

-----Original Message-----

From: Norbert Bendixen

Sent: Wed, Oct 13, 2010 11:19 pm

Subject: 10 Illinois USA Gymnastics Women's Electronic Email October

- **Level 4, 5 state** Please fill this form out as soon as possible to help in plans for this years Level 4, 5 State championship please fill in and return to [NorbertIL@aol.com](mailto:NorbertIL@aol.com)

1.) What State Meet season do you plan to complete your Level 4 Gymnasts?

\_\_\_\_\_ Fall  
 \_\_\_\_\_ Spring  
 \_\_\_\_\_ Both

2.) Tentative number of Level 4 gymnasts that you will have qualified for the State Meet Series?

\_\_\_\_\_ Fall  
 \_\_\_\_\_ Spring  
 \_\_\_\_\_ Both

3.) What State Meet season do you plan to complete your Level 5 Gymnasts?

\_\_\_\_\_ Fall  
 \_\_\_\_\_ Spring  
 \_\_\_\_\_ Both

4.) Tentative number of Level 5 gymnasts that you will have qualified for the State Meet Series?

\_\_\_\_\_ Fall  
 \_\_\_\_\_ Spring  
 \_\_\_\_\_ Both

5.) What are your competition plans for future years in the State Meet Series?

\_\_\_\_\_ Plan on completing in both seasons Level 4  
 \_\_\_\_\_ Plan on completing Level 4 Fall State Meet Series only.  
 \_\_\_\_\_ Plan on completing Level 4 Spring State Meet Series only.  
 \_\_\_\_\_ Plan on completing in both seasons Level 5  
 \_\_\_\_\_ Plan on completing Level 5 Fall State Meet Series only.  
 \_\_\_\_\_ Plan on completing Level 5 Spring State Meet Series only.  
 \_\_\_\_\_ Not certain at this time

- **Meet Directors** be aware of new directives regarding sanction, Venue, etc. USAG is asking that one meet person be listed on all contracts regarding Competitions. There is a growing problem where more than one person is listed ie. parent signs venue, meetdirector(different person) signs SAncion. equipemtn contracts signed by different person. When it comes to seemlessness to probel tha might arise especially liability wise it is asked that one person (meet Director) sign all contracts

**Date:** Thu, Mar 10, 2011 9:26 am

- **Illinois USA Gymnastics names U.S. Women's Team for 2010 World Championships Congrats Mackenzie**

Mackenzie Caquatto of Naperville, Ill and 2009 World all-around champion Bridget Sloan of Pittsboro, Ind., , headline the U.S. Women's Team for the 2010 World Gymnastics Championships, Oct. 17-24, in Rotterdam, Netherlands. The members of the World Team, which includes a mixture of veterans and new faces

- **Prep Optional** After the regional Congress there were many that were interested in this program. Please email Randy Parrish with your interest. We also targeted a few meets that will be running Prep Opt sessions please also advise Randy of this. This great program will grow once it gets off the ground. [randy@flipfest.com](mailto:randy@flipfest.com)
- **Graduating Seniors** please have your athletes visit the Illinois USAG site and follow the directions needed. Every year we post the pictures of our Graduating seniors on the website. The information is also needed for their State Meet and Awards Banquet.
- Frequently asked questions: Mobility is a National question and would not be found in the Illinois R&P as it is not state rights
- **Prep Optional** After the Recent Region 5 Congress I have heard a few clubs interested in starting programs and Meet directors that are interested in hosting PO competitions Can we ask all clubs in Illinois that are offering Prep Opt sessions to email me at [randy@flipfest.com](mailto:randy@flipfest.com)
- **Region 5 Congress** This was the largest Region 5 congress EVER. Thanks to all that attended and made this a successful event. This congress (if my information is correct) was the second largest Regional Congress. We were very close to 600 participants. I would like to thank the following for volunteering and helping at the event; Steve Cacchione, Betsy Ellis, Heather Forbes, Kathleen Gehardt, Jean Johnson, Cindy Morano, Judy Redmond, JoJo Strandquist, Wendy Turner
- **National Gymnastics Day Area Clubs and World Sports Chicago** The 2010 Family Sports Festival, the kick-off event for the Beyond Sport Summit, brought together the Chicago Bears, Bulls, Cubs, Fire, Red Stars, Sky, White Sox and more than 50 community sports organizations to reach, engage, and inspire the community through sport. Despite the stormy weather, more than 1,200 people came out to experience more than 27 different sports and learn where they can get involved with sports across the Chicago land area. **Posted on the National Site Family Sports Festival - Chicago, Ill.**

Norbert Bendixen

Illinois USA Gymnastics Womens State Administrative Committee Chairman

As always have a "Happy Handstand"