



Region 5 Newsletter

*"Courage is resistance to fear, mastery of fear – not absence of fear."
--Source unknown*

*"It's not necessarily the amount of time you spend at practice that counts; it's what you put into the practice."
--Eric Lindros*

*"Competing in sports has taught me that if I'm not willing to give 120 percent, somebody else will."
-- Ron Blomberg*

*"Show me a guy who's afraid to look bad, and I'll show you a guy you can beat every time."
-- Lou Brock*



World Champion

Congratulations to Bridget Sloan and Marvin Sharp

Happy New Year to Region 5!

Bobbi Montanari - RACC

It is time for the State Chairman elections! USA Gymnastics has sent a mass e-mail to all professional members regarding the criterion for nominations, duties/responsibilities of the SACC, and voting procedures. The nomination form and detailed information are at the end of this newsletter.

Thank you in advance to the Meet Directors and Booster Clubs for hosting the 2010 Regional Meets. Details are as follows:

2010 Regional Meets

USA Gymnastics Level 9 & 10 Regionals

Date: April 8 - 11, 2010
Meet Director: John Geddert
Host: Twistars Gymnastics Booster Club & Gedderts' Twistars Gymnastics Club USA
Facility: Summit at Capital Center
Qualifying Score: 34.00
Entry Fee: \$80.00 per gymnast

USA Gymnastics Level 8 Regionals

Date: April 16 - 18, 2010
Meet Director: Al Scharns
Host: Branch Gymnastics
Facility: Western Michigan University
Qualifying Score: 34.50
Entry Fee: \$80.00 per gymnasts

RTCC TECHNICAL CORNER

BY

CHAR CHRISTENSEN, RTCC
REGION V

Level 5 and 6 Beam- Apply the -.30 flat deduction on the beam mount for pushing off the hands to arrive in tuck stand when the gymnast gets “stuck” or when the gymnast is leaning to one side and pushing off the hands alternately. This should be used only rarely as it is a severe deduction and should look like a severe mistake.

**Beginning Level Bars with
New Deductions**

- 1) Gymnast does a back hip circle- We need to take the maximum angle deduction (.30) if the cast before the back hip circle is a very low cast. We would also deduct for the extra swing after the back hip circle into the next skill. If the gymnast performs a squat on, we would not take for the amplitude deduction of the cast into the squat on.**
- 2) Gymnast does a long hang kip to a flat cast to a back hip circle and does an extra swing out of this to a dismount. We would take -.30 for the flat cast and -.30 for the extra swing.**
- 3) Gymnast does a long hang kip to a front hip circle to a dismount. The gymnast would get the -.30 for the cast angle before the dismount if it is a flat cast.**

Region 5 Chair continued.

We had a record breaking attendance at the 2009 Region 5 Congress and a lot of great feedback for improvements for this year. Thank you to the people who returned the feedback form which was e-mailed to all attendees. One of the biggest concerns was space for a few of our speakers and the changing of rooms from what was printed in the guide. The Committee will do everything possible to prevent this from happening in the future.

The Regional Committee has decided to return to Illinois for the 2010 Regional Congress. The 2010 Region 5 Congress will be held this year at **The Westin Chicago Northwest in Itasca, IL on September 10 – 12**. Online Registration will begin by January 25th. Don't miss the Early Bird Specials!! Registration information enclosed (pg. 9).

Please continue to let me know which speakers you would like to have at Region 5 Congress. My email address is R5Bobbi@aol.com. Thank you.

