF REGIONAL CONGRESSES :

The purpose of regional congress is to provide education to the teachers, coaches, judges and gymnastics business owners of the region. Education and training enable everyone to effectively and professionally serve in the development of the young gymnasts across the country.

REGION 5 EDUCATION: Over 75 Sessions covering the following areas:

Coaches Education – Sessions covering popular topics for the developmental through elite gymnastics coach. Learn from leaders in the gymnastics community.

Recreational Education – A recreational track covering programs for tots through teens; be the best instructor in your gym!

Business Education – Sessions covering marketing, managing your business, staff retention and more.

Judges Education – Sessions covering compulsory, optional and elite judging criteria, technique and more.

Other – Men’s, Rhythmic, Sports Science and more.

Registration will begin on February 1, 2008 Online Registration will be available for members and printable forms will be available for all others at www.usa-gymnastics.org

<u>COST</u>	Early Bird (Ends July 25th)	Regular Price (Ends Sept. 11th)	On-site Registration	<u>Full Dinner Banquet</u>
Professional, Jr. Pro & Instructor Members	\$145.00	\$175.00	\$200.00	\$25.00
Other Member Types and Non – Members	\$175.00	\$205.00	\$230.00	\$25.00
Member Clubs*	1st – \$145.00 2nd - \$135.00 3rd - \$125.00 4th - \$115.00 5th - \$105.00 6th or more - \$100.00	1st – \$175.00 2nd - \$165.00 3rd - \$165.00 4th - \$155.00 5th - \$155.00 6th or more - \$145.00	N/A	\$25.00/ea

*This offer is only available to Professional, Jr. Pro and Instructor Members affiliated with a Member Club. Members of a Non-Member Club would pay full rate.

HOUSING

A block of rooms has been reserved. Call by Sept. 5, 2008

National Travel Systems Sports Travel Team

6502 Slide Rd/Suite 404

Lubbock, TX 79424

Toll Free: 1-888-603-8747; Main Line: 806-794-3135

Email: sportsinfo@nationaltravelsystems.com website: www.ntssportstravel.com

Single/Double Rate of \$102.00

Any reservations after the cut-off date will be based strictly on availability.

Sheraton Hotel and Suites

8787 Keystone Crossing

Indianapolis, IN 46240

317-574-6711– local information only

Please check the USA Gymnastics website – www.usa-gymnastics.org for a detailed daily schedule/speakers – coming soon. Minimum age for Congress attendees is 16.

There is a \$30.00 cancellation fee up until Sept. 11th. No refunds after Sept. 11th. (Substitution of participants will be allowed until Sept. 11th if submitted in writing.)

Classified Ads

Michigan Academy of Gymnastics

Seeking GIRLS Compulsory/Optional Coach Levels 4 and above

Applicant must have strong Tumbling, Bars and Vault proven background

ALSO: Boys & Girls Class instructors & Kinder teachers (in Westland & Ann Arbor)

References required / Background Checks Necessary

Degree in Physical Education with a gymnastics background preferred Pay and Benefits negotiable

Fax resume to 734-721-6445 or

Email resume to: douglasrowe@hotmail.com or drowe@michiganacademy.com

Michigan Academy Website: www.michiganacademy.com

Farmington Gymnastics Center

Farmington Gymnastics is seeking Preschool, Recreational & Team coaches

Good pay and a GREAT place to work !!

Fax resume to 248 615-6802 or Email resume to d1mflight@aol.com

Champion Gymnastics USA

in Holland Michigan is looking for a girl's team coach for levels 4-6. We will train the right person. You must have a spotless record, be willing to work as a team player and enjoy coaching gymnastics. All resumes will be held in the strict confidence. For more information please call Eric Thompson at 616-399-5608 or email us at champgymusa@mac.com.

Classified Ads

Gymnastic Training Center

Girls Team Coaching Position Available

Gymnastic Training Center is seeking an experienced, dependable, person to add to its girls competitive programs. Responsibilities include coaching, spotting and knowledge of the USAG Women's program rules. If you love kids, love gymnastics, and love to teach in a fun, safe environment, in one of the nation's finest gyms, give us a call. We offer competitive pay, quality benefits, and a excellent retirement plan. Our fully equipped 25,000 sq ft facility is located in a beautiful area of Oakland County.

