



Alabama Quarter Notes

Volume 6, Issue 3

May 2006

**ALABAMA
NAWGJ**



Inside this issue:

Financial Statement	2
Level 8 Regionals	2
Judges Retreat	3
Outstanding Judge's Award	3
Tom Koll Clinic	3
New Judges	4
Address Book	4
New Ratings	4
Educational Calendar	4
Judge's Money	4
Technical Notes	5-6
CPE Requirements	6

NATIONAL JUDGES CUP

Houston, Texas

January 6—8, 2006

By LuAnn Nix

What an experience! The National Judges Cup in Houston was an amazing trip. An opportunity to see some outstanding talent. Our Alabama team members were Maci Warren, Lyndsey Webb, Sydney Fritz, Jamie Fisher, Lauren Gross, and Casey Laing. These young ladies came together as a real team. Their support for each other started the first day they met together for practice.

There were gymnasts there from Northern California, who finished first with a 189.40 team score; Texas, finished second with a team score of 188.625; Washington was third with a 186.975; Oklahoma was fourth with a 185.45; Kansas was fifth with a 183.525; Mississippi was sixth with a 182.85; Missouri was seventh with a 180.65; New Mexico was eighth with a 180.325; Louisiana, ninth with a 178.15; Alabama was tenth with a 177.65; Idaho was eleventh with a 172.55; and Maine was twelfth with a 161.00.

The physical shape of these athletics was unbelievable. Their pose and strength demonstrated their commitment to this sport. It was a real joy to watch and learn from the coaches and athletes.

Alabama had positive representation for this event. Maci Warren finished 10th on bars, 4th on floor and 11th all-around. Lyndsey Webb finished 8th on vault and 13th all-around. Sydney Fritz finished 18th all-around. Jamie Fisher finished 10th on bars and 17th all-around. Lauren Gross finished 5th on beam and 14th all-around. Casey Laing finished 9th on beam, 10th on floor, and 15th all-around.

The hotel facilities were fabulous. The arena for the competition was attached to the Hilton Hotel. It was extremely nice with lots of seating for the parents and a very positive atmosphere for the gymnasts.

This experience provided for by our Alabama Judges was fantastic. The Judges provided some beautiful, dynamic leotards. This set the stage for an exciting experience. Phillip Acton provided matching Alabama Team tee shirts for the girls to wear. It was very obvious that each of the individual girls were "team" players. Congratulations to each of them and thank you to all of our judges!



NAWGJ TRI -ANNUAL FINANCIAL REPORT

Date	11/10/05	Name	Mary Ann Wallace				
Position	SJD	Address	P.O. Box 145	X	1st Period	(Nov-Feb)	Due Mar. 20
Region	8		Killen, Alabama 35645		2nd Period	Mar-May)	Due June 20
State	AL	Phone	256-757-8403		3rd Period	June-Oct)	Due Nov. 20

Optional Judges Cup Entries		\$12,535.00	Compulsory Judges Cup		\$1,915.20
Clinics / Workshops		0	Postage		15.85
Certifications / Exams		0	Operating Supplies		806.08
Assigning Fees		\$24.00	Telephone		463.92
Interest Income (checking)		0	National Judges Cup		4,428.74
Fundraiser—other		475.85	Fundraiser		75.00
OJC T-Shirts		236.00	Promotional Items		40.00
Reimbursement		1,629.94	Optional Judges Cup		11,869.50
			Miscellaneous		63.00
			Educational		120.00
			Memberships		135.00
			Board Meeting Expenses		195.71
			Web Site Expenses		1,392.35
TOTAL INCOME		\$14,900.79	TOTAL EXPENSES		\$21,911.35

LEVEL 8 REGIONAS—Huntsville, Alabama

James Linderholm and the Huntsville Parents Club did a wonderful job with the Regional Meet. The Regional meet was a great success with many compliments from the coaches and judges. A special thank you to the Judges who volunteered their time to help as auxiliary judges. These special judges did a wonderful job and the Meet Officials were very complimentary of their hard work. A special thanks to Diane Peeks for coordinating these auxiliary judges. Listed are the judges who volunteered:

Amy Arnts	Fri-Sat	Gayli Craver	Fri
Jarrett Ezell	Fri-Sat-Sun	Kelly Hill	Fri-Sat-Sun
Terri Jenkins	Sun	Dawn Roy	Fri
Corinth, MS		Nashville, TN	
Diane Peeks	Fri-Sat	Maria Ross	Fri-Sat
	Sun		
Carol	Sun	Jamie Wallace	Sat-Sun
Smitherman			

FALL JUDGES AVAILABILITY

Judges will be able to mark their availability for fall meets on the web site at the beginning of the summer. Each judge will receive one notice by email that the Fall Availability is available on the web page. Meets will be assigned according to the availability form beginning the first of August.

IN GYM EXPERIENCE CARDS

DON'T FORGET TO TURN IN YOUR IN-GYM CARDS AND YOUR AVAILABILITY FOR REGIONALS. THEY ARE DUE IN TO MARIAN DYKES BY JUNE ST.

JUDGES RETREAT



MARIAN DYKES
RTCC

JUDGES RETREAT: Judges Optional Retreat will be July 22 & 23 in Birmingham at the home of Annette Burgin. Marian Dykes will be the clinician. All Alabama Judges are invited to attend this clinic free of charge. Meals will be provided (Sat. breakfast, lunch and dinner and Sun breakfast). There are a lot of judges in the Birmingham area so bring your sleeping bag and we will find you a place to sleep. All

information will be for level 10 but lower level judges are invited with someone assigned to help you with scoring. Please contact Mary Ann Wallace by July 17 to reserve your spot.

SURPRISES ARE SO MUCH FUN!!!

THIS YEARS OUTSTANDING JUDGE AWARD WAS GIVEN TO

MARY ANN WALLACE!



The Alabama NAWGJ Board had their own vote this year. We all got together and voted for the recipient of the Outstanding Judge award to go to Mary Ann. Below is her response to the outstanding judges award.

At the State Awards Banquet this past month I was preparing to announce the winner of the Outstanding Judge Award for 2006. To my surprise the Alabama NAWGJ Board members Amy Arnts, Annette Burgin, Diane Peeks, and Phyllis Thompson approached the podium and took over the announcement of the judge's award. I

was totally taken by surprise to be chosen for this annual award. It is a great honor to be recognized by my peers and humbling to be listed with the other recipients of this award. To receive this award for something that you enjoy so much is the pinnacle of a long career. Thank you for the honor.

Mary Ann Wallace

TOM KOLL CLINIC

James Linderholm is hosting a Tom Koll Clinic. The clinic is designated as a learning experience for gymnast and coaches. James has offered for the judges to attend free of charge if they will help where needed. Contact Mary Ann if interested.

CONGRATULATIONS


SHERYL DUNDAS

A great congratulations to Sheryl Dundas on receiving her International Brevet Rating. This is a great honor for Sheryl and The State of Alabama. Sheryl worked very hard to obtain this rating and we are extremely proud of her accomplishments.

Welcome New Judges!!!

Lindsey Bamberg 528 Merrimac Place Selma, AL 35701 Lnbambe1@samford.edu	Allison Germany 2905 Demetropolis Road Mobile, AL 36693 A11baby@yahoo.com
Angela Grail 8042 Rockhampton Circle Helena, AL 36693 wherman- dez@ciyofcartersville.org	Melanie Thomas 1675 Knollwood Drive Apt 431 Mobile, AL 36609 vnovikov@comcast.net

Address Book Changes!!!