CHAR CHRISTENSEN - REGION 5 RTCC

**JUNIOR OLYMPIC NATIONAL
INVITATIONAL
TOURNAMENT UPDATE**

The purpose of the JO NIT is to provide another National level meet to our Level 10 athletes and give additional exposure of our top athletes to college coaches. With over 1200 Level 10 athletes and only 400 making it to Junior Olympic Nationals each spring, this meet gives another National Championship level competition for our Level 10's throughout the country. Gymnasts placing 8th and 9th in each of the eight divisions from each of the eight regions will qualify to the Junior Olympic National Invitational Tournament (NIT), provided that they achieve a minimum of 34.00 AA at the Regional meet. Any gymnast who ties for 9th place will qualify for the NIT. Gymnasts who did not qualify to the Junior Olympic National Championships or the NIT in the AA, but have won an event(s) at Regionals will qualify in those event(s). Remaining slots (after accepted petitioned athletes) and those slots not filled by any region will be filled by other regions based upon a percentage or percentage from Regional

Championships. Petitions will be considered to the JO NIT by the National Technical Committee Chairman in consultation with the National JO Committee Chairman for any athlete who was unable to compete in the Regional Meet due to injury or illness and who had either participated at the previous years' JO Nationals, Level 9 Nationals and who have an achieved a score in the current year of 36.00 AA or better.

From Hilary Carlson, RJD

CHECK THOSE “A’s”!!!!!!!

Usually gymnasts are not missing A's from their routines, but several times already this year we have had to take that deduction, mainly on Level 7 beam. In the new Code, page 136, V, A, 3, it says “ In order to receive value part credit, all elements (including mounts) must be listed in the JO Code of Points, JO Updates, or be evaluated by the Regional Technical Committee Chairman.

Anytime your gymnast is doing something that is not listed in the Code and you need a value for the skill, it should be evaluated by our RTCC, Char Christiansen.



GYMNASTICS

NUMBER ONE AND LOVIN IT!



John Geddert - Region 5 Junior Olympic Committee Chair

Happy New Year to Region 5 Gymnastics, its members, families, athletes and parents. We have a lot to be thankful for but even more to look forward too in the year to come. These next couple years should be very exciting for our athletes as they prepare to represent our States, Region and Country with the style and class that has become associated and synonymous with Region 5. Good luck to all as you pursue your individual goals and aspirations.

TRAINING CAMP NEWS- 2009 was bigger and better than ever with the 7 Regional Camps raising nearly \$90,000. Special thanks to Dave Rawles and Glen Willmeng for their efforts in marketing, organizing, structuring, scheduling and staffing these important educational opportunities. The task is monstrous, yet seemingly these guys had little difficulty in maintaining a great standard of quality. THANKS GUYS! Of course these camps would not be possible were it not for the ample supply of coaching and administrative volunteers that it takes to make them successful. THANKS to all the coaching and judging clinicians for your contributions. THANKS to the host clubs (Integrity, SIGS, Branch, U or Michigan, DeVeaus, Queen City, and Naperville) as well as the camp directors for each of these sites. GREAT JOB PEOPLE!

ALL STAR TEAM- A reminder to all coaches to review the ALL STAR TEAM criterion (located on the Region 5 Website) as you enter this competitive season. Please be clear on all the rules so that your athletes are eligible for this prestigious and rewarding experience for 2010. We are planning a trip to Slovenia/Croatia in the Fall. Work hard as this will be an experience of a lifetime.

JUNIOR OLYMPIC PROGRAM- We are currently working on the routines for 2013. FYI, there wont be many changes to Vault and Bars and the normal new routines for Beam and Floor. A new system is being **considered** at this time that would divide the program into 5 compulsory levels and 5 optional levels. The **consideration** is that levels 1-2-3-4-5 would be compulsory (levels 4-5 required) and levels 6-7-8-9-10 would be optional. We are **considering** allowing the option to bypass level 6 (which would be an entry level {similar to current level 7} with minimal difficulty {1-B} and progress directly to Level 7 (3-Bs). In this **proposed** system level 8s would be allowed 1-C acro skill and any C dance. Level 9 and 10 would have difficulty requirements/restrictions similar to the current system. If you have feedback on this **proposed idea**, please forward your comments to be at USATwistar@aol.com.

