

NAWGJ ILLINOIS December 2006

JANUARY 1st, 2007 reimbursement for mileage will be at .48 cents a mile.

IL-NAWGJ BOARD

Jeanne Johnson—State Judging Dir.
708-246-4806
ILSJD04@sbcglobal.net

Sandy Oldham—Admin. Asst.
847-961-6476
Sewoldh@sbcglobal.net

Cyndi Zimmerman—Treasurer
630-355-1779
Gymmom4@aol.com

Mary Kraus—South Assigner
217-899-7818
Mary.Kraus@insightbb.com

Mary Lou Ackman—North Assigner
630-497-0586
mlouackman@yahoo.com

Betty Axelson-McClelland-
N. Judges Cup
847-382-7487
Eggsgymbetty@aol.com

Cathy Peebles—S. Judges Cup
217-787-5451
cathypeebles@insightbb.com

Kathie Gebhardt—Education
815-578-4113
Gymjudge59@aol.com

Debbie Pulley—Newsletter
309-691-8603
pr1celess@insightbb.com

WEBSITE: ilnawgj.com; nawgj.org;
Region5.com/Illinois;
usa-gymnastics.org;

Hilary Carlson - Test Admin.
630-351-9704

Happy Holidays
Happy New Year
And Welcome to the 2006-7 Season!!!

Greetings!!! I hope you and yours are happy and healthy. This is such a special time of year. Please enjoy.

With the two Judges Cups over now and the season definitely started, we all should be on top of our game. As to your work with the Cups, I cannot thank you all enough! The South and North Meets were great meets. Your commitment and dedication was amazing! We reached out to 1000 gymnasts. The changes in the formats were appreciated by the coaches and gymnasts. And we are still all ears for comments and ideas for the 2007 Judges Cup. See Betty's survey and please respond.

At the same time, there was some negative feedback. Please remember to be accurate, responsible, and have proper delivery. Accuracy is what we do. We must be accurate in our deductions and our understanding of the rules. Second is responsibility to the rules, to the work and to the gymnasts. It is not just level 4 and it is not early in the season. Every meet and every performance is important. Give every routine your full attention. Finally, the delivery of comments and especially criticism is a delicate matter. Be objective, clear and careful with your words. Remember your comments will be repeated and sometimes it is better to leave some things un-said. I know that we all work very hard to be the best that we can be. It is also a good thing to be reminded and re-dedicated. And judge's comments to the coaches are reserved for the Judges Cup Meets.

This sport fosters so many great attributes; discipline, respect and appreciation, dedication and commitment, organization and order. The gymnasts learn so much through this sport, not just gymnastics. The judges, coaches and gymnastics community, including the families, all work together to make this the truly great sport it is. Thank you for making such a positive impact on so many!

Sincerely,
Jeanne



TSUK DE JOUR:

- *Congratulations to Kathy Elg on her engagement.
- *Debbie Pulley's son is getting married in June.
- *Congrats to Cathy Peebles for getting the Erna Wachtel Award (Judge of the Year)
- *Congrats to Marteena Putzek for passing Level 8 & Richard Sabel for passing Level 9.

NORTH JUDGES' CUP EVALUATION

To: All judges who helped at this year's North Judges' Cup Meet
From: Betty Axelson-McClelland and Jeanne Johnson

If you all could take a few minutes to let us know how we can improve on next year's meet, we'd really appreciate your opinions! Please e-mail your comments to [Eggs-gym-betty@aol.com](mailto:Betty@eggs-gym-betty@aol.com). THANKS VERY MUCH!!!!!!!!!!!!!!!!!!!!

- *Did you like the short coach/judge discussion following each session?
- *Meet ref's-comments on the short talk in the awards gym as well as your duties during the session
- *Did you feel comfortable doing a verbal commentary for the coach as the gymnast was performing the routine? Please give us the pros and cons and your suggestions how this can be handled better if we do this again.
- *Did you get any feedback from coaches on what they liked or didn't like? Please let us know any comments from coaches.
- *Any other suggestions for this format or a modification of this format or even of the old format of using gymnast critique booklets.

THANKS AGAIN FOR YOUR INPUT - IT'S EXTREMELY IMPORTANT TO US!!

