

*MI-USAG Administrative  
Committee*

**State Chairman**  
Douglas Rowe

**State JOC**  
Jim Comiskey

**Education Coordinator**  
Dave Begin

**Committee Secretary**  
Claudia Kretschmer

**Level 9/10 Rep**  
Lori Koch

**Level 8 Rep**  
Pat Gunnis

**Level 7 Rep**  
Jason Bahleda

**Level 6 Rep**  
Becky Burden-Cuddeback

**Level 5 Rep**  
George Young

**Club Owners Rep**  
Al Scharns

**NAWGJ State Chairman**  
Georgette Dupke

***Inside This Issue***

From Doug

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# *MICHIGAN USA-Gymnastics*

## DOUG'S BULLETIN BOARD

*Hello Michigan,*

### ***State Meets***

Meet Directors; please follow your check list for hosting the State Meets. First, send out the Pre-Meet Info regarding what type of equipment is being used. Michigan follows the draw for State Meets on pages 39 & 40 of the USAG R&P pink book. First, age divisions must be determined. Michigan attempts to create an equal number in each age group, the same type of format used to determine the age groups for Level 8, Level 9, & Level 10 Regional meets.

### ***State Meet Deadlines***

A **\$25 "LATE FEE"** per gymnast if the entry is not postmarked by the entry deadline date. Coaches – stay sharp! It is expensive, I had to pay in the past also!!

### ***State Committee Elections***

Thanks to those who took the time, in the past, to find the enthusiasm to volunteer for our committee. All Committee positions will be up for re-election in the spring of 2007.

The position of Club Owners Rep will be discontinued. All Michigan Club Owners are duly represented by the committee members, who are mostly Club Owners.

There will be two (2) new positions added to our committee. First, a Level 4 Rep. Second, a Prep Opt Rep.

The committee job descriptions are posted and the volunteer forms for running for all positions are in this newsletter.

### ***Regional Committee Elections***

The Regional Administrative Committee Chairman and Regional Elite Program Committee Chairman Election Procedures. The official slate of nominees for each Region will be posted on the USA Gymnastics web-site to ***begin voting by April 1<sup>st</sup>***.

The voting will be ***concluded on April 15<sup>th</sup>***. The week after April 15<sup>th</sup>, the RACC's will receive their respective region's election results by email, including the actual vote counts in event that any of the candidates wants to know this information.

***REMEMBER TO VOTE @ THE USAG WEB-SITE.***

### ***New L-5 Format Spring Season***

*I am starting to receive "FEEDBACK" regarding the Level 5 Spring State Meet Format. I hope all coaches in Michigan understand that our State Committee spent many hours going over this format. This format is used in other states at various levels. Our committee was addressing the declining number of competing gymnasts from Level 5 Gold & Silver Levels to Level 6.*

Whether or not you agree with the Michigan High School Athletic Association, please look at the number of divisions they have in each of the sports. Greater numbers receiving rewards, gives more back to the community. This is our State Committee's focus.

## MICHIGAN USAG COMMITTEE MEMBERS 2006-2007

### STATE CHAIRMAN

Doug Rowe  
5870 N. Hix Rd.  
Westland, MI 48185  
(734) 721-5594 - G  
(734) 637-8238 Cell  
(734) 721-6445 - FAX  
E-Mail: [douglasrowe@hotmail.com](mailto:douglasrowe@hotmail.com)

### STATE JOP REPRESENTATIVE

Jim Comiskey  
1111 Wackerly Rd.  
Midland, MI 48642  
(989) 832-3045 - G  
(989) 839-8599 - H  
(989) 832-2278 - FAX  
E-Mail: [MGTC@sbcglobal.net](mailto:MGTC@sbcglobal.net)

### EDUCATION COORDINATOR

Dave Begian  
1813 Northfield Dr.  
Rochester Hills, MI 48309  
(248) 852-7950 - G  
(248) 652-9362 - H  
(248) 852-8494 - FAX  
E-Mail: [daveb4u@aol.com](mailto:daveb4u@aol.com)

### MI-USAG SECRETARY

Claudia Kretschmer  
4611 Platt Rd.  
Ann Arbor, MI 48108  
(734) 971-1667 - G  
(734) 429-4419 - H  
(734) 971-9631 - FAX  
E-Mail: [claudiakretschmer@mac.com](mailto:claudiakretschmer@mac.com)

