

NAWGJ ILLINOIS JULY 2006

IL-NAWGJ BOARD

Jeanne Johnson—State Judging Dir.
708-246-1643
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; and
Region5.com

Hilary Carlson-Test Admin.
630-351-9704
hilarycarlson@comcast.net

From Jeanne:

I hope you are planning on coming to the Illinois State Congress. The 2006 Congress will be great. Tammy Biggs and Tom Forester are the guest clinicians and many of our Illinois coaches will lecture as well. Please see the enclosed flyer and schedule. Itasca Park District is hosting both days, but judging lectures will go off-site all day Sunday at Aerial Gymnastics. We start each day with an Illinois NAWGJ Meeting-Saturday at Itasca, Sunday at Aerial. Sunday will continue with performance lectures on Bars 10:15-12:30. This will feature 9/10 National Gymnasts from Arena and Aerial. Dan Miller and Jiani Wu will discuss toe-ups, the weiler kip, big dismounts and pretty much all of the releases we see, or hope to see. There will be an hour for lunch, probably at Portillos. The following lectures will be combined coaches and judges:

Yurchenkos- Flipping and Twisting with Marco Bravo and "CJ" Johnson
National Level Tumbling with Tammy Biggs and Neil Palmer

Women's level 9/10 Bars-Releases & Dismounts with Tammy Biggs

The Yurchenko and Tumbling performance lectures will also feature girls and boys. Gymnasts from Palmers Gymnastics, Aerial, and Marco Bravo and Jessica Holtz will be demonstrating. Illinois NAWGJ judges and coaches will have additional lectures to choose from. At the same time as the last bar lecture there will also be: Beam & Floor-Is This Connected? Gymnasts will demonstrate leap series on Beam and Floor and bonus combinations. Sandy Oldham and Jeanne Johnson will lead discussion on the connections. I am looking forward to a great State Congress and seeing all of you.

Please take the time to understand the new CPE Judging Accreditation program. Information is on-line at the USA Gymnastics website.

The Illinois web-site will be changing. Please look for a new website-same address, coming in the next couple of weeks.

An annual clinic and testing schedule is in process.

All NAWGJ members may attend free of charge the NAWGJ Meetings held at Congress.

Teresa Millmore will host a clinic August 12th. The Central Illinois Gymnastics Clinic will be 4 credits. Contact Teresa for more information. TMillmore@aol.com or by phone 309-826-6067.

See the Notes from the Breakout Sessions in this newsletter. Many of the topics will be discussed in our NAWGJ Meetings as well as Judges Cup and Assigning-regular season and State Meets.

Recommendation to add the following new elements performed at the 2006 JO Nationals to the Jr. Olympic Code of Points, effective August 1, 2006.

Motion: L. Reid
Second: J. Bowse

Event & #	Description	Value
Vault:		
#2.311	Front handspring onto board, front handspring on, salto forward piked off (Garbarino)	9.9
Bars:		
#3.502	Clear hip circle on HB through HS, to reverse hecht in pike position (Piked Hindorff) (Jones)	E
Beam		
2.301	Split jump with a change of legs (beat/entre chat quatre) prior to split position, landing on both feet simultaneously to finish in a kneeling position on one leg (Sweetin), also to a stand on both feet	C
2.505	Switch-side leap with additional ¼ turn (Ikoma)	E
7.402	From stand on one leg, swing through front aerial (George)	D
7.410	Flic-flac with ¼ twist to side handstand to immediate 1/1 pirouette (must be continuous)-lower to front support (Fortunato), also to optional end position.	D
8.402	From stand on one leg, swing through side salto (George)	D
9.303	Cartwheel with ¼ twist with repulsion from hands to a salto backward tucked dismount (Tsukahara tucked dismount) (Lawson)	C

This is just to entice you to go on to the USAG website. All the new information starting August 1, 2006 is there in the minutes. It is your responsibility to get the new changes.

Attention everyone!

Jeanne Johnson has 2 ***ALL SESSION*** tickets to the Visa Championships in Minneapolis, MN. The value is over \$300. She is willing to sell them for \$99 each (the same special rate that has been offered thru the website).

Assigning report- Listed below are the state/regional meet dates. Please keep in mind that being assigned to a state/regional/national meet will not happen unless you send in your professional involvement sheet to the appropriate chairpersons by the deadline of August 1st. Also to it is necessary to coach/volunteer at the Regional Training Camps to be assigned to a Regional and/or national meet. *One will be North and one will be South depending on the bids.