REGION 5 STORE/FAN PAGE- Fans of Region 5 will want to be aware of your outlet for purchasing apparel - THE REGION 5 STORE (see the Region 5 web site) and your information hotline - FANS OF REGION 5 (on facebook) which will serve to relay important information and announcements for our membership. Thanks to our super volunteer, Kristin Moore for creating, implementing and monitoring these services.

Well that’s all for now. Hope you enjoyed the Holidays. Enjoy our sport but most of all ENJOY those kids.



Illinois – Norbert Bendixen SACC-IL

We hope that all of you had a restful and family filled Holiday and New Year.

Majority of this is information already sent out in a Illinois Electronic email. If you have not received either the October, November or December Electronic email, please check USAG to make sure your email address is correct and/or check your web browser. Many emails are returned for either wrong emails or returned due to "too many recipients" Thanks

Seniors 2010

All coaches, please have your senior gymnasts go online ASAP and fill out the form. You or the athletes can always go back and add to it and that information will come from Fred Cooper on further information needed. His information is used for the website scroll honoring our seniors, Senior Moments published in the Level 8, 9, 10 State meet Program, and used at the Illinois Annual Banquet.

Illinois Junior Olympic Chairman, Cyndi Zimmerman

Cyndi is looking for computer help. Is there anyone out there that has Microsoft access knowledge and or website knowledge that would be willing to help produce forms and other things as needed. I would like someone to help improve the state tracking database also. They can email me at gymmom4@aol.com

Level 9, 10 State Chairman Randy Parrish

My message for the 9 and 10 coaches would be this: Make sure you treat your out of state meet results like you are the meet director and get everything into the Illinois committee like it was your own home meet. Thanks:)

Level 4 State Chairman Teresa Millmore

We are very excited to have the level 4's have one state meet this year hosted by EGGS. This will help with all the questions on who is a north and who is a south club. We are hoping that you are all excited as well. The qualifying score for state meet is still a 32.00. Keep working hard on those routines and we will see you at state!

Illinois USAG Education Chairman Leonard Isaacs

Dear Illinois USAG administrators and/or club owners: With Norbert's blessings I would like to make myself available for in-house staff clinics during the months of November through February. My knowledge centers around class (six years old and up) curriculum and progressions, pre-team skills and progressions and team level work on all events. My gym is especially good at retention of team girls. As I would be working for the state committee I would ask only for expenses to be covered. Sincerely, Leonard Isaacs, Illinois USAG state committee chair for education.

October 17th Illinois Committee meeting minutes: are now posted on the ILUSAG.com website. Illinois State Series Judge selection was the primary agenda item for this meeting. The Committee would like to especially thank Stacey Mooney, for providing instructions and the handheld remote devices called Qwizdom, which the Committee will use to facilitate its confidential voting process.

• Meet Directors:

-Please be aware that we must now check the Judges at our meets for current USAG numbers as we do for coaches

-- When submitting scores electronically DO NOT reformat excel sheet. We need the raw material to be the official scores. There are instructions on the website for the scoring programs.

• **OUT OF STATE SCORES:** As the Competitive season starts to ramp up please remember NOW that if you think a particular score for your athletes might qualify her for state meets please send in the scores NOW to the appropriate Committee members before forgotten. This will make life easier for all at the end of the season during the mad rush of verifying athletes qualifications to state meets and getting out State meet times.

• **Congratulations** to Bridgey Caquatto and the USA Team at Junior Pan Ams. US Sr. National Team Member Mackenzie Caquatto will be traveling to Japan next week for the Toyota Cup in Tokyo City, Japan. Competing with Mackenzie, representing the US will be 2008 Olympic Team Member Chelsie Memmell and 2009 National Team Member, Kytra Hunter.



Indiana – Ed Gibson SACC-IN

Dear USAG Pro Members,

The below letter is from one of the coaches in our State. If you would like to help Erin and her family out, you may send a donation to Indiana USAG. Please on the check designate by writing Erin Booher in the memo. Erin and Mike were Region 5 rookie Coaches of the year 2009. Let's try to make not only there Holidays better but the coming year.