Please make a note:

Mary Kraus can be reached at the

Following number **BEFORE** 2pm

& **AFTER** 6 pm.
217-542-2892

Otherwise please use this number for other times:

217-899-7818
(this is until mid January)

In this newsletter is a new form, the Illinois Judges Report. Some of you have already received and started. There are some slight changes made on the form enclosed. Please date when you start and continue to fill out for the 2006-2007 season. The Illinois USAG Committee will be using this form for 2008 State Meet Selection.

"CJ" Johnson (men's coach) and Peter Jansson (women's coach) and their gymnast were a great help at North Judges' Cup. For several years these people have been a big part in setting up and take down of the meet. We appreciate their help immensely. Thanks for all you do!

**A BIG THANKS TO ALL FOR MAKING THIS
YEAR'S JUDGES' CUP A BIG SUCCESS!!!**

THANK YOU ALL FOR GIVING SO MUCH OF YOUR TIME & EXPERTISE ALL WEEKEND LONG! WE APPRECIATE YOUR GENEROSITY AND SACRIFICE THAT MAKES THIS MEET POSSIBLE! YOU ALL MADE THE MEET A POSITIVE

EXPERIENCE FOR ALL INVOLVED! THANK YOU AGAIN!!

TO SOME OF OUR JUDGES THAT WENT ABOVE & BEYOND:

***JEANNE JOHNSON, CYNDI ZIMMERMAN, AND GLEN MARKS: For all the countless hours they put in to make this meet run smoothly- they work on this meet months in advance and we are grateful for their attention to so many responsibilities and details that make the meet a success! Their dedication to our Illinois judges and this meet is UNPARALLELED!!!!!!**

MARY LOU ACKMAN: for her contract and availability help. It really helped with organization!

SUE BROSNAN & troupe: Sue did a TERRIFIC job putting together the new coaches' critique booklet-52 pages! It was a masterpiece! And to top that off-she typed up all the assignments for me so everyone could easily see what job they were doing each session-which is why I call her "Saint Sue!" Also, we loved having her boys run and flash!(she feeds them Energizer batteries!!)

JENNY CACCHIONE:Letting us use their sting mat and board the entire meet!

HILARY CARLSON: Helping with the critique book revision and of course, keeping us laughing with her many jokes that help us get through this long weekend!

SUE CARMONA: Sue was an integral part of the cooking for the whole meet and we all greatly appreciate all the delicious meals – she spent so much time before the meet doing this, so when you see Sue sometime this season, please thank her for the great meals that we all enjoyed!

EARLY BIRDS: CATHY PEEBLES, BILLIE STONE, MARY KRAUS- These 3 drove up just to help us decorate the gym and to get everything organized so the Fri. meet would be ready to go on time! THANK YOU, THANK YOU!!!! And besides our 3 Southern Belles, Sandy Oldham, Kathie Gebhardt, Toni Sandoval, Cheryl Schuh, Liz Greene, Heather Forbes, Judy Redmond, Jeanne Johnson, Cyndi Zimmerman, and Glen Marks all were at UIC early (some were there by noon) to help with everything under the sun to get the meet organized and ready to go! What a difference you all make!!

KATHIE GEBHARDT: Meet facilitator extraordinaire keeping the meets running smoothly!

LIZ GREENE AND ANN JACOBSON: Super organizers of the runners and flashers for almost every session! And that's not all they did- along with **HEATHER FORBES-** they did almost every job we have at some time during the weekend- talk about flexible- that's them!!!

JUDY HARWOOD and sister SANDY: Running the concession stand all weekend long year after year would drive any one of us nuts, but Judy and Sandy have a system that works and we are very appreciative of the huge job they do for our assn. They run the BEST concession stand anywhere! We also thank their helpers (Mike for additional shopping, Muriel, and all the h.s. gymnasts)- **JUDY AND COMPANY- YOU'RE AWESOME!!**

JEANNE JOHNSON: Jeanne works on this meet all year long-and most people never know how much she does to make this a "class act!" She is involved in the planning of almost every aspect of the meet, and her ideas and suggestions make the meet better every year! And in addition, she is a gourmet cook herself (and "CJ" as well) and she made a lot of the food we all enjoyed in the hospitality area. Jeanne is our liaison between the coaches and judges and her plan for the new format of the "discussion" after each session seemed to go well. Please give her any feedback on this!

NATALIE KOGA, LIZ GREENE, & JEANNE JOHNSON: Providing runners and flashers!