### LEVEL 9/10 REPRESENTATIVE

Lori Koch  
51676 Danview Tech Ct.  
Shelby Township, MI 48315  
Lori Koch  
(586) 803-1333  
(586) 803-1033 FAX  
E-mail: [olympia@comcast.net](mailto:olympia@comcast.net)

### LEVEL 8 REPRESENTATIVE

Pat Gunnis  
12420 E. Grand River Ave.  
Brighton, MI 48116  
(810) 229-4966 Phone/Cell (810) 610-2617  
(810) 229-4998 Fax  
E-mail: [PMCGYM2@aol.com](mailto:PMCGYM2@aol.com)

### LEVEL 7 REPRESENTATIVE

Jason Bahleda  
1288 Azalea  
Waterford, MI 48327  
(248)852-7950 - G  
(248)568-0991 - cell  
(248)852-8494 - FAX  
E-mail: [chief1216@comcast.net](mailto:chief1216@comcast.net)

### LEVEL 6 REPRESENTATIVE

Beckey Burden-Cuddeback  
971 Lynch Drive  
Traverse City, MI 49686  
(231) 941-7751  
(231) 941-7049 Fax  
E-Mail: [edgegymnastics@bignetnorth.net](mailto:edgegymnastics@bignetnorth.net)

### LEVEL 5 REPRESENTATIVE

George Young  
10275 Thor Dr.  
Freeland, MI 48623  
(989)692-0394 - G  
(989)239-5364 - Cell  
(989)692-0399 - FAX  
E-Mail: [midmigym@yahoo.com](mailto:midmigym@yahoo.com)

### CLUB OWNERS REPRESENTATIVE

Al Scharnes  
393 N. Helmer Rd.  
Battle Creek, MI 49017  
(269)963-4770 - G  
(269)963-2225 - FAX  
E-Mail: [Branchgym1@aol.com](mailto:Branchgym1@aol.com)

### Michigan TOPS Director

Lynda Rourke  
1813 Northfield Dr.  
Rochester Hills, MI 48309  
(248)852-7950 - G  
(248)852-8494 - FAX  
[coachlala@comcast.net](mailto:coachlala@comcast.net)

### NAWGJ STATE CHAIRMAN

Georgette Dupke  
36151 Waltham  
Sterling Heights MI 48310  
(586)268-1483 - H  
E-Mail: [getts@aol.com](mailto:getts@aol.com)

## **OTHER FREQUENTLY CALLED NUMBERS**

USAG Member Services (800)345-4719  
USAG Merchandise (800)345-4719  
NAWGJ National Library - Judy Dobransky (586)795-5346 Lib.

**USAG-MI ASSIGNORS:** Terry Zillich (586)294-9124  
Alice Porter (517)694-5571  
Karrie Brown (586)412-0549

## **Classified Ads**

### **MICHIGAN ACADEMY of GYMNASTICS**

Seeking GIRLS Compulsory/Optional Coach  
Levels 4 through Level 7

Applicant must have strong Tumbling, Bars and Vault background  
References required / Background Checks Necessary  
Degree in Physical Education with a gymnastics background preferred

Pay and Benefits negotiable

Fax resume to 734-721-6445 or Email resume to: [douglasrowe@hotmail.com](mailto:douglasrowe@hotmail.com)

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### **MILLS GYMNASTICS USA**

Seeking GIRLS OPTIONAL HEAD COACH  
With possible  
TEAM PROGRAM DIRECTORSHIP

Optional coaching experience necessary.  
Applicant must be interested in a long term position;  
Taking an established program to the next level;  
Be proactive, positive and energetic

Fax resume to 734-283-6331 or Email resume to [millsgym@sbcglobal.net](mailto:millsgym@sbcglobal.net)

