



# Region 5 Spring Newsletter

2008

## Regional Chairman Letter—Bobbi Montanari

**Hello Region 5!!** I hope everyone received their “Region 5 Fall Newsletter” and found it be to educational. This Newsletter has a lot of new and updated information, so please take time to read it thoroughly. Again, the purpose of these newsletters is communication. It is the key to our success.

Please continue to visit the Region 5 website at [www.Region-5.com](http://www.Region-5.com) for daily up-to-date news. Thank you again to Bret for providing this valuable tool to our membership.

Thank you to those who bid on the Level 8 Regional Championship Meet. I was amazed at the response of people interested and hope the same enthusiasm continues for the 2009 Regional Meets. The **2008 LEVEL 8 REGIONAL CHAMPIONSHIP MEET** will be held in Peoria, Illinois at Peoria Civic Center. Our meet director is Norbert Bendixen. Please view the Regional website for details about both Regional Competitions.

## Sanction Report Forms

All **sanction report forms** and head tax are to be sent to me:

Bobbi Montanari, RACC  
Universal Gymnasts, Inc.  
2881 Scioto-Darby Exec. Ct.  
Hilliard, Ohio 43026

**CLARIFICATION:** If you indicate on your sanction request form that Level 3 and Pre-Opt. gymnasts will be participating in your competition, head tax per gymnast is to be paid to the Region and designated State.

Special points of  
interest:

- **Regionals**
- **Congress**
- **Sanction Report Forms**

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issue:

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**State Administrative Committee Chairman Elections** will be conducted on-line at [www.usa-gymnastics.org](http://www.usa-gymnastics.org) from April 1 – April 15. To ensure that your vote will be counted, each Professional Members should make sure of each of the following:

1. That their address is current (specifically the State)
2. That they know their personal User ID (which is their Professional Member number)
3. That they know their password (a Professional Members password is their eight digit date of birth in a MMDDYYYY format unless otherwise instructed.)
4. Their Professional membership must be fully processed and current by February 28, 2008, safety certification and background check included.
5. If you have any questions regarding your voting privileges, please call Rachel Brazo, Women's Program Manager at 317/237-5050.

### **2008 REGION 5 CONGRESS** **THEME: "SURF THE OLYMPIC WAVE"**

You may now begin registering for the 2008 Region 5 Congress which will be held in Indianapolis, Indiana September 26 – 28, 2008 at the Sheraton Hotel and Suites (same location as 2007 Region 5 Congress). A registration form is enclosed and is also on the Region 5 and USA Gymnastics websites. We have an incredible list of speakers and many are from within our own Region. The Congress schedule will be on our website July 25, 2008.

The **2008 NATIONAL CONGRESS** in conjunction with the Olympic Trials will be held in Philadelphia, Pennsylvania June 19 – 21, 2008 at the Philadelphia Convention Center. Registration forms are in Technique Magazine and on the USA Gymnastics website - ([www.usa-gymnastics.org](http://www.usa-gymnastics.org)).

Congratulations to seniors Samantha Peszek of DeVeaus Gymnastics and Bridget Sloan of Sharps Gymnastics, and junior Jordyn Wieber of Geddert Twistars USA Gymnastics for being selected to represent the USA vs. Italy March 3 – 9, 2008, in Venice Italy. In addition, Samantha Peszek has been chosen to compete in the Tyson American Cup at Madison Square Gardens in New York. GO REGION 5!!!

I hope everyone is having a safe and successful season. Please continue to communicate with me at [R5Bobbi@aol.com](mailto:R5Bobbi@aol.com) stating information you would like to see in the newsletters / website or just questions / concerns in general. Thank you again for your support.

**REGION 5 SUPPORT**  
**BY**  
**JOHN GEDDERT, JO COMMITTEE CHAIRMAN**

I sincerely hope that this letter finds everyone in the midst of a fun filled, productive, healthy and enjoyable competitive season. I have attended a few invitationals during the past few months and I have to compliment the region on "product quality". It looks like we are in store for another successful year at the various National Championships. Keep up the great work!