March 16, 2007 - L4/6 (L4 North or South) *	April 20,2007 - L9/10 Regional
March 23, 2007 - L4/7 (L4 North or South) *	April 28, 2007 - L8 Regional
March 30, 2007 - L8/9/10 State	May 11, 2007 - L9 Easterns
April 13, 2007- L5 State	May 18, 2007 - Nationals

Mary Lou



Congrats to Brooke (Jackson) Bennett - had a baby boy, Jackson David Bennett (JD) on June 8th.

Congrats to Billie Stone - new grandma to Andrew Jared (AJ)

Congrats to Liz Greene - received her bachelors in Psychobiology.

Prayers go out to the Torisky family. A tragic loss for gymnastics community. A coach, a judge, a friend.

Betty Axelson is recouping from knee surgery.

Block telemarketers off your cell phones— dial 888-382-1222

DATES TO REMEMBER:

***July 22-23rd - Ill. Partners in Gymnastics
STATE Congress***

Sun., July 23rd - testing @ state congress-Itasca

July 31st - CPE forms due to Hilary

Aug. 17-20 - National Congress-Minneapolis

Aug. 24-27- Region 5 Congress 2006

Sept. 29-Oct. 1 - NAWGJ Region 5 Symposium

Jan. 5,6,&7 - National Judge's Cup in Indianapolis, IN (more to come in next newsletter)

Volunteers for Illinois Partners in Gymnastics Congress

Congress will need volunteers for different tasks. Please e-mail Hilary Carlson if you can help: hilarycarlson@comcast.net [Please fill-in](#)

Saturday at Itasca	Check-in/Coffee	7:30am-8:30	
Sunday at Itasca	Check-in/Coffee	7:30 am-8:30	
Sunday at Aerial	Check-in/Coffee	8:00am-9:00	
Afternoon at Aerial	Check-in		1:00pm
Aerial	Take-down		4:45 until done



2006 Illinois Partners in Gymnastics Summer Schedule of Events

Friday, July 21st
Girls Illinois State
Training Camp for
levels 5 & 6
8am—4pm @
Itasca Park District
Join
Tom Forester &
Lon Arfston of Tumble

Friday, July 21st
Practice Judging @ Training
Camp
12-4pm

Friday, July 21st
Practice Judging @ Training

Illinois State Congress July 22-23 Itasca Park District

Tammy Biggs & Tom Forester

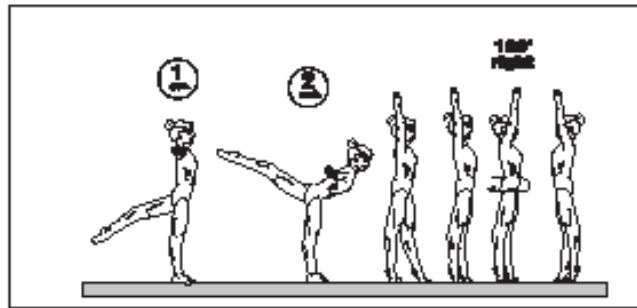
Along with many of Illinois' Best: Neil Palmer, Jim Fredrickson, Marco Bravo, Todd Gardner, Teri Crumley, Dan Miller, Sandy Oldham, Hilary Carlson, Randy Parrish, "CJ" Johnson, Mike Costa, and more....

More than 50 sessions featuring:
Optionals, Compulsories, Cheer, Rec.,
Pre-school, Boys, Air Trak, Business,
And round table discussions
Plus in-gym Performance Lectures with
9/10 National Qualifiers on Sunday @ Aerial

\$55 1-Day \$75 weekend \$300 Club
Saturday — 8:30am-5pm @ Itasca Park District
Sunday — 8:30am-12:00 @ Itasca Park District
Sunday — 1:30—5pm off site @ Aerial Gymnastics
Sunday — NAWGJ off-site lectures at Aerial 8:45-5pm
Check out the Illinois website for up to date information



16. ARABESQUE (>45°); SCALE (ABOVE HORIZONTAL) (0.40) 17. ½ (180°) PIVOT



Lower the Right heel to the beam. Keeping the torso erect, lift the turned out straight Left leg backward-upward greater than 45° off the beam. The Left hip is allowed to "unsquare" slightly to show turn out in the arabesque. Hold for one second.

ARMS: Lower to side-middle.

Continue lifting the turned out Left leg backward-upward as the upper body tilts slightly forward to finish in a SCALE with the Left (rear) leg held above horizontal. The Left hip is allowed to "unsquare" slightly to show turn out in the scale. Hold two seconds.

ARMS: Side-middle, slightly backward.

Raise the torso and step forward Left and close the Right foot behind the Left foot in relevé "lock" position.

ARMS: Lift both sideward-upward to crown.

Execute a quick ½(180°)PIVOT TURN to the Right in a relevé "lock" position. Maintain straight body alignment and high relevé throughout.