LINDA McDONALD: Linda donated 2 baskets of "Chelsie" attire and a huge signed poster!!

CINDY MORANO & JUDY REDMOND: These 2 ladies make it possible to stay on schedule because they run the BEST awards ceremonies! They are fast but very professional!!

SANDY OLDHAM: Vendor chair- did all communications with all our vendors- what a big help and she was a gracious hostess for them! And Sandy's always ready to help at a moment's notice!

TONY SANDOVAL: Toni did the ordering of the coaches' gifts – which they all loved! The portfolios and stopwatches were a big hit – and Toni made that possible! She made a lot of phone calls and emails to make sure everything turned out great! And we love having her at the meet – she

always has a smile no matter what job she is doing!

MARY ANN SEDLACEK: Talk about someone giving "above and beyond"—Mary Ann took off work the week before the meet to start cooking! Can you imagine??!! And her husband Andy was at the meet most of the weekend too- so this is the 10.0 of the Hospitality job!! She kept so much food

in the Hospitality area every session- no one every went hungry! The choices were great, and be sure to THANK her when you see her for her unbelievable contribution to this part of the meet!! Watch for her restaurant opening soon!!

SUE WOLOSZYK: Sue put all the ads together plus all the meet info. and came up with the AWESOME program that we were proud to sell! Lots of compliments on it! THANK YOU SUE!

AGAIN, THANK YOU – ALL THAT WERE INVOLVED IN THE MEET- I think this was the BEST Judges' Cup ever and I appreciate all of you being so willing to help in any capacity to make the meet a success! You are all wonderful to work with and I appreciate that so much! We are grateful for all the time you donated, all the pop, water, and food that you brought, and especially for making the meet a great experience for all involved!

Sincerely,

Betty Axelson-McClelland,
North Judges' Cup Chair



ILLINOIS JUDGES REPORT

Name _____ Rating _____ Years held _____

USAG Pro Number _____ Safety Expiration Date _____

NAWGJ # _____ NAWGJ Member since _____ Affiliation _____

JUDGING EXPERIENCE -RECORD THE FOLLOWING FOR ILLINOIS MEETS JUDGED-DATE STARTED _____

Meet Ref. _____ total _____

2006-2007 number of meets judged _____ total _____

Number of level 4 sessions _____ total _____

(Keep Talley Marks Here)

Number of level 5/6 sessions _____ total _____

Number of level 7 sessions _____ total _____

Number of level 8 sessions _____ total _____

Number of level 9 sessions _____ total _____

Number of level 9 gymnasts _____

Number of level 10 sessions _____ total _____

Number of level 10 gymnasts _____

For each session tally with V, BR, BB, F to indicate the event judged. For incomplete or mixed sessions list the number of 9/10's. Ex.: 5 sessions of 9's & 25 additional 9's from various meets/sessions. You may use the back of the sheet also. Carry this with you throughout the season.

List meets judged out of state _____

List Highest meets judged 2006-2007: National, Regional, State, Large Invitational _____

EDUCATIONAL EXPERIENCE

List clinics attended August 1, 2006 to August 1, 2007 _____

Illinois State Congress _____ Illinois State Training Camp _____

Please Check: **Observer** **Coach** **Gymnast Judging Session** **Judges Only Clinic**

Super Camp	_____	_____	_____	_____
Hot Shot Camp	_____	_____	_____	_____
High Tech	_____	_____	_____	_____
Forward Progress	_____	_____	_____	_____

Additional Education: (list gym/site & dates or frequency)

In-gym visitations: _____

Video Practices: _____

Study Sessions: _____

Total number _____ **Credit hours** _____

AVAILABILITY TO JUDGE

Level 6 & 4 South State (?) March 16, 17, 18 _____ (FYI-State Meets for 2007 are assigned)

Level 7 & 4 North State (?) March 23, 24, 25 _____

Level 8 State March 30th _____ (This part of the form will be updated with

Level 9/10 State March 31, April 1 _____ 2008 State Meet Schedule when available)

Level 5 State April 13, 14, 15 _____

Level 9/10 Regional April 20-22 _____ Level 8 Regional April 27-29 _____

2005 JO C/O Flip Book Errata 09.23.06

General Faults & Penalties

Changes in Text Change: >VP Incomplete Major Element

Signals, Verbal Cues No warning needed if information given during routine

Compulsory Floor: Add 0.30 Stop between elements in acro series

Optional Landings All Elements & Vaults Add:

>0.30 Brushes/Touches landing surface w/ 1 or both hands (no support)

Optional Landings All Elements & Vaults Change

to: 0.50 Fall on mat to knee(s) or hips

Vault Clarification: Gymnast lands on hands & soles of feet simultaneously = Vault Scored, VP OK

Bar Fall Time 45 Sec

Bars Add: Underline **0.1** Reposition/adjust hands in front support or feet in squat/stoop

Levels 1-5 Bars BHC Change to: >**0.20** Failure to maintain hip or upper thigh contact on bar throughout BHC

Level 4 Vault: Unfolded panel mat allowed on top of uppermost surface of mat stack or resi-pit

Level 5/6 Vault: Coach standing between board & Vault Table = **NO Deduction**

Level 4 Bars: Add 0.30 supplementary support if gymnast rests chin on bar prior to hip pullover

Level 4 Bars Add: Glide & Return, Back Hip Pullover **0.40 each**

Level 4 Bars Add: 0.30 failure to cast immediately after FHC, DO NOT also take 0.30 extra swing

Level 5 Bars Add to Cast to Horizontal on HB 0.2 Incorrect Body Alignment

Level 6 Bars Add to Cast to 30° above Horizontal on HB 0.2 Incorrect Body Alignment

Level 7 Bars Change: *A counterswing to straddle back over LB that finishes within 20° of vertical on the LB is a "C" element and if performed would **VOID the exercise**

Levels 8-10 Bars Change ¾ Giant Circle forward with or without grip change **0.1 ded**

Level 9 Bars, Beam, & Floor Add No CV awarded if Level 9 exceeds 0.30 max in CV

Level 1 Beam Add to Candlestick: Pushing off beam w/hands to arrive in tuck stand **0.30**

Level 2 Beam Releve' Balance - Change value to **0.20**

Level 3 Beam Change V-Sit Value Part **0.20**

Add Swing to Push-up Position Value Part **0.60**

Delete Deduction for Failure to Hold HS 1 sec in Dismount

Level 5 Beam Change Dismount Deduction from >0.1 to >**0.2** Fail to hold 2 sec

Add to Mount: Pushing off beam with hands to arrive in tuck stand **0.30**

Level 5 Beam Add: ½ Pivot Turn following Scale

Level 6 Beam Add to Mount: Pushing off beam with hands to arrive in tuck stand **0.30**

Level 5 & 6 Beam Change to Split Jump <**90** from >90 **Change** to >**0.2** Insuff Leg Sep

Level 7 Beam: Add Straddle Jump with 180 Leg Separation = "B" VP.

Levels 8-10 Beam SR Change to leap/jump w/ 180° split

Levels 8-10 Beam ADD to Composition: **0.20** Missing Dance Series (Min 2 elems grps 1/2/3)

Level 9 & 10 Beam CV: 3 Acro Flight elements:
B+B+C = 0.1

Level 10 Beam Add to Spec Req: Acro Series (Min of 2 flight elems, 1 a Min "C" w/ or w/o hand support)

Level 2 Floor Change VP for Headstand to Kneel & Arch Back from 0.40 to **0.40 each**

Delete Deduction for Fail to maintain TK position as buttocks touch floor in HS

Change "bridge" to "balance" for Front Leg Balance before Split Jump

Level 3 Floor Change "bridge" to "balance" for Front Leg Balance before Forward Chasse'

Level 5 Floor Add "each" to Fail to show "rocking" action thru use of plie'

Level 7 Floor: Add 2/1 Turn on One Foot = "B" VP

Level 7 Floor Add to Acro Series: **Additional saltos OK provided 1 BK salto LO to 2 feet is included**

Level 7 Floor Change Max Time to **1:30**

Level 9-10 Floor Change Connection of 2 Dance/Acro elements with flightw/ **or w/o** hand support

Level 9-10 Floor Change SR 1 Acro series w/ 2 saltos OR 2 directly connected saltos. Saltos may be same or different.