**APPAREL FUND  
REQUEST**

With Nationals peaking just around the corner, it is time for my annual pan handling, soliciting, begging for contributions to the Region

5 Apparel Fund.

As policy goes, we ask those that have not contributed time to our regional training camps (which equates to an approximate \$500 donation to the region) to pitch in with an annual donation. This can be from individuals, club owners, booster clubs or athlete parents. Give what you can to this worthy cause.

As you know it takes significant financial resources to outfit and reward our national qualifiers at levels 9-10 and Elite. They deserve the support of our region and we have always done

our best to make sure they feel like the champions they truly are.

**VOICE YOUR OPINION**

Speaking of Nationals, they signify the annual Junior Olympic Committee Meetings. If you have any concerns that you would like addressed, by all means drop me an email ([USATwistar@AOL.COM](mailto:USATwistar@AOL.COM)). I am your voice.

Best of luck and continued success!

*John Geddert*  
Region 5 JOPC



**UPDATE BY MARY LEE TRACY,**  
**REGIONAL ELITE COMMITTEE CHAIRMAN**

Newsletter: Elites in Region 5

2008 the Olympic Year and Region 5 has 3  
Contenders:

**Sam Peszek, Ashley Priess and Bridget Sloan**

Please keep them in your prayers for a healthy and successful year!

The **first elite regional** will be held in Indianapolis at Deveaus on March 21st.  
(Don Gibson)

The **second elite regional** will be in Cincinnati at CGA on April 11th.  
(Enrique Trabanino)

\*Both competitions will have compulsories and optionals for athletes to qualify to the Challenge only.

The open qualifier for all elite levels will be in Plano Texas @ Texas Dreams on May 2-4, 2008 (Chris Burdette)

The Classic will be in Houston at Reliant Park May 22-25, 2008. International levels will train on the 22nd and compete on the 23rd. (Gary Warren)

The Challenge: Compulsories on the 24th and Optionals on the 25th. This meet will be held in Houston @ St. Thomas University. (Gary Warren)

Championships of the USA:

June 5-8, 2008 Boston

Olympic Trials:

June 19-22, 2008 Philadelphia

GO USA!

*Mary Lee Tracy*

**RTCC TECHNICAL CORNER  
BY  
CHAR CHRISTENSEN,  
REGIONAL TECHNICAL COMMITTEE CHAIRMAN**

## Level 9 and 10 Regionals - Michigan

<b>Char Christensen-Meet Referee</b>	
<b>Vault</b>	<b>Bars</b>
HJ- Ken.-Carole Liedtke	HJ-III.- Hilary Carlson
Ill.- Linda McDonald	Kent- Vicki Smith
Mich- Cathy Short	Mich- Judy Dobransky
Mich- Alice Porter	Mich- Brenda Burman
<b>Beam</b>	<b>Floor</b>
HJ-Ohio-Carol Arnaut	HJ- Mich,-Augusta Lipsey
Ind- Judy Kemp	Indiana- Nancy Gibson
Mich- Linda Morton	Ohio- Nina Dent
Mich- Karrie Brown	Mich- Debbie Campbell

## Level 8 Regionals - Illinois

Char Christensen and Hilary Carlson -Meet Referees for Juniors and Seniors on alternate days

<b>Junior Division - Judging Panel</b>	
<b>Vault</b>	<b>Bars</b>
HJ-Kent- Debbie Klotz	HJ- Ohio- Anne Vogel
Ohio- Shannon Snare	Ill- Jeanne Johnson
<b>Beam</b>	<b>Floor</b>
HJ-Mich- Georgette Dupke	HJ-Ind- Ruth Hanna
Ohio- Kittia Carpenter	Ohio- Debbie White
<b>Senior Division - Judging Panel</b>	
<b>Vault</b>	<b>Bars</b>
HJ-III- Mary Lou Ackman	HJ- Mich- Donna Trvethan
Ohio- Faye Campana	Ohio- Becky Cox
<b>Beam</b>	<b>Floor</b>
HJ- Ind- Tom Swayzee	HJ-Ohio- Sue Kane
Ohio- Joanne Hester	Ind- Michael Crowe