Thanks

Ed Gibson

Indiana USAG Administrator

Please send to: Ed Gibson, 1579 E. 91st. Dr. Merrillville, IN. 46410

My name is Cindy Gregg and I am the owner of Lafayette Area Gymnastics Club in Lafayette. I am writing to you today to ask you to help one of the fellow gym owners in Indiana, Erin Booher. Erin has a rare form of cancer that showed up when her appendix flared up and had to be removed. Erin and her husband Mike are the owners of Rising Star Gymnastics Club in Bloomington, IN and like many small business owners do not have health insurance. With that catch 22 they are not able to receive assistance because they have the business. Erin has been to see several doctors and has found a doctor in Iowa that has prescribed a medication that may help her. The cost for the medication though is \$1,000.00 per week. Yes that is One thousand dollars per week! I do not know many people with health insurance that could began to pay the deductibles and co-pays associated with a medication as expensive as that, let alone the whole cost. Another thing that comes to my mind is the 9 hours of travel time it takes to get to Iowa. That is a lot of gas \$\$\$. I guess you see my point. Mike and Erin have not asked for my help I have volunteered to do this. I asked Mike to let me know what they needed so we could help and he said at this time he didn't really know. After speaking with him though it became clear I needed to appeal to all of you. This past summer my gym held a fundraiser for the Booher family. We held a flip a thon and a raffle. I raffled off a free session, an hour private lesson, a sweatshirt, a leotard, and a half hour private lesson. All total we were able to raise \$1500.00!!! My gymnasts were excited to help and the gym community pitched in and bought raffle tickets because everyone wants to win a free session.

I am challenging you to do the same! I know that many gyms are struggling in the tough economic times that we are facing. I believe though in my heart that what you give comes back to you two fold when you need it. It may not be in \$\$ but in the form of a helping hand when you are ill or when you need help repairing your roof or building a new spring floor. As many of us know when you least expect it someone is always there when you need a helping hand as long as you believe!

So dig out the old 50/50 tickets and make up a couple of posters and raffle off a few things that are collecting chalk dust! Show your gym family near and far that you care about them!

Thank you for your time



Kentucky – Cap Caudill SACC-KY

- Jan. 9-10 20th National Judges Cup. Cinn. OH. Area. www.judgescup.com.
- Jan. 15-17 CGA Parents Club Coaches Spectacular - Northern KY Convention Center - Levels 3-10/Open, Prep-Opt www.cgaparentsclub.com
- Jan. 16-17 "Stephen Foster Classic". Bardstown Gymnastics NCHS Bardstown, KY Level 5-10. KQ
- Jan. 23 OPEN
- Jan. 30-31 Champions Super Bowl Challenge Louisville, KY Levels 1-6. KQ
- Feb. 6 KC Meet Danville, KY Levels 2 - 8. KQ
- Feb. 15 Declaration Date For all Levels Compulsory & Optional
- Feb. 28 Judges Critique Meet. Levels 7-10. More info later.
- Mar. 5-7 17th annual Champion's Derby Classic. Louisville, KY Levels 3-10, P.O KQ
- Mar. 20-21 USAG-KY Optional State Meet Levels 5-10 & PO.
- Mar. 27-28 USAG-KY Compulsory State Meet Levels 3-4 only Mar. 27 -28 S.E.C. NCAA

Michigan – Douglas Rowe SACC-MI



USAG Michigan Fall Clinic had over 200 gymnasts attend on Saturday & Sunday, October 17th & 18th.

USAG Michigan Championships Banquet was well attended on Saturday, October 17th. The State Administrative Committee Members provided an outstanding effort in organizing, decorating, and providing a great experience for Michigan's gymnasts!

Thanks again to Al & Cindy Scharns for providing their gym for the Clinic and securing a site for our "First" Champions Banquet

Banquet Opening: Invocation was followed by acknowledging all Committee Members. All State Champions marched around the room as names were announced .

