

Region 5

2007 – 2008 USA Gymnastics Region V Committee

Regional Chairman	BOBBI MONTANARI, RACC
	Universal Gymnasts, Inc. 2281 Scioto-Darby Executive Ct. Hilliard, Ohio 43026 (614) 777-9430 Gym (614) 876-2930 Home (614) 507-0524 Cell (614) 777-9450 Fax R5Bobbi@aol.com
Past Regional Chairman (Sanctions)	KATHY SHUFFLIN
	4002 Jane Avenue Huron, Ohio 44839 (419) 433-7294 Fax peacekk@aol.com
Regional Technical Chairman	CHAR CHRISTENSEN, RTCC
	1260 Churchbell Way Columbus, Ohio 43235 (614) 668-8822 USAG (614) 486-7315 Fax charchristensen@columbus.rr.com
Regional Elite Chairman	MARY LEE TRACY, RECC
	Cincinnati Gymnastics Academy 3635 Woodridge Blvd. Fairfield, Ohio 45014 (513) 860-3082 Gym (513) 870-3831 Fax usamlt@aol.com
Regional JO Chairman	JOHN GEDDERT, RJOCC
	Twistars USA Gymnastics 9410 Davis Hwy. Dimondale, Michigan 48821 (517) 322-0360 Gym (517) 622-3699 Home (517) 322-0436 Fax USATwistar@aol.com
Regional Secretary	AUGUSTA LIPSEY
	3705 Miller Road Kalamazoo, Michigan 49001 (269) 345-2456 Home (269) 720-7937 Cell (269) 349-4258 Fax j2caugusta@aol.com

Assistant Regional JO Chairman	KITTIA CARPENTER Buckeye Gymnastics 7159 Northgate Way Westerville, Ohio 43082 (614) 895-1611 Gym (614) 899-0660 Home (614) 309-0858 Cell (614) 895-7644 Fax kittiac@buckeyegymnastics.com
Regional Judging Director (Petitions)	HILARY CARLSON 328 Briarwood Lane Bloomington, Illinois 60108 (630) 351-9704 Phone (224) 653-8673 Fax (708) 707-7618 Cell hilarycarlson@comcast.net
Regional Webmaster	BRET NORMAN Universal Gymnasts, Inc. 2281 Scioto-Darby Executive Ct. Hilliard, Ohio 43026 (614) 777-9430 Gym (614) 777-9450 Fax Norman.ugi@sbcglobal.net
Illinois State Chairman www.Region5.com/Illinois	NORBERT BENDIXEN, SACC: IL 200 S. Shaddle Mundelein, Illinois 60060 (847) 949-8743 USAG (847) 949-3903 Fax
Indiana State Chairman www.Region5.com/Indiana	ED GIBSON, SACC: IN Gymnastics Plus 1579 E. 91 st Dr. Merrillville, Indiana 46410 (317) 663-0775 USAG (317) 663-2977 Fax
Kentucky State Chairman www.Region5.com/Kentucky	CAP CAUDILL, SACC: KY 3112 Freys Hill Road Louisville, Kentucky 40241 (502) 423-7118 USAG & Fax Kipcap36@insightbb.com
Michigan State Chairman www.Region5.com/Michigan	DOUG ROWE, SACC: MI Michigan Academy of Gymnastics 5870 North Hix Road Westland, Michigan 48185-1904 (734) 721-4001 Gym (734) 637-8238 Cell (734) 721-6445 Fax

<p>Ohio State Chairman www.Region 5.com/Ohio</p>	<p>NINA DENT, SACC: OH 10808 Watkins Road S. W. Pataskala, Ohio 43062 (740) 927-8465 Home (614) 292-1115 Work (614) 316-6391 Cell (614) 688-4612 Fax Dent.24@osu.edu</p>
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Coordinator of New Element Evaluations: Char Christensen

Instructions: For any element not included in the USAG Element Supplement or the current FIG Code of Points, forms are online under USAG and under FORMS and follow the directions in R and P. Follow all instructions and mail to Char.

Evaluation Committee -- Sandy Oldham, Judy Dobransky, Carole Leidtke,

Illinois and Injury Petitions for all Regional Championships: Hilary Carlson

Instructions for Petitions to Regional: Follow all instructions in the National R & P and State R & P and use the Injury Petition Form from the State R & P Appendix. Mail as instructed in the State R&P under Regional Petition. Please call Hilary Carlson to indicate that the petition is coming. **Reminder: 3 days past the state meet.**

All remaining inquiries including gymnast drop-backs, technical questions, problems, and proposals should be sent to **Char Christensen**.

Jr. Olympic mobility questions should be sent to the Jr. Olympic Chairman, **John Geddert**

Regional Training Camps

Regional training camps are under the direction of the Regional Junior Olympic Chair, John Geddert (517-485-4852) and the Regional Training Camp Chairman. Those interested in being a clinician please contact John.

