

To: Region 5  
From: John Geddert Region 5 JOPC  
Re: Wrap Up

Region 5,

For those who missed it, the 2006 National Championships was one of the most rewarding and exciting gymnastics events ever (at least from our point of view). We have had many successful national meets in the past. We have laid claim to the over all Regional Team Champions 5 of the last 7 years. We have captured 5 of 8 age group team titles on at least 4 separate occasions. **STILL** this year's event carries special significance!

Why? Well in my opinion it is purely due to the fact that "on paper" we were not the strongest over all team. "On paper" we should have struggled to win one let alone 5 of the 8 age group titles up for grabs. "On paper" we lacked the depth and experience of past regional teams with several key athletes sitting home due to injuries or bad regional meets. ( 5 National AA Titles were sitting home). Still this team persevered!

If there was ever any doubt about the Region 5 system, let it now be laid to rest. You see the "on paper statistics" doesn't take into account the heart of a team. It doesn't measure the desire and focus and it certainly can't calculate the impact of team chemistry. This years team was " 10 foot tall and bullet proof!". They were presented with an opportunity for success. They made a conscious and determined decision on how that opportunity was going to conclude. It was inspiring to witness.

I have been bombarded with congratulatory emails and phone calls. Most simply assumed that this years success was just a continuation of the status quo for region 5. If they only knew how special this achievement truly is, the respect for this accomplishment would attain new heights.

This system is detailed. It takes effort on the part of the entire region and we are never short of EFFORT. From the training camps, to the state and regional congresses, to the volunteers on the state boards, the NAWGJ boards, to the coaches and athletes, EFFORT is key. Some people just don't get it. Working together WORKS! It's not easy but it WORKS! Thanks to YOU region 5, thanks for putting forth the effort to make our system work.

Congratulations to this years NATIONAL TEAM CHAMPIONS. I hope everyone feels like they were a valued spoke in the success wheel. A special congratulations to our National Team Members

Junior A- Jordyn Wieber- (2<sup>nd</sup>) Twistars USA

Junior B- Shelby Salmon- (3<sup>rd</sup>) DeVeaus

Junior C- Elizabeth Mahlich- (2<sup>nd</sup>) Twistars USA

Junior D- Gina Nuccio- (1<sup>st</sup>)- Arena. Stephanie McAllister- (4<sup>th</sup>) Wrights

Senior A- Mallory Brewer- (2<sup>nd</sup>) Twistars USA, Kari Pearce- (4<sup>th</sup>) Twistars USA

Senior B- Danielle Ikoma- (3<sup>rd</sup>) Arena, Taylor Zondervan – Twistars USA

Senior C- Nicole Cowart- (3<sup>rd</sup>) Wrights

Congratulations to our event National Champions: VAULT- Jr B- Nicole Dayton (9.8)- Twistars USA, Jr D- Gina Nuccio (9.775)- Arena. BARS- Jr B- Shelby Salmon (9.65)-DeVeaus, Jr D- Gina Nuccio (9.7)- Arena. BEAM- Jr A- Jessica Staples (9.65) Cincinnati, Jr C- Elizabeth Mahlich (9.65)- Twistars USA, Jr D- Gina Nuccio (9.6) Arena, Sr B- Danielle Ikoma (9.775) Arena.

Congratulations to our Team Champions! Junior A,B,C,D and Senior A. Winning 5 age groups is great BUT it takes a total team effort and the Senior B,C,D all chipped in with strong contributions placing 3<sup>rd</sup>, 4<sup>th</sup>, and 5<sup>th</sup> respectively.

I truly hope that the 2006 Junior Olympic Nationals was an experience that everyone will cherish. Coaches and athletes should take pride in the fact that they pulled together and gave everything they could to achieve these results. That is a wonderful feeling!

Best of summers to all

John Geddert  
Region 5 JOPC