

**From:** Norbert Bendixen <norbertil@aol.com>  
**To:**  
**Bcc:**  
**Subject:** 10 USAG Illinois Womens Electronic Newsletter January  
**Date:** Sat, Jan 9, 2010 12:19 am

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**Welcome to a new Decade. We all wish you a very Happy New year and all the best this new Decade.**

**Safety course** on January 30th 2010 at Premier Gymnastics Academy 2435 Curtiss Street, Downer grove IL 60515. From 4:00PM to 9:00PM. Registration is now open at USA-GYMNASTICS.org

- **Event Specialist Meet Directors** Please be reminded, Meet Directors that When a gymnast entries as an Event Specialist, those gymnasts need to be put in the computer as an event specialist as their awards are awarded separate from the AA gymnasts. They get duplicate awards to AA ( example if a AA bar gymnasts places 1st with a 9.25, AA places 2nd with a 9.05 and the event specialist received a 9.1, then the event specialist would receive a 2nd place medal also.) Also event specialist scores do count if they are entered into team competition. There is more about event specialist in the USAG Pink Rules and Policy book .
- Gymnastics Clubs, 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 and Happy Holidays to all of you, Best regards, Cindy Gregg

- **Equipment Changes Meet Directors from Don McPherson:** per my conversation with Connie: "all optional levels" except elite.

1. we have to assume, as i have never seen otherwise, that all required base competition mats will be in place per our guidelines. these can be found at the USAG site. of course, there is no compromise on these mats as they are the minimum required. the suppliers often provide beyond the minimum ie; a 15' or 18' long base mat.

2. 9 inches of additional matting may be used. this includes when 20cm/8 inch competition base mats are used. the coach can make up this 9" of additional matting however they see fit.

3. **"throw mats" or what we refer to as 4 inch stinger mats, MUST be a minimum of 7 feet wide. because the rest of the world uses centimeters...these mats could be as wide as 7' 1/2" wide. the little 1" inch throw stingers are not part of the concern.**

4. skill cushions, or what might be referred to as crash pads [but should not be] CAN be 5 feet wide and no less. these mats are typically 8 inches thick. some suppliers have provided 6 & 7 foot wide mats at certain meets. these mats are heavy and this would be why it is not required.

5. judges SHOULD NOT interfere with what the coaches use for the SAFETY of their athletes. there can be "consequences" to the host's of competitions if the required matting is not in place. although sometimes, the meet director/host/personnel was not aware of what was required. everyone/anyone that has a concern about what was NOT provided at a competition "SHOULD WRITE IT UP" and turn in to the state administrative Chair.

6. it is the responsibility of the meet director/host to communicate to the gymnastics equipment supplier what must be in place for competitions. it is my belief that most of the suppliers know, but they make mistakes also.

7. additionally, Connie stated that "the athletes should not be penalized" where you find that these decisions are not made by them but their coaches.

8. finally, the safety of the athlete comes first. no arguing should take place on a competition floor about what or was not provided. write it up and turn it in to the state director and it will be handled accordingly

- Awards Banquet is scheduled for May 16th. All State AA Champions are invite NEW this year also Level 4. Please look for and invite for your athletes at their respective state meet. Also invited are all National Qualifiers for Le 9, and 10 and elite athletes. Please see the section on the website regarding the banquet.

Norbert Bendixen Illinois Womens State Administrative Committee Chairman  
As always have a "Happy Handstand"