# State by State Updates

**NORBERT BENDIXEN**

**ILLINOIS STATE  
ADMINISTRATIVE  
COMMITTEE  
CHAIRMAN**



Meet:	<b>Level 8 Regional Championship Meet</b>
Date:	May 3 & 4, 2008
Entry Fee:	\$80.00
Qualifying Score*:	34.50
Location:	Peoria, Illinois Meet website <a href="http://www.peoria.org">www.peoria.org</a>
Meet Director: Norbert Bendixen	E-mail: <a href="mailto:NorbertIL@aol.com">NorbertIL@aol.com</a>
Contact Peoria Convention and Visitors Bureau	E-mail: <a href="mailto:sport@peoria.org">sport@peoria.org</a>

**ED GIBSON**

**INDIANA STATE  
ADMINISTRATIVE  
COMMITTEE  
CHAIRMAN**



**INDIANA**

I hope 2008 has started off well for all. The end of the competitive season will be here before you know it. State meet entries will be coming out soon for all meets. Please be considerate to the host and return the entries in a timely manner. There are no late entry dates this year for Levels 5-10. The deadline on the entry is when all who have qualified as of that date need to be turned in. You may not qualify after the entry deadline.

The dates are posted at the [IGSS.org](http://IGSS.org) web site. As Pro members you can receive access to the Pro members area. There is a tab in the upper left hand side that says Pro members.

If you are not registered for access you will be taken through some steps to receive permission to enter this part of the web site. There is information in this area that is for pro-members only. As of Feb 1<sup>st</sup>, the level that your gymnasts compete in is the level that they will compete in at state. The problem I am hearing is that some of the meets required you to enter into the meet very early. But at this time you have already moved this gymnast up or down a level. The meet host will not let you change the level of the gymnast for this meet. If this is the case for any of you please send me a note stating the level that the gymnast will be competing in at state and the meet that they will be in as a different level.

With our qualifying system the gymnasts have more than enough chances to qualify to state. Although I receive many sad stories of letting gymnast use out of state meets to qualify or even to use a meet after the deadline, the answer 99.9% of the time will be no.

This is an election year for the State Administrator position. The nomination form can be found at the web site. This needs to be turned in to our Regional Chair (Bobbi Montanari) by Feb 24<sup>th</sup>. Clubs make sure all your gymnasts levels are updated in February. If we do not find a qualifying score at the level they are registered in they will not be eligible to go to State.

There will be no team awards for Level 3 State.

# State by State Updates

**CAP CAUDILL**

**KENTUCKY STATE  
ADMINISTRATIVE  
COMMITTEE  
CHAIRMAN**



**KENTUCKY**

Kentucky meet season has been running very smooth this year! I have attended several meets and have observed great team spirit and the quality of gymnastics seems to be improving, so watch out Region 5 teams.

Our Compulsory summer clinic was well attended and there were some outstanding coaching sessions held. In December Champion Gym hosted the Optionals.

There was a good time had by all.

Cap

**DOUG ROWE**

**MICHIGAN STATE  
ADMINISTRATIVE  
COMMITTEE  
CHAIRMAN**



**MICHIGAN**

A good number of Michigan Clubs are attending Illinois, Indiana & Ohio meets. Keep supporting Michigan and Region 5!

**State Meets**

Meet Directors; please follow your check list for hosting the State Meets. First, send out the Pre-Meet Info regarding what type of equipment is being used.

Michigan follows the draw for State Meets on pages 39 & 40 of the USAG R&P pink book. First, age divisions must be determined. Michigan attempts to create an equal number in each age group, the same type of format used to determine the age groups for Level 8, Level 9, & Level 10 Regional meets.