Special Awards went to: Jordyn Wieber & Kristin Moore as Michigan's Gymnasts of the Year"

Michigan Coaches of the Year 2009

Male Compulsory Coach of the year – Brian Zook
Female Compulsory Coach of the Year – Patty Bovee
Female Optional Coach of the Year – Lori Koch
Male Optional Coach of the Year – Mel Foster
Prep Optional Coach of the Year – Bernie Pletcher
Judge of the year - Georgette Dupke & Karrie Brown
Contributor of the year – Dr. Lawrence Nassar

Our Main Speaker Dr. Allison Arnold

The Michigan USAG State Administrative honored all National Qualifiers!

DJ & Music was provided for Gymnasts following the banquet.



Ohio – Nina Dent SACC-OH

WOW, what a difference! This year Ohio added three new people to the State Committee and although it is harder to get 9 people together, the energy and response from the entire committee has been phenomenal! Ohio has some aggressive goals and I think that this committee is willing to get them accomplished! On our agenda for the year are the following initiatives:

- Mentoring Program: With Kittia Carpenter at the helm, Ohio has created a Mentoring Program. Young coaches who need some mentoring on techniques of certain skills will be able to utilize the talents of others. Coaches will be submitting forms to Kittia to offer their assistance on helping others learn from their strengths. Kittia is also heading up Ohio clinics/camps for judges, coaches and gymnasts.
- Seeking Volunteers: How will Ohio fund these clinics/camps you ask? The State Committee has decided to host its own Levels 6-7 State meet. The funds from this meet will go solely towards funding these clinics so that EVERY pro-member can attend for little to (preferably) no cost. We are asking for volunteers from the Pro-Membership community to help us run this meet as it is THEY who will benefit from the event ☺
- Membership Outreach: Ohio had to keep some coaches off the competitive floor last year due to the expiration of some of their critical membership components such as safety certification, background checks or membership itself. This year, in an effort to keep everyone on top of their requirements (plus it is a renewal year for background checks), Ohio has Jamie Parsley – Club/Coach advocate, sending out monthly emails to those who have documents that will expire that month. Guess who got one of the first emails....yep me!
- Website Updates: Gary Toussaint has come on board with the website and to help him is Diane Renzi. The two of them are going to revamp, update and make sure all is as it should be on the website. We ask for your patience as we go through yet another construction phase to the site. I have the upmost confidence that soon enough we will be right where we need to be.
- Prep Optional News: This year Ohio will be hosting its first Prep Optional Championship. Through the help and guidance of Michelle Crane, being our voice on the Regional P.O. Committee, we feel we are going to have enough athletes to host the first step towards an official State Meet. To keep the costs down and see how the numbers work the State Committee decided to hold the Championship the same weekend of the 6-7 State Meet.
- Sad Good-Bye: While we added three new people to our State Committee, we regret to say that one of our long-time members has decided to step down. Mark Fahrnbach, after 28 years of being an Ohio State Committee member has chosen to leave his post. Mark takes with him a rich history of the development of the sport of gymnastics within Ohio and the Region. I personally enjoyed being on the Committee with Mark. His honest and “this is how it is” opinions were always a reality check for many of us. I hope that you all share in my sincerity of thanking Mark for the enormous amount of time he has spent being a part of the Ohio State Committee. I thank him greatly for developing our state handbook which he so graciously helped establish, print, mail and fight for over the past what.....15 plus years! We all know what that book means to the coaches and club owners!

For now, I want to say THANK YOU MARK FAHRNBACH!!!

- NCAA Fundraising: At our National Congress in Dallas, Texas, USA Gymnastics President, Steve Penny, had put out a call to everyone to help support the Collegiate Gymnastics Development Fund. USA Gymnastics has partnered with the National Gymnastics Foundation to create the CGDF with the “fund’s goal being to provide solutions to support collegiate programs in peril and offer educational and business training for coaches and program administrators to assist them in building financially secure (Collegiate) programs.” Mr. Penny pointed out that without NCAA gymnastics being available to our athletes there is little motivation to stay involved in our sport.