Camp information can be found on line www.Region5.com from June to the end of November. All entry info and correspondence goes to ??.

Super Camps: 1st weekend in August

Super Camp Requirements:

Gymnasts should be training level 8 skills or higher.

Level 7 gymnasts are welcome as long as they are working: giants on bars, flip-flops on beam, twisting on floor

Hot Shot (12 & under): 1st weekend in September

Hot Shot requirements:

Gymnasts must be 12 or younger with good optional potential **and has already competed as a level 6 or higher.**

Good handspring on vault

Single rail giants, good kip, cast 45', flyaway

Flip flops on beam, working flight series

Strong layout on floor and some understanding of twisting

High Tech 9, 10, Elite: 1st weekend in October

High tech requirements:

This camp fills from top to bottom.

Elites, Level 10 National Qualifiers, **Pre-Elite Qualifiers**, Level 10 **and down.**

There **are approximately 60 spots for this camp.**

Forward Progress: 1st weekend in November

Forward Progress requirements:

Gymnasts should be training level 9 skills or higher **and up only.**

Dates subject to change upon availability of gym sites.

See calendar for more specific dates.

All-Star Team Selection Criteria

1) **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 and to provide experiences designed to enhance the future growth of these athletes. Additionally, 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. Finally, to provide a vehicle from which Regional pride can be fostered and delivered. Finally, 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.

2) **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 mini congress banquet. Recognition may take on many forms, but a few words about the accomplishments of the athletes, a video presentation and an awards plaque 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 board also wishes to provide an international competition 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.

3) **FUNDING**- The international assignment is to be funded by an allocated amount determined by the regional board. These funds will come from the Region 5 Apparel Fund. Athletes will receive priority financial assistance from this allocated budget and then IF funds still remain, assistance may be given to the individual coaches/judges in attendance.

The fund will pay for 1) athletes air and transportation 2) athletes lodging at the competition itself 3) the entry fees for the competition 4) delegation gifts for the host organization 5) coach/judge lodging and 6) coach/judge on site transportation.

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 board meeting.

4) **CRITERION**-

The following criterion is to be published periodically in the state and or regional newsletters. 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, based on the following criterion will be named to the Region 5 All-star Team.

1) Athletes must have qualified to their respective national championship event. No petitions will be allowed.

2) INTERNATIONAL ELITE rankings will be taken from the Championships of the USA. The top 2 junior international elites and top 2 senior international elites, or rank order from Classics should there not be enough Championship qualifiers to fill the available spots. Those elites that qualify to the USA National Team will be named to the ALL –STAR TEAM but will not be eligible for the ALL STAR TEAM INTERNATIONAL TRIP. This is due to the conflicts in scheduling and the priority that must be placed on NATIONAL TEAM COMPETITIONS and TRAINING CAMPS for USA GYMNASTICS.

3) Junior Olympic rankings will be taken from averaging the athlete's top 4 all around scores for the current competitive season. A) An athlete may only use USAG sanctioned scores (AAU, USAIGC and High School scores would not count), B) 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, C) 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. D) All qualification scores must be achieved prior to the conclusion of level 10 nationals. E) Scores, in the form of official meet results must be submitted no later than July 1 (late entries will not be accepted).

4) Athletes must attend one of the 4 regional training camps responsible for funding the international assignment. 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.

5) An athlete must have been an active member within our region for 1 year.

6) Elite USAG National Team members will be named to the All-Star team BUT will not be assigned the international trip due to obvious conflicts with official national team assignments. Spots will be filled in rank order from Championships of the USA, then Classics, and then the J.O list beginning with number 9.

All-Star Team International Assignment Conduct Guidelines

- 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 as possible.
- 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 agreeable 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 the attending coaching staff decides all decision regarding itinerary and related activities. Attending Parents must make their own travel arrangements outside of the delegation. Parents may not separate their child from the group for any reason.

Procedures for Element Evaluations for Region 5

Only the submitted new elements that are performed successfully at the Junior Olympic National Championships will be evaluated by the National Technical Committee and be added to the USAG Element Supplement.

All new elements submitted to the regions will be evaluated and that value will be accepted through that season's National Championships.

Region 5 will maintain an element list for the region that will be published in state and/or regional newsletters. Skills need to be submitted each year.

New elements should be submitted to Char Christensen RTC. Use the form in Rules and Policies and include all information, illustrations, zip code and telephone numbers.

Send six copies and please use correct postage.

The RTC (Char) will send a copy to the Region 5 Technical Committee and a copy will be returned to the coach. Please allow a minimum of three weeks from the time RTC receives the papers for turn-around time back to you the coach.