Michelle Young 764 Coleman Avenue Fairhope, AL 36562	Jarrett Ezell 2168 Denton Road E34 Dothan, AL 35761
Gayli Craver 875 Mint Springs Road New Market, AL 35761	Kelly Hill 500 Buck Creek Lane Alabaster, AL 35007
Sheryl Dundas (returning to maiden name) 1360 Montgomery Hwy #114 Birmingham, AL 35216	Heather Newman (returning to maiden name) 2168 Denton Road E34 Dothan, AL 35761
Kelly Wriston 2600 Denton Road Apt V214 Dothan, AL 36303	

JUDGE'S MONEY

If you earned money from Compulsory Judges Cup 2005 at Greystone/JFJ you MUST spend your money by August 15th. Any money not spent will revert back to the AL NAWGJ general account. An effort will be made again this cycle to save money for the judges recertification in 2009. You can use the money set aside for your volunteer time for educational expenses, uniforms, judging aids and membership dues. You should have already received a notice with an accounting of what you have spent and a balance of money remaining.

Please take the time to decide what your needs are for the summer for education. If you want to use money in your account you can use two methods, pay for your expenses for the items above and submit a Reimbursement Voucher (found in your Alabama Judges Handbook) with receipts attached or send me the registration forms completed and I will mail them in with a check attached.

Bravo Alabama Judges!

Congratulations to New Judges and
New Ratings

David Bowles	Mobile	5/6
Lindsey Bamberg	Selma	5/6
Allison Germany	Mobile	5/6
Angela Grall	Helena	5/6
Amy King	Sterrett	7/8
Aaron Nevitt	Mobile	5/6
Melissa Nevitt	Mobile	5/6
Jamie Wallace	Calera	7/8
Kelly Wriston	Dothan	7/8

Educational Calendar

June 9-11	Tom Koll Clinic Huntsville, AL
June 29- July 2	Region 8 Congress Ft. Lauderdale, FL
July 22-23	Judges Retreat Birmingham, AL.
July 28-30	Level 8&9 Training Camp—Winston, Salem North Carolina
October 6-8	Level 9-10 & Elite Training Camp Suwanee, GA

TECHNICAL NOTES

These were taken directly from Summer News Edition 2006 "All Around News"

GENERAL

- ◆ PREP Optional rules and regulations used by a specific state must be published and/or posted on the Internet. Especially for invitationals that may involve the participation of multiple states these rules must be available to all participants. The State Administrative Committee may choose to have sub-divisions of PREP Optional. The amount of Timed Warm-up allotted per athlete will depend upon whether the specific PREP optional division is comparable to compulsory or optional routines. The *2006-2007 Rules and Policies* will have a chart showing meet guidelines for both compulsory and optional.
- ◆ Effective August 1, 2006, Levels 1-3 will have an open warm-up of 15-30 minutes and a maximum of 30 second timed warm-up. The meet format must be published in the meet information. Considering the ages of the athletes at these levels, it is recommended that the session be no longer than 2½ hours in length, including warm-up time.
- ◆ The two committees discussed signals and verbal cues. If a gymnast is competing on an apparatus and the coach instructs her by giving specific information on what to do during the routine (for example – what comes next in the routine or to repeat a missed requirement), the deduction of 0.20 is taken from the average without warning.
- ◆ There has long been some question when a judge can make a change to a score if the judge finds they have made an error in calculation. While all judges hope they never make an error, the committees felt this issue must be addressed in order to be fair to all competitors. The decision was made that once the final average score is submitted to the scoring system, it may not be changed unless an inquiry is made within 5 minutes of the end of the rotation.
- ◆ An important clarification regarding “not landing on the feet first” on vault and on saltos on UB and BB dismount and saltos on Beam and Floor was issued: If the gymnast lands on her hands and soles of feet simultaneously, a deduction of 0.5 for the fall is applied. Value part is awarded.
- ◆ Judges are often put in an uncomfortable position of being presented with an inquiry at the end of a competition that is an attempt to raise a score for the purpose of qualifying. For qualification purposes to State or Regional meets, if an athlete's AA score is 0.10 or less than the qualifying score, the coach may submit an inquiry on the event that the gymnast received her lowest score. This process does not apply for mobility purposes, or if qualification to the state or regional meet is by percentage or designated number per age group. Score changes must be made for a valid reason.

