

Region 3

National Association of Women's Gymnastics Judges

Feb 2016

Wow, our Optional season is in full swing and I'm sure everyone is planning for our summer adventures.

THANK YOU:

A heartfelt "Thank You" to everyone who helped with National Judges' Cup and to all who helped with their own State Judges' Cup. National Judges' Cup was a great success and I appreciate your support of NAWGJ. We wouldn't be successful without you.

VOLUNTEERS NEEDED:

- Region 3 Level 8 Regionals; April 14-16 @ TCU, Ft. Worth Texas (in conjunction with NCAA Nationals)
- JO Nationals, May 6-8 at the Ft. Worth Convention Center

http://69.195.124.129/~txnawgjo/index.php?option=com_rsform&formId=26

Please fill out the volunteer form if you are able to volunteer one day, or several days! THANKS

- Region 3 is scheduled to have an article (presentation) for the NAWGJ website. Our assignment is Optional Balance Beam; a power point, video clip or any type of educational information on Optional Balance Beam that would help educate judges. We are looking for a volunteer/volunteers who would excel in this as it will be posted on the NAWGJ website for everyone to enjoy and learn from. One idea is video clips of examples of execution deductions that help differentiate BB routines as: variation of rhythm & tempo, relaxed/incorrect leg position/insufficient flexibility, relaxed/incorrect footwork throughout, artistry sureness, dynamics or helpful hints of where to be looking to see the double bounce on dance connections or moving the foot in mixed or dance connections. Use your imagination and explore options. Credit will be given to the judge who submits it.



Marilyn Blilie

Regional Judging Director

– Region 3





The Region 3 Congress location is posted on the USAG website.

The Region 3 Regional Congress is June 18/19, 2016 at Double Tree by Hilton Hotel Dallas
Near the Galleria, 4099 Valley View Ln, Dallas, TX 75244. There are early bird
discounts! Please support our Region 3 Congress – great information and presenters.

Please check out J412 – Optional Beam Connections: To Give or Not to Give

Educational Online course

J412 Optional Beam Connections: To Give or Not to Give is a video online course. The goal of this course is to train judges and coaches to recognize when elements are considered connected or not. There are three categories: Acro Connections, Dance Connections and Mixed Connections. Each connection will be shown once; then you must decide: connected, connected with tempo deduction or not connected. The correct answer will be shown with any applicable rationale. Each course will allow the judge to print a one-hour CPE (Continuing Professional Education) credit one time only. The course will take approximately one hour to complete.

Panels for 9/10 Regionals 2016

Meet Referee: Carole Bunge

Vault:	Bars:	Beam:	Floor:
Lesley Ogg	Cori Rizzo	Nichole Otterson	Debbie Williams
Diane Callison	Laurie Balerud	Melissa Munz	Cindy Miyake
Lynn Day	Jeana Ely	Jana Prochazka	Katherine Gatschet
Shannon Harrison	Kathi Blazek	Mary Lee Martin	Linda Weekes

Panels for Level 8 Regionals 2016:

Meet Referee: Carole Bunge

Vault:	Bars:	Beam:	Floor:
Marie Durham	Donna Robacker	Cathy Knott	Kathy Boeckman
Chris McIntosh	Rodica Lazar	Lani Yosten	Bonnie Crawford
Crystall Knott	Molly Oehlert	Marilyn Blilie	Annette Carlson
Mary Atkinson	Elizabeth Flores	Jen Ditmer	Melissa Buehrer

Panels for Region 3 Level 7 Regionals:

Meet Referee: Carole Bunge

Vault:	Uneven Bars:	Balance Beam:	Floor Exercise:
Tim Frye	Denise Coats-Lauriat	Mary Beth Zeagler	Callia Stephens
Lydia Messenger	Jana Caldwell	Dawn Herbel	Erika Franklin
Janette Price	Alissa Rickets	Sheri Burleson	Alicia Jones
Luana Berger	Chelsey Berger	Kim Lauderdale-Stepanek	RachelPfenenger



News Release

FOR IMMEDIATE RELEASE
Tuesday, February 2, 2016

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Assistant Director, Championships and Alliances
317/917-6222

NCAA PARTNERS WITH USA GYMNASTICS TO PROMOTE NCAA MEN'S and WOMEN'S CHAMPIONSHIP

INDIANAPOLIS --- The NCAA and USA Gymnastics have joined forces to showcase some of the nation's top gymnastics talent in mid-April. The NCAA hosts its 35th National Collegiate Women's Gymnastics Championship, April 15-16, at the Fort Worth Convention Center while USA Gymnastics holds its Region 3, Level 8 Championships at nearby Texas Christian University, April 14-16. The NCAA's 73rd National Collegiate Men's Gymnastics Championship is slated for April 15-16, in Columbus, Ohio at St. John Arena, at the same time as USA Gymnastics Region 5 Men's Junior Olympic Championship at The Ohio State University.

"What an exciting opportunity to partner with USA Gymnastics in the promotion of the NCAA Men's and Women's Gymnastics Championships as we collectively strive to grow the exposure of the sport while engaging youth within NCAA Championships," NCAA Director, Championships and Alliances Jeff Jarnecke said. "Our combined efforts will result in an unforgettable experience for both the youth regional participants and gymnastics fans."

