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Subject: December 09 Newsletter USA Gymnastics Illinois Women's Program

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- **NAWGJ Jeane Johnson, ILSJD:** Illinois NAWGJ extends a Huge THANK YOU!!! to all the teams that attended the 2009 South or the North Judges Cup!_ Close to 1,000 gymnasts participated in the meets. Your support is greatly appreciated and benefits Illinois Gymnastics by funding education, scholarships, awards, and helping to send two teams to the National Judges Cup. It is so nice to start the season off with seeing so many gymnasts and coaches! Thank you!
- **CELL Phone USE at meets:** Coaches, Judges, meet officials (yes that includes parents working the meet): Please be reminded that there is to be NO CELL phone use allowed out on the Gym Floor and that includes TEXT messaging. I understand the arguments but Visited some meets last month and prompted this reminder
- **Meet Equipment:** Please review the new regulations regarding the dismount mats at the end of every equipment. All mats must be full sized, no small 4" resi type mats that are not 8 foot wide allowed. Reminder also that the Yurichenko mat must and should be velcro'd down on the runway during competition.
- **Mackenzie Caquatto** US Sr. National Team Member 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.



We all hope that you have a very joyous Holiday.

Norbert Bendixen Illinois USA Gymnastics Women's State Administrative Committee Chairman

As always have a "Happy Handstand"