## **FOR SALE**

AAI Spring Floor for sale, 40 x 40 area. 50 fiberglass coated sheets  
w/ springs.great deal! \$1750

contact Dave Begian or Shawn Clement at GTC (248) 852-7950

**MICHIGAN 2006 – 2007 GYMNASTICS CALENDAR**  
**Updated 10-10-06**

<b>DATE</b>	<b>EVENT</b>	<b>LOCATION</b>	<b>MEET DIRECTOR</b>	
<b>2007</b> Mar. 3 / 4	Level 5/6 SQM (2 sites) &	Infinity Gym All American Flames Gym	Brighton Port Huron	Pat Gunnis Melinda Schible
	Born To Fly Inv. (Fun Meet L-3-5 & L-5 to L-10 Inv)	Airborne Gym Grand Rapids	Wendy Case/Krista Kirkley	
	Tumble-fest Fun Meet Lev 2-pre 5	Farmington	David Mahoney	
9/10/11	Motown Madness Meet – GTC Rochester @ Sand Cassell Classic Fun & L-5 thru 9 Eurostars Inv. L-4 to L-10 @ EMU Zoomania Fun Meet All Around Gymnastics (Lev.2-5 / L-4 to 7 Sanctioned)	Oakland University Muskegon Ypsilanti Jackson	Cherie Anderson Phil Bishop Diana Genrich Gayle Weck	
	All American Grand Slam Challenge – (L-2 to Pre L-5)	Gymnastics Unlimited Jenison	Tracy Cutler	
17/18	Level 5/6 SQM (2 sites) Spring Jam - Maple City L-2 to Pre- L-5 Spring Break Fever Fun Meet L-1 to Pre L-5 Elite Gym	Greater Kalamazoo & Olympia Gym Adrian	Kalamazoo Shelby Twsp Adrian	Augusta Lipsey Lori Koch Dimitre Iliev Jeni Ochoa
24/25	Level 7 & Prep Opt State Meet – Gym Jester Fun Meet Flower Power Fun Meet L-2 to L-5 KGI	Twistars Saginaw Portage	Lansing Saginaw Portage	John Geddert Denise Roth Erin Smith
Mar. 31 / Apr. 1	L-8/9/10 State Meet MAC Championships @ EMU Friday & Saturday Karaoke Classic Levels 3-6 - Branch Gym	Michigan Academy EMU Branch Gym	Westland Battle Creek	Doug Rowe Al Scharns
Apr. 7 / 8	EASTER & ORTHODOX EASTER SUNDAY			
14/15	Level 5 SQM NCAA Regional Meet @	Mills Gym USA University of Michigan	Southgate	Carrie Mihalko
21/22	Level 4 & Level 6 State Meet - Mid-Mich-Gym – Level 9-10 Regional Meet – Gym Jester Fun Meet Spring Fling & Fun Meet – L-2 to Pre-L-5 & L-5 State Prep Meet	Midland Gym Training Center Saginaw Kalamazoo Greater Kalamazoo World of Gym	Saginaw Saginaw Kalamazoo	George Young Jim Comiskey Denise Roth Jim Kraft
28/29	Level 8 Regional Meet NCAA Nationals Sundae Fun Meet (L-2, 3, 4 & Pre-5 Fun Meet un-sanctioned)	DeVeau's Gym Mills Gymnastics	Indianapolis Southgate	Dave Stiles Carrie Mihalko

May	5 / 6	Level 5 Spring State Meet Gym Jester Fun Meet	Branch Gym	Battle Creek Saginaw	Al Scharns Denise Roth
	12/13	Level 9 Eastern National Meet – Kissimee/Orlando, FL.			
	19/20	Level 10 National Meet Fun State Meet L-2/4/5 (2 sites)	Gym Nation Gym America & Olympia Gym	Dayton, OH Ann Arbor Shelby Twsp	Patrick Jordon Claudia Kretschmer Lori Koch

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## 2007-2009 MI-USAG COMMITTEE VOLUNTEER REQUIREMENTS

It is time once again to ask for volunteers to be on the Michigan State USAG Committee. Committee member positions are for a two-year term. The basic requirements for all committee members are as follows:

Be involved in 5 meetings per year, early summer meeting (calendar), late summer meeting (State & Sectional meet bids and Michigan Congress organization), a meeting at the Michigan Congress or its equivalent, early January meeting (State and Sectional judging assignments), and at the Level 9/10 State Meet (organize summer clinics, State Congress, etc.)

Organize and work with the entire committee at the Michigan State Congress. Work the State Congress the entire weekend.

Be accessible to coaches and judges in the State for questions and suggestions, etc.