So what is Ohio going to do? We are going to offer a Golf Outing with the profits raised to be donated to the fund. We have already secured a site and date:

Where: Bent Tree Golf Club, Columbus.

When: June 6, 2010.

Come join us for a great time golfing, a silent auction, and of course a meal. Mark your calendar! Check our website! More to come!!!! We wish you all a safe and healthy season!



Store



Track Jacket
(Unisex)

Show off your Region 5 Pride!

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- Rolling Computer Bag
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Additional Items will be added
as they become available



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(Men's and Women's)

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www.Region-5.com



Rolling Computer Bag

Region 5 is Number 1 and Lovin' It!



GYMNASTICS
NUMBER ONE AND LOVIN IT!



In cooperation with Region 5 presents the

2010 Region 5 Congress GENERAL INFORMATION



DATE/SITE:

Region 5 September 10 – 12, 2010 Itasca, IL The Westin Chicago Northwest

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 January 25, 2010. Online Registration will be available for members and printable forms will be available for all others at <http://www.usa-gymnastics.org/membership/congress/regional.php>

<u>COST</u>	<u>Early Bird (Ends July 10th)</u>	<u>Regular Price (Ends Aug. 27th)</u>	<u>On-site Registration</u>	<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 - \$155.00 4th - \$145.00 5th - \$135.00 6th or more - \$125.00	N/A	\$25.00/ea
One Day Price**	Friday - \$75.00 Saturday - \$75.00 Sunday - \$50.00	Friday - \$100.00 Saturday - \$100.00 Sunday - \$75.00	Friday - \$125.00 Saturday - \$125.00 Sunday - \$100.00	

*This offer is only available to Pro, Jr. Pro & Instructor Members affiliated with a Member Club.

**One day registration prices do not apply to multiple days. It is intended for one day only.

HOUSING

A block of rooms has been reserved. Call by August 9, 2010

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 \$94.00

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

The Westin Chicago Northwest

400 Park Boulevard

Itasca, IL 60143

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 Aug. 27th. No refunds after Aug. 27th. (Substitution of participants will be allowed until Aug. 27 if submitted in writing.)

State Administration Committee Chairman Elections Coming Soon! Nominations Requested

Nominations for State Administrative Committee Chairman need to be postmarked by February 26, 2010.
Form below:

Criterion for nominations:

- Nominees must be USAG Women's Program professional members in good standing for a minimum of two years in the state program in which they seek election
- Nominees must be at least 21 years old and be members in good standing.
- Current elected officials seeking nomination for SACC must be compliant with all current duties and responsibilities.
- It is strongly recommended that the State Committee Chairman candidates have financial skills, organizational skills, communication skills, a working knowledge of the program and the willingness to fulfill the duties and responsibilities of the position.

A member in good standing is defined as a person who has complied with all aspects of the program as outlined in the *Rules and Policies*.

Prior to being placed on the ballot, all nominees must sign a document that verifies that they have read and understand the duties and responsibilities of the office for which they have been nominated and submit their resumes to the appropriate USA Gymnastics officer.

Duties and responsibilities of the SACC:

The State Administrative Committee Chairman (SACC) is responsible for the overall organization of all designated qualifying events and programs within their State. The State Administrative Committee Chairman (SACC) shall work in close cooperation with the Regional Administrative Committee Chairman (RACC), Regional Junior Olympic Committee Chairman (RJOCC) and the Regional Technical Committee Chairman (RTCC) to effectuate State programs. Any problems that cannot be solved by the State Administrative Committee Chairman (SACC) should be submitted to the appropriate regional personnel.