ALWAYS check USAG Minutes for all OFFICIAL information

Mileage reimbursement sheet starting January 2007

1 \$ 0.48	51 \$ 24.48	101 \$ 48.48	151 \$ 72.48
2 \$ 0.96	52 \$ 24.96	102 \$ 48.96	152 \$ 72.96
3 \$ 1.44	53 \$ 25.44	103 \$ 49.44	153 \$ 73.44
4 \$ 1.92	54 \$ 25.92	104 \$ 49.92	154 \$ 73.92
5 \$ 2.40	55 \$ 26.40	105 \$ 50.40	155 \$ 74.40
6 \$ 2.88	56 \$ 26.88	106 \$ 50.88	156 \$ 74.88
7 \$ 3.36	57 \$ 27.36	107 \$ 51.36	157 \$ 75.36
8 \$ 3.84	58 \$ 27.84	108 \$ 51.84	158 \$ 75.84
9 \$ 4.32	59 \$ 28.32	109 \$ 52.32	159 \$ 76.32
10 \$ 4.80	60 \$ 28.80	110 \$ 52.80	160 \$ 76.80
11 \$ 5.28	61 \$ 29.28	111 \$ 53.28	161 \$ 77.28
12 \$ 5.76	62 \$ 29.76	112 \$ 53.76	162 \$ 77.76
13 \$ 6.24	63 \$ 30.24	113 \$ 54.24	163 \$ 78.24
14 \$ 6.72	64 \$ 30.72	114 \$ 54.72	164 \$ 78.72
15 \$ 7.20	65 \$ 31.20	115 \$ 55.20	165 \$ 79.20
16 \$ 7.68	66 \$ 31.68	116 \$ 55.68	166 \$ 79.68
17 \$ 8.16	67 \$ 32.16	117 \$ 56.16	167 \$ 80.16
18 \$ 8.64	68 \$ 32.64	118 \$ 56.64	168 \$ 80.64
19 \$ 9.12	69 \$ 33.12	119 \$ 57.12	169 \$ 81.12
20 \$ 9.60	70 \$ 33.60	120 \$ 57.60	170 \$ 81.60
21 \$ 10.08	71 \$ 34.08	121 \$ 58.08	171 \$ 82.08
22 \$ 10.56	72 \$ 34.56	122 \$ 58.56	172 \$ 82.56
23 \$ 11.04	73 \$ 35.04	123 \$ 59.04	173 \$ 83.04
24 \$ 11.52	74 \$ 35.52	124 \$ 59.52	174 \$ 83.52
25 \$ 12.00	75 \$ 36.00	125 \$ 60.00	175 \$ 84.00
26 \$ 12.48	76 \$ 36.48	126 \$ 60.48	176 \$ 84.48
27 \$ 12.96	77 \$ 36.96	127 \$ 60.96	177 \$ 84.96
28 \$ 13.44	78 \$ 37.44	128 \$ 61.44	178 \$ 85.44
29 \$ 13.92	79 \$ 37.92	129 \$ 61.92	179 \$ 85.92
30 \$ 14.40	80 \$ 38.40	130 \$ 62.40	180 \$ 86.40
31 \$ 14.88	81 \$ 38.88	131 \$ 62.88	181 \$ 86.88
32 \$ 15.36	82 \$ 39.36	132 \$ 63.36	182 \$ 87.36
33 \$ 15.84	83 \$ 39.84	133 \$ 63.84	183 \$ 87.84
34 \$ 16.32	84 \$ 40.32	134 \$ 64.32	184 \$ 88.32
35 \$ 16.80	85 \$ 40.80	135 \$ 64.80	185 \$ 88.80
36 \$ 17.28	86 \$ 41.28	136 \$ 65.28	186 \$ 89.28
37 \$ 17.76	87 \$ 41.76	137 \$ 65.76	187 \$ 89.76
38 \$ 18.24	88 \$ 42.24	138 \$ 66.24	188 \$ 90.24
39 \$ 18.72	89 \$ 42.72	139 \$ 66.72	189 \$ 90.72
40 \$ 19.20	90 \$ 43.20	140 \$ 67.20	190 \$ 91.20
41 \$ 19.68	91 \$ 43.68	141 \$ 67.68	191 \$ 91.68
42 \$ 20.16	92 \$ 44.16	142 \$ 68.16	192 \$ 92.16
43 \$ 20.64	93 \$ 44.64	143 \$ 68.64	193 \$ 92.64
44 \$ 21.12	94 \$ 45.12	144 \$ 69.12	194 \$ 93.12
45 \$ 21.60	95 \$ 45.60	145 \$ 69.60	195 \$ 93.60
46 \$ 22.08	96 \$ 46.08	146 \$ 70.08	196 \$ 94.08
47 \$ 22.56	97 \$ 46.56	147 \$ 70.56	197 \$ 94.56
48 \$ 23.04	98 \$ 47.04	148 \$ 71.04	198 \$ 95.04
49 \$ 23.52	99 \$ 47.52	149 \$ 71.52	199 \$ 95.52
50 \$ 24.00	100 \$ 48.00	150 \$ 72.00	200 \$ 96.00