When making committee decisions, keep an open mind on how those decisions will affect ALL athletes, coaches, and judges in our State. Keep a broad perspective in mind at all times.

### INDIVIDUAL JOB DESCRIPTIONS

LEVEL 5 REP LEVEL 6 REP LEVEL 7 REP LEVEL 8 REP LEVEL 9/10 REP	Must be active in the level in which you are volunteering. Agree to oversee respective levels during the competitive season. Agree to organize scores throughout the season that are mailed to you from State Qualifier Meet Directors, compile and have a list of qualifiers ready for the State Meet Director of your level.
JUNIOR OLYMPIC CHAIRMAN	Agree to oversee that all competitions throughout the State run according to R & P. Agree to assist the State Chairman in the organization of Meet Director and Skill Evaluator testing. Agree to construct a yearly competition calendar, for all levels, to be presented to the State Committee for approval.
SECRETARY	Take minutes at each committee meeting and promptly mail them to each committee member. To compile each years Graduating Seniors and purchase gifts for their State Meet. To organize, have made, and distribute Regional gifts to all regional qualifiers. To handle registration for each year's Michigan Congress.
EDUCATIONAL COORDINATOR	Coordinate clinics for Compulsory and/or Optional gymnasts in the State each summer. Agree to coordinate any clinic that is needed in the State as new material becomes available such as new compulsory clinics, new Code of Points clinics, etc. Submit educational material to the State Chairman for newsletters that might be useful to Michigan coaches, judges, athletes, etc.

# MICHIGAN STATE COMMITTEE VOLUNTEER FORM

Please fill out completely and return postmarked by April 28, 2007 to:

Douglas A. Rowe, State Chairman  
5870 North Hix Rd.  
Westland, Michigan 48185

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ ZIP \_\_\_\_\_

PHONE (WK.) \_\_\_\_\_ (HM.) \_\_\_\_\_

E-MAIL \_\_\_\_\_

POSITION APPLYING FOR: \_\_\_\_\_

Second Choice: \_\_\_\_\_

REASONS WHY I SHOULD REPRESENT MICHIGAN GYMNASTICS IN THIS

POSITION: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

I understand all the responsibilities that are required by my volunteering for the State Committee position. I agree to participate in all committee decisions or meetings and State Congress. I will keep an open mind and look for the large point of view as to what is best for the overall State, when discussing and voting on committee issues. I will do my best to help the sport of Gymnastics in Michigan improve during the next two years, should I be elected to the above position.

\_\_\_\_\_  
Signature of Volunteer

**2006 - 2007  
REQUEST FOR AD PUBLICATION**

*The form below must be completed and sent to Douglas Rowe, 5870 North Hix Road, Westland, MI 48185 for the meet to be included in the official MI competitive calendar.*

Type of Ad \_\_\_\_\_

Ad Publishing Dates \_\_\_\_\_

Ad to be Published \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Person Responsible for Ad \_\_\_\_\_

*Fill out a separate form for each "AD" that you want posted.*

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**2006-07 Gymnastics Invitational Meets  
REQUEST FOR PUBLICATION**

*The form below must be completed and sent to Douglas Rowe, 5870 North Hix Road, Westland, MI 48185 for the meet to be included in the official MI competitive calendar.*

Name of Meet \_\_\_\_\_

Date of Meet \_\_\_\_\_ Level of Meet \_\_\_\_\_

Meet Site \_\_\_\_\_

\_\_\_\_\_

Host Club \_\_\_\_\_

Meet Director \_\_\_\_\_

*Fill out a separate form for each meet that your club will be hosting.*

## DEADLINE DATES FOR 2006-2007 MICHIGAN STATE QUALIFIER AND STATE MEETS

All state qualifier and state meets are listed below. USPS POSTMARK ENTRY DEADLINE DATES are listed for each meet. *Please be aware of your post office policies.* If you mail your entry on the deadline date but the post office does not postmark it until the next day, you will be charged the \$10.00 late fee per gymnast for state qualifiers or \$25.00 late fee per gymnast for state meets. Please keep these dates easily accessible and refer to them often. **Plan ahead and fill out your entry form early. Payment MUST accompany all entries.**