- A. Be directly responsible to their Regional Administrative Committee Chairman (RACC).
- B. Serve as a voting member of the Regional Administrative Committee (RAC).
- C. Must submit all committee meeting agendas and subsequent minutes to their respective Regional Administrative Committee Chairman prior to distribution.
- D. Serve as the USA Gymnastics Women's Program consultant for that State and answer any correspondence directed to that office.
- E. Send copies of correspondence to the appropriate regional personnel.
- F. Be responsible for overseeing the Junior Olympic Sectional and State Championships in their state, at least once per year.
- G. Conduct the annual state meeting of Women's Program Professional members.
- H. Determine the site and event director for Jr. Olympic Qualifying Meets, Sectional and State Championships. This may be done by bids or solicitations.
- I. Assure that these competitions follow USA Gymnastics *Rules and Policies*.
- J. Attend the State Championships as the USA Gymnastics representative.
- K. Provide State Administrative Committee (SAC) representation at all sectional meets and above.
- L. Make recommendations to the Regional Technical Committee Chairman (RTCC) and the Regional Junior Olympic Committee Chairman (RJOCC) concerning petitions into the Regional Competitions.

- M. Establish procedures to raise operating funds for the state, if necessary. The State Administrative Committee Chairman (SACC) may, with the approval of the State Administrative Committee (SAC), determine and/or collect competition and/or club fees for the purpose of raising operating funds for the state. All fees will be retained in the State account for use as determined by the State Administrative Committee (SAC).
- N. Maintain a state checking account and file quarterly financial reports with the Regional Administrative Committee Chairman (RACC), as required in the "Financial Reporting Procedures" document.
- O. Publish minutes of all State Administrative Committee Meetings.
- P. Shall be accountable for all state funds and publish each year the financial statement reflecting activity as of July 1 – June 30.
- Q. Provide for a State Administrative Committee, the number and type of positions to be determined by each state, in order to best serve the needs of the program in the state.
- R. Inform the Regional Administrative Committee Chairman (RACC) and other appropriate Regional Administrative Committee members of any actions contrary to the Rules and Policies of USA Gymnastics. The Regional office shall inform the appropriate National Chairman of any problems. After due investigation, corrective measures shall be recommended by the National Administrative Committee Chairman (NACC).
- S. Publish a newsletter as necessary (or as directed by the Regional Administrative Committee Chairman (RACC)). This newsletter shall include new information related to the USA Gymnastics program, results of competitions, dates of events, official bulletins from committees.
- T. Send state newsletters to the membership of the state, and to the Jr. Olympic Program Director and the National Junior Olympic Committee Chairman (NJOCC), the National Administrative Committee Chairman (NACC), and the National Technical Committee Chairman (NTCC).
- U. The SACC or a designated proxy will attend National and Regional Congresses and all designated meetings, with travel and expenses funded by the state account.

Criteria for Voting

Elections will be conducted online at www.usa-gymnastics.org from April 1 – April 15. In order to ensure that your vote can be counted, each Professional Members should make sure of each of the following:

1. That their address is current (**specifically the State – you can only vote for officials in the state in which you live**)
2. That they know their personal User ID (which is their Professional Member number)
3. That they know their password (a Professional Member's password is their eight-digit date of birth in a MMDDYYYY format unless they have otherwise instructed.)
4. That their Professional membership, safety certification and background check must be fully processed and current by February 28.
5. If you have any questions regarding your voting privileges, please call the Women's Program Manager at 317/829-5661.

State Administrative Committee Chairman Nomination Form

Name of State _____

I nominate the following person for State Chairman:

Name of Nominee _____

Address of Nominee _____

City _____

State _____ Zip _____

Phone (home) _____ Phone (work) _____

Nomination will NOT be accepted without complete information.

Return to:

Bobbi Montanari

2881 Scioto-Darby Executive Court

Hilliard, OH 43026

or

Fax to 614-777-9450

Mailed form must be postmarked no later than February 26, 2010. Any nominations postmarked after this date will not be accepted. E-mailed nominations are also due February 26, 2010.

Online Vote: The elections will be run online through the USAG website
from April 1 – 15, 2010