VIDEO TAPES - A video-tape, which would demonstrate the element, please include a NON-RETURNABLE copy to the RTC along with the form, illustrations and description. These must be returned for use on the returned evaluation form to be used during the competitive Season.

U.S.A.G. Value Part Evaluation Form (Please see USA-Gymnastics.org for form.)

**REGION 5 COMMITTEE: Char Christensen, RTC
Carolyn Bowers, Carole Leidtke, Judy Dobransky, Sandy Oldham,**

This form (6 copies) plus a self-addressed, stamped envelope must be submitted to Char Christensen at 1260 Churchbell Way, Columbus, OH, 43235, in order to officially request evaluation of elements not listed in the FIG Code of Points or the USAG Supplement. You will receive a temporary RTC and Region 5 Committee evaluation for the element submitted, which will be valid for one competitive year up to and including National Championships. Region 5 will up-date and publish a valid list that will be dated. During competition, should there be a different evaluation of the same element on forms from different RTCs, the chief judge should use the highest value for that competition and send notification to each of the RTCs.

A video tape (non-returnable) may be sent along with the forms. There should still be a stick figure drawing on the form for judges' use at competitions.

When this form is returned with an element evaluated and the proper RTC verification signature, the coach, is required to carry the form to all competitions and present it to the Meet Referee prior to the Judge's meeting that precedes the competition.

REGIONAL Procedures for Injury / Illness Petitions for J.O. Competitions

Petitions must be submitted on the completed Region 5 Injury Petition Form including all required information. **This packet must include, doctor's note (with release date), one qualifying meet score (signed by judges), and the Region V entry form.** The following people must receive a copy of this packet:

Regional Judging Director

Hilary Carlson
328 Briarwood Ln.
Bloomington, IL 60108
Fax:(224) 653-8673
hilarycarlson@comcast.net

ILLINOIS STATE CHAIRMAN

Norbert Bendixen
915 Tower Rd
Mundelein, IL 60060
FAX (847) 949-3903
NorbertIL@AOL.com

ILLINOIS J.O. CHAIRMAN

Cyndi Zimmerman
1167 Milburn Ct.
Naperville, IL 60540
Fax (630) 544-6378
gymmom4@aol.com.com

LEVEL CHAIRMEN

Level 8	Level 9-10	
Mary Joe Roehrig 1016 N. McLean Blvd. Elgin, IL 60123	Randy Parrish 2010 Jennifer Lane Quincy, IL 62301	

Region 5 Injury Petition

Deadline – Must Be Received (In Hand) By Appropriate Persons

3 Days Following The Last Qualifying Meet

Meet Petitioning To: _____

Gymnast's Name: _____ USAG No: _____ Birthdate: _____ Age Div.: _____

Coach's Name: _____ Phone No.: _____

Gym Name: _____ Phone: _____

Address: _____

I. Photocopy of One Sanctioned Meet:

Meet _____

Date _____

-
Vault _____
Bars _____
Beam _____
Floor _____
AA _____

Scores from the Sanctioned Meet (must be 1 full point above qualifying score)

II. Injury Petition must include physician's written verification of illness or injury **and date of release for return to activity.**

**REGIONAL TECHNICAL
COMMITTEE ASSISTANT**

Hilary Carlson
328 Briarwood Ln.
Bloomington, IL 60108
(630) 351-9704
hilarycarlson@comcast.net

ILLINOIS STATE CHAIRMAN

Norbert Bendixen
915 Tower Road
Mundelein, IL 60060
FAX (847) 949-3903
NorbertIL@AOL.com

JUNIOR OLYMPIC CHAIRMAN

Cyndi Zimmerman
1167 Milburn Ct
Naperville, IL 60540
(630) 355-1779
Fax (630) 544-6378
gymmom4@aol.com

**Appropriate LEVEL
CHAIRMAN**

2007-08 All Forms must be filled out by computer or Typewriter.

Miscellaneous Rules:

Cell phones: All cell phones are barred from the competition area, this includes Warm-up areas. This means Coaches, gymnasts, judges and meet officials.

Coaches Credentials: To be on the floor in a warm-up gym or on the main venue coaches, judges and meet officials must have current and proper credentials on their person in plain view for all to see. If you don't have proper credentials you will be asked to leave the competition floor.

Professional behavior: Be a professional coach on the floor at all times, never approach any official or judge ever, go thru proper channels. Coaches must wear proper attire, no revealing clothing allowed. If you are ever in doubt contact your State chair.

Sanction Violations. (Set by Region 5 Board).

Sanction violations should be reported within 48 hours following end of meet. Sanction violations will be as follows: First offense \$200.00, each additional offense \$50.00 After receiving fines in two meets in one season, the meet director will lose the privilege of hosting future competitions for 1 year from the date of the last offense. Not following the proper procedure of completing a meet director competition tax rule will be a Sanction violation.