<b>Meet Date</b>	<b>Meet</b>	<b><u>Deadline Date</u></b>
Jan. 20-21	Level 5/6 State Qualifier – Champion Gym USA	<b>Wed., Dec. 27</b> (4 wks)
Jan. 20-21	Level 5/6 State Qualifier – Splitz Gymnastics	<b>Wed., Dec. 27</b> (4 wks)
Mar. 3-4	Level 5/6 State Qualifier – Infinity Gymnastics	Mon., Jan. 29 (4 wks)
Mar. 3-4	Level 5/6 State Qualifier – All American Flames	Mon., Jan. 29 (4 wks)
Mar. 17-18	Level 5/6 State Qualifier – Greater Kalamazoo	Mon., Feb. 26 (4 wks)
Mar. 17-18	Level 5/6 State Qualifier – Olympia Gym	Mon., Feb. 26 (4 wks)
Mar. 24-25	Level 7 & Prep Opt. State Meet – Twistars	Mon., Feb. 26 (4 wks)
Mar. 31-Apr. 1	Level 8/9/10 State – Michigan Academy of Gymnastics	Mon., Mar. 5 (4 wks)
Apr. 14 – 15	Level 5 State Qualifier – Mills Gymnastics	Mon., Mar. 26 (3 wks)
Apr. 21-22	Level 4 & Level 6 State – Mid Michigan Gym	Mon., Mar. 26 (3 wks)
Apr. 20-22	Level 9 & 10 Regional – Midland Gym Training Center	Sun., Apr. 1
Apr. 27-29	Level 8 Regional Meet – DeVeau’s Gym Indianapolis	Sun., Apr. 1
May 5-6	Level 5 Spring State Meet– Branch Gymnastics	<b>Mon., Apr. 16</b>
May 12-13	Level 9 Jr. & Sr. Eastern Nationals – Kissimee, FL	Sun., Apr. 22
May 18-20	Level 10 JO Jr. & Sr. Nationals – Gym Nation - Dayton, OH	Sun., Apr. 22
May 19-20	Pre Team Fun State – Gym America	Mon., Apr. 23
May 19-20	Pre Team Fun State – Olympia Gymnastics	Mon., Apr. 23

## **Level 5 – New “SPRING 2007 SEASON” Format**

**The purpose** of this format change is to:

- Reward many gymnasts-beginner (1<sup>st</sup> year) through experienced (2<sup>nd</sup> or 3<sup>rd</sup> year) for their hard work and commitment to our sport.
- Develop a system that is fair and not complicated or complex.
- Continue to focus on growing our “grassroots” and retention of gymnasts
- Promote the team concept in the gym and at meets
- Have more stability in the State meet organization and meet scheduling

### **New Format:**

Level 5 will consist of three (3) competition divisions: National, American, and U.S.

To determine in which division your gymnasts will be competing at the 2007 USAG-MI State meet, the average of the two (2) highest all-around scores achieved in at least two (2) State Qualifying Meets (SQM's) "in the same season", will be calculated.

### **2007 USAG-MI Level 5 State Meet Qualification Process:**

- **Gymnasts must compete (all 4 events) in at least two (2) SQM's** (one SQM – No State Meet)
- Gymnast must score a minimum of 30.00 all-around in one of the SQM's
- The two (2) highest scores will be sent to the level 5 Rep. and the State Meet Director.
- USAG-MI Level 5 Rep./USAG-MI State Chair will determine the averages and sort scores from high to low to determine the three (3) different competition divisions.
- Divided by score, there will be three (3) equal competition divisions-
  - Top 33.3% – **National Division**
  - Middle 33.3% – **American Division**
  - Bottom 33.3% - **U.S. Division**

**Competition Format** - Capital Cup Format – (equal numbers each session/ day)

- Compete two (2) U.S. divisions on Saturday morning and afternoon
- Compete two (2) American divisions on Saturday evening and Sunday morning
- Compete two (2) National divisions on Sunday afternoon and evening

**Age Groups Divisions** – Each competition division National, American or U.S., will be split into a senior division session and a junior division session.

**Individual Awards** – Each division (Sr. and Jr.) will be equally divided into four (4) different age groups for individual award placements.

**Team awards** – Each division National, American and U.S., will compete for team titles respectively. The top (3) scores in each competition division count for team awards.