**State Meet Deadlines**

A \$25 "**LATE FEE**" per gymnast if the entry is not postmarked by the entry deadline date. Coaches – stay sharp! It is expensive, I had to pay in the past also!!

The Level 9 & 10 Regional Meet is being hosted by Twistars USA in Lansing , April 25, 26 & 27, 2008.

The Level 8 Regional Meet is being held in Peoria , Illinois , May, 2, 3 & 4, 2008. The Level 8 Regional Deadline is at the conclusion of the Level 8 State Meet. Coaches, have one (1) check ready for entry fee to the Regional meet.

Doug Rowe, SACC  
USAG-Michigan

**NINA DENT**

**OHIO STATE  
ADMINISTRATIVE  
COMMITTEE  
CHAIRMAN**



**OHIO**

Hello Region V,

It has been a very active year for Ohio. New State Committee, new procedures such as the introduction of Prep Optional program, the introduction of individual specialist for the optional levels, and more Level 3 meets than in the past. In addition, there have been a lot of exciting invitationals for all levels that have already taken place and a more on the way in the upcoming months! Ohio is trying to create an atmosphere that there is "something for everyone" when it comes to competition. J

With the Fall Levels 4-6 State meet complete we are looking forward to the Spring State Meets of Level 7, Level 8-10 and of course the monster of them all...the Level 4-6 Spring Championship.

We hope the rest of the region is doing well! Good luck to you all and stay warm!

Nina Dent

## UPDATE BY AUGUSTA LIPSEY, HALL OF FAME CHAIRMAN



### THE REGION 5 USAG HALL OF FAME

The Region 5 USAG Hall of Fame is now accepting applications for the inaugural class of 2008

Applications will be accepted until April 15, 2008

Applications can be found at [www.Region-5.com](http://www.Region-5.com)

**JUDGES' CORNER  
BY  
HILARY CARLSON  
REGIONAL  
JUDGING  
DIRECTOR**

It is petition time again! Petitions to your state meet go to your state board. There are no petitions to Nationals, so the Regional petitions go to me. I have a dedicated line for faxes now, so you should not have any trouble getting me the forms. This is what you need:

1. The "Injury Petition Form" found on <http://www.usa-gymnastics.org> under womens/ forms.
2. A copy of a score sheet from this year or a copy of last year's score from Easterns or L.10 Nationals with a score of at least 35.00 (L. 8,9,10). The Injury Petition Form asks for 2 scores, but you need only one.
3. DO NOT HIGHLIGHT THE SCORES, AS IT BLACKS IT OUT WHEN YOU FAX IT
4. A doctor's note stating the gymnast is unable to participate in the state meet.
5. Some doctors will put a clearance date on the note and some will not. Sometime before Regionals, the doctor will have to release the gymnast for competition.
6. DO NOT FORGET TO ENTER YOUR GYMNAST TO THE MEET. If it turns out she cannot compete, her entry fee will be refunded.

Feel free to contact me with any questions. My email is [hilarycarlson@comcast.net](mailto:hilarycarlson@comcast.net), phone is 630-351-9704, and fax is 224-653-8673.

# Letter from Toni Rand

*I wanted to take this opportunity to thank all of you for your friendship, respect and support of Tim and I over the years and especially towards me at this difficult time. I have received many cards, e-mails and gifts from Region 5 coaches and judges and I wanted to say thank you from the bottom of my heart.*

