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Subject: 11 Illinois USA Gymnastics Womens Electronic Newsletter March

Date: Fri, Feb 25, 2011 11:14 pm

- Please review the Calendar and the Illinois Summary form for **Last qualifying deadlines and Entry Deadlines** LETS **MAKE THIS YEAR 0% LATE**
- **STATE ENTRY** PLEASE COACHES when filling out the form and then submitting **PLEASE BE PATIENT** when hitting the submit button. Often there is a lag in time while either your connection or the website response may look like information might not be processed. **BY HITTING THE SUBMIT button more than once enters the names o f you athletes into the data base each time you submit.** This will cause the information on the data base to give incorrect numbers to the meet directors and COULD cause the publishing of the schedule to be delayed. WE now have more than 2 teams that have submitted their entries more than 8 times. Thank you very much!
- **Coaches:** This year has been a rather rough year with many having to re-up our Background check (check your card for Expiration date DON'T WAIT). Please realize that YOU WILL NOT BE ALLOWED ON the competitive Floor if 1) you have not renewed your Membership 2) taken and passed your Safety course. 3) RECEIVED GREEN LIGHT on your Background. It does not matter if you have started the process you must have received the Green light and be able to prove it. If a Meet Director can not verify online that you are OK you will not be able to coach your athletes. Please do not make the Meet Director force the issue. We are only doing what is required of us as meet directors of Sanctioned events Thanks.
- The ILUSAG Banquet Committee is looking for someone that would be willing to take on the job of making the **Videos for the banquet.** (Seniors, State, and Lifetime Awards) If you are interested in helping us please email Cyndi Zimmerman at gymmom4@aol.com . Please put in subject: State Banquet

as posted on the ILUSAG.com

- 8-30-2009 Minutes) Revised version of the **Dance Technique** found in the Appendix of the JO Code. This will be posted in various locations on the USAG web site:
- Women: Rules: JO Optional's Women: Judges: Judging updates Women: Jr. Olympic: Member Updates
- **INDIVIDUAL SPECIALIST SCORES AND DECLARATION DATE** More information also

National R&P (formerly known as the PINK book)

- **Level 4** As far as scheduling for Level 4 meets, the R & P is incorrect in two places:
Page 42, #2. 2nd example without timed warm-ups is NOT an option for Level 4, so it will be deleted in next year's book.
In the first example with 60 competitors, the Competition time should had indicated 1½ minutes per gymnast, not 1 minute, which would add 30 minutes to the **total** time.
- The **maximum runway** for Levels 8-10 was changed to 82' in the 2008-09 R & P, but it was never changed on the diagram. So, 76' minimum, 82' maximum is correct. from Connie Maloney

Norbert Bendixen

Illinois USA Gymnastics Women's State Administrative Committee Chairman

As always have a "Happy Handstand"