ARMS: Remain in crown.

Failure to lift free leg above 45° in arabesque	Up to 0.20
Failure to hold arabesque one second	Up to 0.10
Failure to lift free leg above horizontal in scale	Up to 0.20
Failure to hold scale two seconds	Up to 0.20

Points of emphasis: Erect torso in arabesque maintained while tipping into and out of scale

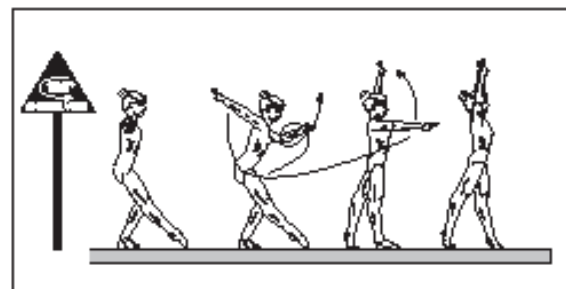
18. BOW

Demi-plié the Left leg and point the Right foot forward on top of the beam. Pressing the knees together, lean forward slightly with a flat back and slightly twist the torso to the Right to execute a BOW.

ARMS: Open the arms to side middle, then lift the Right arm to backward-diagonally-upward. Circle the Left arm performing an inward forearm circle toward the center of the chest to finish diagonally forward-downward.

Immediately extend the torso upright and step forward onto a straight Right (not in relevé); then step forward onto a straight Left leg in relevé.

ARMS: Immediately lift the Left arm forward-upward to high position and circle the Right arm backward-downward-forward-upward to high position. (Windmill arms)



ILLINOIS NAWGJ BOARD MINUTES

June 3, 2006

Meeting called to order 8:30 AM

**Present: Jeanne Johnson, State Judging Director
Mary Lou Ackman, North Assigner
Betty Axelson-McClelland, North Judges Cup
Kathie Gebhardt, Education
Mary Krause, South Assigner
Cathy Peebles, South Judges Cup
Debbie Pulley, Newsletter
Cyndi Zimmerman, Treasurer
Sandy Oldham, Secretary, Administrative Assistant**

Minutes from the last meeting were read. Motion to accept by Cyndi. Second by Cathy. Passed.

Treasurer's report: \$30,781.50

E Mail Motions and actions:

Motion by Sandy: The SJD may appoint one of the Board Members to assist her with dealing with ethical concerns of members. Second by Hilary. Passed (4/2005)

Motion by Sandy: Purchase a computer for \$1,243.00 plus tax and shipping for the NAWGJ Newsletter Board Member. Second by Mary Lou. Passed (9/2006)

Motion by Jeanne: Clerks will be needed for 9/10 State in DeKalb, and 9/10 Regionals in Lisle. Clerks needed will be paid \$50.00 a day, encompassing the entire day of judging for each day volunteered. Clerks may also request to be reimbursed for gas (not mileage) to and from the site. Payment will be made on site or into the judges professional benefits account. Second by Sandy. Passed (2/2006)

Actions Taken at the Meeting:

Motion by Sandy: By-Laws changed to eliminate the Ethics Chairperson under the IL-NAWGJ Board positions. Second by Cyndi. Motion passed.

Motion by Sandy: By-Laws changed regarding; Assigners will have the choice of the \$500 credit or to be allowed to attend one clinic per year with all expenses paid up to \$1,000. Second by Mary. Motion passed.

Motion by Kathy: By-Laws changed regarding Educational Benefits: a. Clinics will be held each year. Second by Sandy. Motion passed.

Motion by Kathy: By-Laws changed regarding Financial Benefits: New a. Judges must have a NAWGJ membership number and a current rating to receive benefits. Second by Sandy. Motion passed.

Motion by Jeanne: By-Laws changed regarding Financial Benefits: Old a. to read, 'Each Illinois judge working a Judges Cup one day will have her dues to NAWGJ paid for the following year. Second be Cyndi. Motion passed.

Motion by Cyndi: By-Laws changed regarding Financial Benefits: Eliminate old f. Second by Kathy. Motion passed.

Motion by Betty: By-Laws changed regarding Financial Benefits: Add h. If a NAWGJ member is not active one year, any professional benefits in their account will be removed unless written notification is received from the judge indicating that they will be active the coming year. Second by Sandy. Motion passed.

Motion by Kathy: By-Laws changed regarding National Judges Cup, second sentence: The Board will pay expenses up to \$1,000. The judge going will be drawn through a lottery from all the judges who worked judges cup. Second by Debbie. Motion passed.

Motion by Betty: \$1.00 per gymnast from the entry fee for the Judges Cup will be used to fund the NAWGJ scholarships. Second by Kathy. Motion passed.