VAULT

- ◆ There was a great deal of discussion regarding the problem of vault competition running slow due to the allowance of three touch-warm-up vaults. While the committees did not take any action for change at this time, coaches are reminded that the touch warm-ups are not required to be in competition order, and that coaches are encouraged to work together to safely expedite the touch warm-up period.

UNEVEN BARS

- ◆ Level 8 bar clarifications that a single element cannot count for two Special Requirements: One element from Groups 3, 6, or 7 and the one flight. The routine must contain two different elements with minimum of B value to meet both Special Requirements. For example, If a Level 8 performs a clear hip circle (B), then performs another clear hip with a half turn that turns prior to 10° of vertical, the requirement of two B elements (one flight or turn, the other from Groups 3, 6 or 7) has been fulfilled.
 - ◆ The dismount Special Requirement for Levels 8-10 on Uneven Bars is changed to read to “salto/hecht dismount”
 - ◆ Uneven bars fall time is increased to 45 seconds.
-

BALANCE BEAM

- ◆ A ½ (180°) pivot turn following the Scale in the Level 5 beam routine is added. No change was made to compulsory beam times.
- ◆ The Beam Special Requirement of a Dance series is deleted. The new Special Requirement for beam will be “a leap or jump requiring a 180° split (cross or side).”
- ◆ A 0.20 compositional deduction on Beam for lack of a dance series with a minimum of two dance elements from groups 1, 2 or 3 is added.

FLOOR EXERCISE

- ◆ There is a change to the Special requirement on Page 234 of the JO Code of Points: B .#1 One Acrobatic series with two (2) saltos or two (2) directly connected saltos. Saltos may be the same or different.

Example: Punch front layout with 1/1 twist (C), immediate front layout (B) or Front tuck, Round-off, flicflac, 2/1 twist

Note: It is no longer required to have a three element acro series that contains two saltos.

OPTIONAL BEAM AND FLOOR

- ◆ There is finally a clarification on lack of variety in choice of elements on page 142 and 238 for overuse of same shape. The deduction will be applied if there are:
 - More than two elements with a wolf and/or tuck position with or without turn = 0.10
 - More than two straddle jumps with or without turn = 0.20

All judges and coaches should reference the full text of the minutes for specific wording as well as additional changes and clarifications to deductions and skill values.

CONTINUING PROFESSIONAL EDUCATION (CPE) REQUIREMENTS FOR JUDGES

The first year of this new cycle is rapidly coming to an end. This means it is time for a few free weekends at home with family and friends as well as it is time to file your judging accreditation annual Continuing Professional Education (CPE) record. The form to complete can be found at:

<http://www.usa-gymnastics.org/women/judging/AnnualCPERecord.pdf>

The number of CPE hours required is based on the rating a judge holds on August 1st of the accreditation year. This is an important new clarification. Therefore if a judge was not rated on August 1, 2005 they do not have to turn in CPE hours for the year August 1, 2005 – July 31, 2006. If a judge moves up to a higher rating, they will only need to complete CPE hours for the rating they held when the year began.

The chart on the form lists the actual requirements for each level. There is also a list on the CPE form of items that a judge can use to fulfill the requirements. This fiscal year runs from June 1, 2005 – July 31, 2006.

The USAG WTC recently decided that CPE hours earned in June or July can always count toward the year ending July 31st or they can count toward the coming year. This is very helpful when deciding which clinics to attend. Basically a judge can use the hours where the hours are needed. A judge can even take some hours from a clinic and count them for 2005-2006 and take different hours from the same clinic and count them toward 2006-2007. The same hours cannot be counted towards two different years.

Please remember you must retain the certificates documenting your CPE hours. The USA Gymnastics office will audit a sampling of judges throughout the country each year, so be prepared. While these certificates are not required to be sent along with your judging accreditation annual Continuing Professional Education (CPE) form, check with your SJD to be sure if your state has additional reporting guidelines.

The form must be completed and mailed by June 30th to: Phyllis Thompson • 316 County Road 1408 • Cullman, AL 35058. Be sure to file in a timely manner in order to maintain your slot for assigning.