"We welcome the opportunity to partner with the NCAA to promote the men's and women's national championships because these events are important to our gymnastics family and sport," Steve Penny, president and CEO of USA Gymnastics, said. "It's great to combine these prestigious events with USA Gymnastics Junior Olympic events. This allows the participants to watch the top college gymnasts compete at the national championships, which is a dream for many of our members. We hope

state region advance to the regional championships, and USA Gymnastics plans to purchase a ticket for every competitor to attend a session at the Women's National Collegiate Gymnastics Championship.

Adding to the excitement at the NCAA women's championship, 2004 Olympic all-around gold-medalist Carly Patterson and 2008 Olympic team silver-medalist and 2015 NCAA all-around co-champion Samantha Peszek are scheduled to attend and sign autographs at the Fort Worth Convention Center. Peszek is scheduled to sign on Friday with Patterson signing on Saturday.

On the men's side, the Region 5 Men's Junior Olympic Championships holds its competition at French Field House on Ohio State's campus. The event involves approximately 800 boys Levels 5-10 from Indiana, Ohio, Michigan, Kentucky and Illinois. Each gymnast in the competition will receive a ticket to attend the men's NCAA team finals on Saturday evening.

Paul Hamm, 2004 Olympic all-around champion, Brandon Wynn, 2013 world still rings bronze-medalist and Blaine Wilson, 2004 Olympic team silver-medalist are all scheduled to attend the 2016 Men's National Collegiate Gymnastics Championships to sign autographs. Wynn is scheduled to sign autographs on Friday while Wilson and Hamm are set to sign on Saturday.

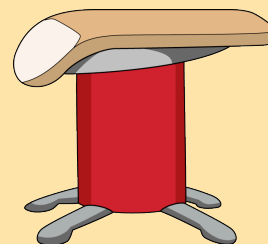
Tickets for both the 2016 National Collegiate Women's and Men's Gymnastics Championships can be purchased at NCAA.com/Tickets.



NCAA.com/Tickets.



Level 8 Vault Q & A



Question #1:

Are coaches allowed to ask the score of the 1st Vault before they make the decision to perform a 2nd Vault?

Answer:

Yes

Question #2:

Please explain the 1.00 deduction for the coach spotting (assisting) during the post-flight for Level 8?

Is there ever a time that we would void a Level 8 vault, in regards to the spotting deduction?

Answer:

VOID Vault:

*If Level 8 or any optional gymnast is spotted in pre-flight or support phase.

1.00 Deduction

*if Level 8 gymnast is spotted in the post-flight (encourages coaches to “bump” the salto in order for the athlete to safely complete more of the BA rotation.

Since it is the first level salto vaults can be performed, the intent is to keep the athletes safer on flipping vaults.

*It is also applicable to any vault performed by Level 8's.

1.50 Deduction:

*If the gymnast is spotted not only in the post-flight, but also during the landing phase, the spotting assistance on the landing phase deduction of 0.50 will also be applied for a total of 1.50.

(This has been confirmed by Connie Maloney & Carole Bunge, RTCC)



Interested in serving on the NAWGJ National Board?

New position: National Education Director whose vision is to 'look forward' to increase educational opportunities for all judges.

Looking for experience in creative education, teaching, on-line training; plus candidate should be self motivated, organized, creative, flexible, a people person and have technological skills.

ELIGIBILITY FOR NATIONAL EDUCATION DIRECTOR

1. All National, Regional, State and At-Large Directors and Officers shall be 21 years of age.
2. A candidate shall be certified as a National level or above judge.
3. A candidate must be in good standing under the canons and disciplinary rules of the NAWGJ Code of Professional Responsibility.
4. A current officer must be up-to-date with all required reports to be eligible to run for office.

NAWGJ MERCHANDISE & LIBRARY



The USAG has given us permission to sell an Xcel ScoreSheets book through our NAWGJ Library.

The book has one page for each event for each level along with space to judge the routine. You can make your own copies for whichever division you are judging.

Cost is **\$20 plus \$7 for Priority Shipping for 1 book**. If you are ordering more than one, email us to check on postage. We will do our very best to keep it as low as possible.

Contact Judy or myself if you want to place an order or if you have any questions.

Please share this information with your membership.

Thanks,
Brenda Eberhart
NAWGJ Library Judging Things

! Following the Chain of Command !

NAWGJ HOTLINE

Gentle Reminder - If you have a problem, please follow the chain of command!
To ensure we have the best communication possible and avoid any confusion, please begin by talking with the party closest to the issue at hand:

1. Talk directly to the person using a non confrontational tone.

Think about your approach

Be cautious of your body language

Address that person only, don't gossip

Is your facial expression telling?

What is your tone of voice?

Are you choosing the correct words?

Are you respecting personal space?

Ask questions that will help you to understand the objective information

Do not use accusatory language and don't add inappropriate language

Make suggestions with gentle encounters

("have you thought about..." "did you consider..." "I hear you say..." "Let's think about...")

Stick to the facts – no inflection of your opinion should be provided

Listen to their concerns

Use empathy "I'm sorry you feel that way"

Provide objective feedback

2. If not resolved, consult with your SJD.

3. If not resolved, consult with your RJD.

4. If not resolved, consult with NAWGJ National Board member pertinent to the issue.

USAG HOTLINE

per page 9 USAG Rules & Policies...