201 \$ 96.48	251 \$ 120.48	301 \$ 144.48	351 \$ 168.48
202 \$ 96.96	252 \$ 120.96	302 \$ 144.96	352 \$ 168.96
203 \$ 97.44	253 \$ 121.44	303 \$ 145.44	353 \$ 169.44
204 \$ 97.92	254 \$ 121.92	304 \$ 145.92	354 \$ 169.92
205 \$ 98.40	255 \$ 122.40	305 \$ 146.40	355 \$ 170.40
206 \$ 98.88	256 \$ 122.88	306 \$ 146.88	356 \$ 170.88
207 \$ 99.36	257 \$ 123.36	307 \$ 147.36	357 \$ 171.36
208 \$ 99.84	258 \$ 123.84	308 \$ 147.84	358 \$ 171.84
209 \$ 100.32	259 \$ 124.32	309 \$ 148.32	359 \$ 172.32
210 \$ 100.80	260 \$ 124.80	310 \$ 148.80	360 \$ 172.80
211 \$ 101.28	261 \$ 125.28	311 \$ 149.28	361 \$ 173.28
212 \$ 101.76	262 \$ 125.76	312 \$ 149.76	362 \$ 173.76
213 \$ 102.24	263 \$ 126.24	313 \$ 150.24	363 \$ 174.24
214 \$ 102.72	264 \$ 126.72	314 \$ 150.72	364 \$ 174.72
215 \$ 103.20	265 \$ 127.20	315 \$ 151.20	365 \$ 175.20
216 \$ 103.68	266 \$ 127.68	316 \$ 151.68	366 \$ 175.68
217 \$ 104.16	267 \$ 128.16	317 \$ 152.16	367 \$ 176.16
218 \$ 104.64	268 \$ 128.64	318 \$ 152.64	368 \$ 176.64
219 \$ 105.12	269 \$ 129.12	319 \$ 153.12	369 \$ 177.12
220 \$ 105.60	270 \$ 129.60	320 \$ 153.60	370 \$ 177.60
221 \$ 106.08	271 \$ 130.08	321 \$ 154.08	371 \$ 178.08
222 \$ 106.56	272 \$ 130.56	322 \$ 154.56	372 \$ 178.56
223 \$ 107.04	273 \$ 131.04	323 \$ 155.04	373 \$ 179.04
224 \$ 107.52	274 \$ 131.52	324 \$ 155.52	374 \$ 179.52
225 \$ 108.00	275 \$ 132.00	325 \$ 156.00	375 \$ 180.00
226 \$ 108.48	276 \$ 132.48	326 \$ 156.48	376 \$ 180.48
227 \$ 108.96	277 \$ 132.96	327 \$ 156.96	377 \$ 180.96
228 \$ 109.44	278 \$ 133.44	328 \$ 157.44	378 \$ 181.44
229 \$ 109.92	279 \$ 133.92	329 \$ 157.92	379 \$ 181.92
230 \$ 110.40	280 \$ 134.40	330 \$ 158.40	380 \$ 182.40
231 \$ 110.88	281 \$ 134.88	331 \$ 158.88	381 \$ 182.88
232 \$ 111.36	282 \$ 135.36	332 \$ 159.36	382 \$ 183.36
233 \$ 111.84	283 \$ 135.84	333 \$ 159.84	383 \$ 183.84
234 \$ 112.32	284 \$ 136.32	334 \$ 160.32	384 \$ 184.32
235 \$ 112.80	285 \$ 136.80	335 \$ 160.80	385 \$ 184.80
236 \$ 113.28	286 \$ 137.28	336 \$ 161.28	386 \$ 185.28
237 \$ 113.76	287 \$ 137.76	337 \$ 161.76	387 \$ 185.76
238 \$ 114.24	288 \$ 138.24	338 \$ 162.24	388 \$ 186.24
239 \$ 114.72	289 \$ 138.72	339 \$ 162.72	389 \$ 186.72
240 \$ 115.20	290 \$ 139.20	340 \$ 163.20	390 \$ 187.20
241 \$ 115.68	291 \$ 139.68	341 \$ 163.68	391 \$ 187.68
242 \$ 116.16	292 \$ 140.16	342 \$ 164.16	392 \$ 188.16
243 \$ 116.64	293 \$ 140.64	343 \$ 164.64	393 \$ 188.64
244 \$ 117.12	294 \$ 141.12	344 \$ 165.12	394 \$ 189.12
245 \$ 117.60	295 \$ 141.60	345 \$ 165.60	395 \$ 189.60
246 \$ 118.08	296 \$ 142.08	346 \$ 166.08	396 \$ 190.08
247 \$ 118.56	297 \$ 142.56	347 \$ 166.56	397 \$ 190.56
248 \$ 119.04	298 \$ 143.04	348 \$ 167.04	398 \$ 191.04
249 \$ 119.52	299 \$ 143.52	349 \$ 167.52	399 \$ 191.52
250 \$ 120.00	300 \$ 144.00	350 \$ 168.00	400 \$ 192.00