Fall Season Level 5 Team Awards –

- Awards should be done the same way as last year.
- SQM – Do we give team awards after each session or at the end of the meet?

**Level 6 Reminders** – ONLY one (1) Level 6 SQM qualifying score is needed to enter the Level 6 State Meet.

**Level 4 Reminder** – only one (1) L-4 score needed from a sanctioned meet in Michigan. There is **NO QUALIFYING SCORE** *(this year!)*

**2007 SENIOR GYMNAST PROFILE & GYMNAST OF THE YEAR**

NAME \_\_\_\_\_

CLUB AFFILIATION \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ ZIP \_\_\_\_\_ PHONE \_\_\_\_\_

NUMBER OF YEARS IN GYMNASTICS \_\_\_\_\_

Present level of competition \_\_\_\_\_ # of years at that level \_\_\_\_\_

Strongest Event \_\_\_\_\_

GYMNASTICS ACHIEVEMENTS \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**HIGH SCHOOL INFORMATION**

High School \_\_\_\_\_

City \_\_\_\_\_

GPA \_\_\_\_\_ Extra Curricular Activities \_\_\_\_\_

\_\_\_\_\_

Honors \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

ADDITIONAL ACCOMPLISHMENTS \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

POST HIGH SCHOOL ASPIRATIONS \_\_\_\_\_

\_\_\_\_\_

Please return this form to : Claudia Kretschmer, 4611 Platt Rd., Ann Arbor, MI 48108

Please return this form postmarked by March 1<sup>st</sup>. Voting will take place at the Level 8/9/10 State Meet.

□ 2007 is an election year for the positions of Regional Administrative Committee Chairman (RACC) and Regional Elite Program Committee Chairman (RECC). Currently, Kathy Koeth Shufflin is the Region V Chairman and Mary Lee Tracy is the Region V Elite Chairman. USA Gymnastics is calling for nominations for both of the above positions.

The procedure for nominations and the election are as follows:

1.) BY MARCH 1, 2007: Nominations are due to

***Kathy Koeth Shufflin***

4002 Jane Avenue, Huron, OH 44839

E-mail: [Peacekk@aol.com](mailto:Peacekk@aol.com)

2.) Upon receiving nominations, Kathy Koeth Shufflin will verify that the nominee meets the criteria, has agreed to run, understands the job requirements, and has submitted a brief resume.

3.) BY MARCH 15, 2007: Kathy Koeth Shufflin will send all approved nominations to Rachel Brazo, USA Gymnastics Women's Program Assistant.

4.) BY APRIL 1, 2007: The official Slate of Nominees will be posted on the USA Gymnastics web-site to begin voting.

5.) APRIL 15, 2007: Voting will be concluded.

6.) WEEK OF APRIL 15, 2007: Kathy Koeth Shufflin will receive the election results by email and then notify all candidates of the results.

Look here for: [Criteria for Nominations; Elections and Term of Office; Election Procedures; Duties and Responsibilities and Nomination Form from the Operating Code](#) - 1/12/07

### □ **Regional Administrative Committee Chairman and Regional Elite Program Committee Chairman Elections**

RACC and RECC Elections for Women's Program will be conducted online at [www.usa-gymnastics.org](http://www.usa-gymnastics.org) April 1-15, 2007. In order to ensure that your vote can be counted, each Professional Member should make sure of each of the following:

1. Their membership and Safety Certification are current by 02/28/07.
2. That their address is current (specifically the STATE)
3. That they know their personal User ID (which is their Professional Member Number)
4. That they know their PASSWORD (a Pro Member's Password is their eight digit date of birth (mmddyyyy) unless they have otherwise instructed)
5. [Go here to make changes to your personal data](#)

Go to the Change Your Address or Club Affiliation section and click on the READ INSTRUCTIONS link to logon and make changes.

If you have any questions regarding your voting privileges or if you need to change your password please call Member Service at 1-800-345-4719

**PRE-TEAM STATE MEET IMPORTANT  
INFORMATION**

**WHEN:** May 19th & 20th

**WHO:** Levels 2, 3, 4, and Pre-5. Competitive 4.s, 5.s and Prep-Opts are also invited. Both sites will hold non-sanctioned judged sessions for these levels.