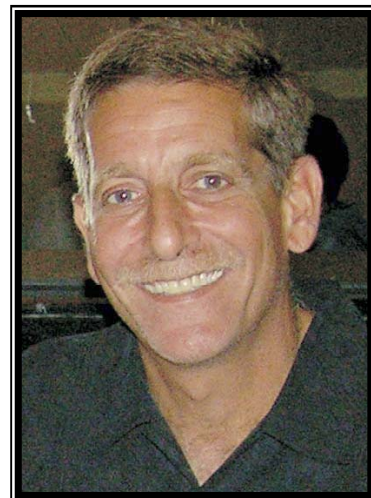
*Tim and I have had many great memories of our competitions and friends in Region 5 and we always felt that Region 5 was a special and unique Region. Tim was especially impressed with what John Geddert initiated and did for Region 5 that when Tim became Regional JO Chairman, he tried very hard to reproduce John's ideas from the Training Camps to the National apparel fund—of course, even though Region 8 had great camps and apparel, Region 5 always seemed to be just a bit better. The spirit, unity and teamwork that Region 5 shows at National competitions is a true tribute to John for his leadership and to the coaches and judges for their genuine desire to work together.*

*Tim always felt, even in our individual sport of gymnastics, that the Team was or should be the number one focus. Region 5 impressed Tim and motivated him to bring that Team spirit to Region 8. Region 8 is a better Region because of John and the Region 5 coaches and judges!*

*And knowing how much Tim respected Region 5, I felt that he would want me to make a contribution in his name toward your apparel fund. Tim and I both wish all of you a successful competitive season.*

*Sincerely,  
Toni Rand*

*Region 5 and family  
dearly miss you Tim.*





**PURPOSE-** The purpose of the Region 5 All-Star team is multidimensional. Some of the reasons for its existence are.... to recognize and reward our top Junior Olympic and Elite level athletes for their uncompromising devotion to our sport and our region.....to provide experiences designed to enhance the future growth of these athletes.....to provide the coaches of these athletes with experiences designed to enhance their professional growth in our sport..... to spread and nurture a common bond and to establish a "team Spirit" within our region.... and to provide a vehicle from which regional pride can be fostered and delivered.

**GOALS-** The goals of the Region 5 committee as related to the athletes and coaches and their qualification to the Region 5 All-Star Team are to recognize our top athletes at our annual Regional congress banquet. Recognition may take on many forms, but a few words about the accomplishments of the athletes, a video presentation and an awards gift have been used as the normal procedure in the past. In short we want the athletes within our region to feel special and to believe that Region 5 is the very best place in the country to achieve gymnastics goals.

The regional committee also wishes to provide an international assignment designed to give experience, international exposure and to enhance regional pride. This assignment will usually be scheduled in mid to late fall so as not to interfere with the normal USAG competitive seasons.

**FUNDING-** The international assignment is to be funded by an allocated amount determined by the regional committee. These funds will come from the Region 5 Apparel Fund. Only the qualified athletes will receive financial assistance from this allocated budget. The fund will pay for:

- athlete's air and transportation
- athletes lodging at the competition itself
- the entry fees for the competition
- delegation gifts for the host organization of the international event.

The allocated budget for the international assignment will be determined based on the financial stability of the Apparel Fund in any given year. The budget will be reviewed each year at the summer committee meeting.

**CRITERION-** The following criterion is to be published periodically in the state and regional newsletters and websites. This material is vitally important and should be made readily available to our membership in Region 5.

The top 8 Junior Olympic, the top 2 Junior International and the top 2 Senior International Elite athletes, will be named to the Region 5 All-star Team based on the following criterion:

**1)** Athletes must have qualified to their respective national championship event. No petitions will be allowed. NEW- This means Championships of the USA for Elite athletes and Level 10 J.O. Nationals for the J.O. athletes.

Criterion cont:

Those elites that qualify to the USA National Team and All Star Team and a) have pending international assignments or b) have had USA international assignments in the past will be named to the ALL STAR TEAM but will be ineligible for the ALL STAR TEAM TRIP. This is due to the conflicts in scheduling and the priority that must be placed on USA NATIONAL TEAM COMPETITIONS for USA GYMNASTICS. Elites that qualify to US Classic, American Classic OR Championships (and don't make the All Star Team) may submit 3 All Around Scores for ranking purposes for the remaining J.O. spots. Elites must use the same criterion as used by J.O. athletes for submitting scores (see criterion listed under JUNIOR OLYMPIC #3 less the requirement that states that the regional or national meet score must be used).