Call Dave at (248) 852-7950 or fax a resume to (248) 852-8494.

Gymnastic Training Center, 1813 Northfield Drive, Rochester Hills, Michigan 48309

daveb4u@aol.com.

American Gymnastics of Chesterfield is seeking highly motivated, energetic staff for preschool, instructional & Boys and Girls Competitive Teams at our location. Please contact Michele Miller at 586-598-0400 or e-mail at www.agimichigan@yahoo.com."

If you have any questions, please contact me at 586-598-0400 gym or email agimichigan@yahoo.com.

POSITIONS AVAILABLE

AT GEDDERTS' TWISTARS USA GYMNASTICS CLUB

**INTERESTED?
CALL NOW!!!**

*Twistars USA is currently seeking **Boys Head Coach & Program Director***
Join one of the nations top gymnastics programs....
Where you can learn while you work!!!

**RECREATIONAL INSTRUCTORS
THROUGH COMPETITIVE TEAM**

Phone: 517-322-0360

2 Fantastic Facilities...In Lansing
Michigan



Classified Ads

KGI in Portage is searching for a Head Coach/Team Director and Team Coaches. Individuals must be energetic and dedicated to the goal of training quality gymnasts and shaping the lives of positive young women. Terms of part time/full time and salary are negotiable commensurate with experience. Please call Erin Smith at 269 323 7657 for more information.

NEW CLUBS: All That Athletics, 87 S. 10th Street, Plainwell, MI 49080
Phone: (269) 685-5255 email address: allthat@charter.net / contact person: Cindy Rush

Dreamcatchers: 832 Eastlawn Ave, Madison Heights, MI 48071
Attention: Allyson Pfeifer
Phone number is 248-217-8476. Our club number is 348237.

Classified Ads

GLE Gymnastics located in the quaint town of Oxford in Michigan is in search of coaches and instructors to join our already successful team coaching staff and program. We offer to you and our kids 20,000 square feet of state of the art training facility. Loose in ground pits and tumble track, newer AAI equipment, bright, clean and colorful! If you meet our requirements below...don't delay! Apply TODAY! ☺ Pay and benefits based upon experience and proven success record.

Head Boys Team Coach:

Quality is the one most important word used to describe what we are looking for as our Head Boys Team Coach. Although our team is small and growing, we have state and regional champions for you to take over! Must be a current USAG professional member and be safety certified. Attention to safety, detail and knowledge of the code is a must! Applicants should be organized, mature, and dependable and have good communication with parents.

Compulsory Girls Team Coaches Wanted:

Candidates should understand the fine details of the text in levels 4-6 USAG program and routines. All applicants must have at least 5 years coaching experience at these levels with a proven success record. Attention to safety, text, form, technique and proper progressions is a must. Must be current USAG professional member and be safety certified. Our working environment is a pleasure to be a part of!

Class Instructors Needed:

If you have experience teaching gymnastics to children ages pre-school through 12 yrs old and LOVE kids and gymnastics, then we want YOU! Our classes and programs are growing in leaps and bounds and we are looking for experienced, knowledgeable, mature, responsible and energetic instructors to join our already successful group of staff members.

Event Staff:

Looking for individuals to work our awesome birthday parties and in house field trips! If you are loaded with energy, love kids and adventure, then give us a call today! Must be very dependable, able to make kids laugh, able to chat with parents and enjoy having a GREAT time at work!

Contact Info:

Great Lakes Elite Gymnastics, Inc. (GLE GYMNASTICS)
715 North Lapeer Road
Oxford, Michigan 48371

Gym Phone: (248) 236-9600
Web Address: www.glegymnastics.org
Email: jeniochoa@yahoo.com



MI-USAG NEWSLETTER
MI-USAG State Administrative
Committee Chairman

Douglas A. Rowe
5870 North Hix Road
Westland, MI 48185

Inside This Issue

Committee Member List
Request for Classifieds
2008-2009 Michigan Calendar
State & SQM Meet Bid Form
NAWGJ Summer Clinic
Region 5 Camps
State Clinic
Region 5 Congress Info
Classifieds