Motion by Cyndi: 2006 professional benefits will be \$10.00 per credit. Second by Sandy. Motion passed.

Motion by Betty: A new computer be purchased for the North Assigner, and the old North Assigner's computer be passed on to the Education Chairperson. Second by Cyndi. Motion passed.

Motion by Mary Lou: The NAWGJ Board will send a recommendation to the State USAG Committee for judging panels, and alternates for each of the state meets. Second by Debbie. Motion passed.

Next NAWGJ Meeting will be August 5 or 6, 2006.

Meeting adjourned 3:30 PM

Respectfully submitted,

Sandy Oldham
Administrative Assistant/Secretary

NOTES from BREAKOUT SESSIONS – SJD WORKSHOP

June 2006 - Las Vegas

These notes are from the discussions. They are not “Rules” to be followed, merely ideas for thought or for discussions within your state governing boards or state USAG Board.

CARPOOLING

Some states have a carpool coordinator assigned for each meet.

- Times recommended for leaving – no earlier than 6:30, 7:00, 7:30 am. You need to get your state USAG board with these times. If a judge cannot be home by 12:00 midnight a room should be provided or offered. If overnight accommodations are provided a judge is given the option to go home if 60 miles or less (especially if the meet concludes early).

- If there are two carpools from an area try to have them leave at different times to fit various schedules.

Distance recommended for going out of the way for a carpool – 30 miles

A few very large geographically states have a riders fee .08 per mile or a flat fee. These are states that have carpools over 200-300 miles.

If a judge makes no attempt to carpool there is no mileage OR mileage only to where she would have met the carpool.

FAMILY or Children at Meet Sites

In a few areas(of smaller states) there is a lack of judges and quite a few of the judges are expecting or have young children. These are some solutions considered:

Babies or siblings need to be “invisible”

- Family members should not be in the judges room or eat in the judges room
 - Do not choose to carpool if you will need to bring children along.
 - Do not room with others unless two of you are in the same situation and can room together.
 - Communicate all issues ahead of time with assigner, meet director, meet referee and other judges that may be affected.
- There are times when the meet Director would rather have a judge bring a young child and arrange a babysitter that to have to pay travel for another judge who is very distant.

PROFESSIONALISM/ ETHICS

- It is good to have a member of your governing board as an Ethics Chair. This can be a separate position or in addition to another role on the board.

- It is a good idea to periodically publish the Ethics Code or Canons (all or part or even one at a time) in your newsletters.

- If suspected substance abuse is an issue there must be absolute proof. Always have one on one discussions with another judge from your state governing board present. Document conversation, when it was held, who was present, where it took place. It is good to let the judge know in some way that it is suspected or someone knows.

- Let the judge in question know that you are concerned for their welfare more than out to penalize a situation.

Let them know that they cannot be assigned as a driver of a carpool as others are aware and will not drive with them.

Cell Phones – Should not be used while on the judging floor or by the driver in carpools. Have a policy in writing and let your judges know the policy so that cell phone use does not effect others.

JUDGES EVALUATION

This topic came up for discussion but no formal action was taken. These were some of the discussion points:

1. There are many ways to evaluate – self evaluation and peer evaluation are two forms.
2. Question – If it remains confidential does it help the judge improve?
3. Who should do it? Some other sports use a “self report” type of situation if a judge knows an error was made. Who gets the results?

Some states have used a rather complicated system to select judges for state competitions. If a state is considering evaluation here are some questions that can be used:

1. Did judge know the rules and apply them?
2. Did judge arrive on time and prepared?
3. Did judge arrive properly attired?
4. Was judge courteous to the athlete and coaches?
5. Did judge turn cell phone off?
6. Judge Strengths _____
7. Judge weakness _____
8. Did judge stay at station until last rotation was completed?
9. Were athletes ranked appropriately?

These items can be paraphrased for self evaluation ie; Did I stay at judging station until the last rotation was complete? The use of self evaluation can help the judge keep in mind appropriate professional guidelines. It does not have to be done at every meet- possibly certain weekends of the month or at state meets.

USING NAWGJ FUNDS FOR MEMBERSHIP and ASSOCIATION

- *Always reimburse NAWGJ fees and clinics first*
- *Get expenses approved by your board- must be available for all members of state*
- *Use points or vouchers in order to determine reimbursement*
- *Use funds for memberships, clinics, materials, uniforms, testing fees (reimburse when judge passes)*
- *Use for additional judges on a state meet so that a four judge panel can be used. This benefits judges and athletes.*
- *One state gives a scholarship of \$500 to an applicant who wishes to become a judge!*