**3)** JUNIOR OLYMPIC rankings will be taken from averaging the top 4 all around scores for the current competitive season. Requirements are as follows:

- ◆ An athlete may only use USAG sanctioned scores (AAU, USAIGC and High School scores would not count)
- ◆ They may use only 1 home meet score, provided there are at least 2 additional level 10 teams present, ("HOME MEETS" do not include states regionals and nationals) (a team consists of 3 or more members). In the case when a club hosts MORE THAN ONE HOME MEET, the club must designate which competition is to be used for potential all star team scores. (This is to eliminate the possibility of hosting meets until you get the scores needed to qualify to the all star team). It will be assumed that the FIRST HOSTED MEET will be used for All Star team scores UNLESS the club declares in WRITING to the JOPC prior to the date of the FIRST MEET that they want to designate the SECOND MEET as their choice.
- ◆ They may only use 1 all around score per meet (i.e. meets that have prelims and finals). This rule is used to avoid "getting lucky" with overly friendly evaluations that certain meets may have and to avoid having those scores count as 50% of your All-Star team qualification criterion.
- ◆ All qualification scores must be achieved prior to the conclusion of level 10 nationals. This is to eliminate the possibility of hosting meets post season with the sole purpose of creating a better all star team score average.
- ◆ Scores, in the form of official meet results, must be submitted no later than July 1 (late entries will not be accepted).
- ◆ Scores must include either regional championships or national championships AA score. This is to provide an equal playing field for all candidates for a minimum of 25% of the submitted scores.

**4)** Athletes must attend one of the 4 regional training camps responsible for funding the international assignment. These camps include SUPER CAMP, HOT SHOT CAMP, Hi TECH CAMP and FORWARD PROGRESS CAMP. This displays support for the regional activities, and it is the presence of our top athletes at these training camps that truly provide the camps with credibility and substance..... In other words others learn from watching what and how the "best" are doing things.

# REGION 5 ALL-STAR TEAM INTERNATIONAL ASSIGNMENT CONDUCT GUIDELINES

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- 1) The purpose of the international assignment is to provide a reward system for our athletes and coaches and judges for their dedication and contributions to the sport of gymnastics in our region. Although personal goals and objectives are always important, the overwhelming theme behind our international experiences will be REGION 5 FIRST.
- 2) All Team members, coaches and judges are to participate in accordance with the REGION 5 FIRST THEME. Taking and maintaining this TEAM approach will help insure that the event will be a positive experience for all.
- 3) Anytime that you put a large group of people together in any endeavor... you will encounter differences of opinion. Differences of opinion should be dealt with professionally in open team meetings. Should a solution not be attainable, there needs to be a place where the "buck stops". In these cases, the decision rests with the delegation leader(s).
- 4) On site travel plans, itinerary items should be discussed as a group, but once again, the final agenda will be determined by the delegation leader(s).
- 5) Region 5 Team apparel and coaching apparel should be worn when appropriate..... training sessions, airports, competitions etc.
- 6) In the event of finals.... it has been the position of the Region to get as many Region 5 athletes exposure to international finals as possible. Therefore; if we can get more Region 5 athletes into finals by scratching someone who has qualified on multiple events, then that is what should be done.
- 7) Workout times, structure, format, rotation times, etc. will be set at a team meeting with the final decision being announced by the delegation leader. Once again, should there be differences of opinion, the delegation leader has the final say and all members of the delegation are expected to adhere to those decisions.
- 8) Attending parents should remember that the experience is for regional bonding and NOT a family vacation. Parents may attend, but should realize that all decisions regarding itinerary and related activities are decided by the attending coaching staff. Attending parents must make their own travel arrangements outside of the delegation. Parents may not separate their child from the group for any reason.