Yvonne Hodge Thank You to Region V !

Yvonne Hodge received a beautiful gold bracelet for all of her years of volunteering and judging for Region V and as our past NAWGJ National President. We will all miss her so much and these are her words of thanks. If you would like to send her a note at Kyhodge4304@lglou.com, she would love to hear from you. Yvonne writes:

"I cannot in any way express my thanks to the Region V Board for the beautiful mementos you sent me. The bracelet is lovely and has been on since I received it. The USAG trophy is on the book shelf in my kitchen where I will see it everyday and feel so appreciated. ALL of you have made me feel appreciated and it was an honor to be asked to come to the banquet. That was enough of an honor - just to be asked to come and share with my friends the many many years. I have loved being a friend to all of you and love you all so much!

Yvonne Hodge

Hats off to Yvonne as she is a classy lady that will be very missed by many including coaches, judges, and parents.

Char Christensen, Region V RTC

CANONS OF THE MONTH

I know you've all been waiting for another set of Canons! Here they are.

CANON 5: A judge shall be well qualified in gymnastics, know the rules and be thoroughly prepare for each assignment.

CANON 16: A judge should give her/his best efforts in every meet judged. Each team, meet, contestant and participant, as well as spectators, are entitled to the official's best efforts as she/he is employed as a representative to administer the rules of the sport.

CANON 19: A judge should prepare for each assignment and should through reasonable and prudent means, including clinics, keep her judging knowledge current.

WHAT DO THESE MEAN? Prepare for EVERY meet as if it were the State Meet. I think this is particularly important at the beginning of the season. We all fall into the trap of thinking we remember compulsories well enough. Review the text and the deductions. Don't rely on your memory even if you coach it every day. (This is especially true for those of us who are older with poor memories and MANY sets of compulsories over the years!)

I need judges for one session in the afternoon on Dec. 30th L5/6 and one judge at Fox Valley Y on Jan 13th, Saturday, one session. Please contact me @ mlouackman@yahoo.com

Maximum and American Eagle on Jan 20th have cancelled. They are having their sessions on Sunday, Jan 21st.



DATES TO REMEMBER:

Jan. 5-7 = National Judges' Cup in Indianapolis, IN

Sept. '07= Clinic

TESTING at STATE CONGRESS!!! (TBA)

FROM HILARY:

Gymnast may jump on the board & touch equipment to set the board. They **CAN'T** grab, swing, or mount-but they can touch!

To the ladies and gentlemen that:

Worked all three days,
Worked both South and North,
Squeezed in an extra session,
That did all that they could do,
Whether 1 session or 14,
A BIG THANK YOU!!!

And this thank you is extended to all of the excellent "extra people" that we could not have done without, including the Brosnan boys, Mike Harwood, Andy Sedlacek, "CJ" Johnson, Steve Cacchione and anyone else that I have missed here but have not forgotten.

THANK YOU!!!

Happy New Year!!!