**WHERE:** Univ. of Michigan's Cliff Keen Arena, Ann Arbor, MI  
(Hosted by Gym America)

**OR**

Olympia Gymnastics Acad., Shelby Twp., MI  
(Hosted by Olympia Gymnastics)

**ENTRY FEE:** \$40 per gymnast ~ \$25 team fee  
*Make checks payable to .Gym America or OGBC. (Olympia Gymnastics Booster Club)*  
depending on which meet you choose

**ENTRY DEADLINE:** The entry deadline is April 23, 2007. The meet will be filled on a first come, first serve basis. If the meet you choose is full, you will be entered in the other meet.

***NO REFUNDS after May 5th.***

**LEOTARDS:** \$34.00 each for leotards. We will be taking advance orders only. Leotards will have the theme of the meet on them (Under the Sea). Please send in leotard orders with your entry.

**HOST GYMS:** Gym America Gym Stars  
4611 Platt Road  
Ann Arbor, MI 48108  
(734) 971-1667 (phone)  
(734) 971-9631

Olympia Gymnastics Academy  
51676 Danview Tech Ct.  
Shelby Township, MI 48315  
(586) 803-1333 (phone)  
(fax) (586) 803-1033 (fax)

**OTHER INFO:** Maps, directions, hotel information, etc., will be mailed out with your confirmation and meet information.

**MEET DIRECTORS:** Claudia Kretschmer ~ Gym America

&

Lori Koch ~ Olympia Gymnastics Academy

## TYSON FITNESS CHALLENGE

Every day we pick up the paper and read an article or hear a story on the news about the need to increase fitness opportunities for America's youth. We are constantly reminded of the challenges that our youth face fighting the sedentary lifestyle that is a consequence of computers, video games, TV and other technologies. USA Gymnastics and the gymnastics community can lead the way in being a part of the solution; a solution that starts with the gymnastics clubs.

USA Gymnastics has partnered with Tyson Foods to create the Tyson Fitness Challenge, a tailor-made fitness program that provides the fundamental base for a healthy lifestyle. Using the Tyson Fitness Challenge initiative, gymnastics clubs can take a lead role in their communities in the area of fitness development. The Tyson Fitness Challenge is not only a great way to provide alternative programming for your existing gymnasts, but can enhance your business by helping you retain and attract new clients. You can promote your organization as part of the solution in providing fitness opportunities for today's young people.

The other great aspect of the Tyson Fitness Challenge is the fundraising component for Children's Miracle Network (CMN). Over the past few years, USA Gymnastics Member Clubs have raised more than \$600,000 for CMN. We now have our sights set on \$1 million by 2008.

As influencers in your gym, you can take the first step toward achieving these important goals of helping kids get more fit, and assisting kids who need help.

If you are interested in this program, encourage your club owner to sign up for the 2007 Tyson Fitness Challenge. To learn more, simply fill out the online form found at <http://www.usa-gymnastics.org/tysonfitnesschallenge/index.html>

After the successful inaugural run of the Tyson Fitness Challenge last year, we surveyed our clubs on the program and have changed certain aspects based on your feedback. Some things that are new to the Tyson Fitness Challenge this year are:

- Earlier mailings of program materials
- A preschool component
- More fun in the program with games for cardiovascular exercise
- Beginning, intermediate and advanced exercises for the upper body, core and lower body
- Pictures of the exercises
- DVD of all exercises and games - Click the following link to see an example from the DVD: <http://www.usa-gymnastics.org/TFC/>
- An extra three months to hold the Tyson Fitness Challenge as part of your curriculum.

### Tyson Fitness Challenge content

We will have this year's materials to your club in early March, but here's what you need to know to help you start planning for the 2007 Tyson Fitness Challenge now:

- The program offers eight sessions of content for preschool and school-age children (4 to 16 years old).
- Preschool classes are 45 minutes in length.
- School-age classes last one hour.
- The classes are split into time frames for exercises or games.
- The exercises are organized into beginning, intermediate and advanced exercises with demonstrations available on DVD.

### When to hold the 2007 Tyson Fitness Challenge

The 2007 Tyson Fitness Challenge is an eight-session program for your club to hold anytime between March 3 and Aug. 4. Each session will focus on the four fundamentals of fitness: cardiovascular exercise, strength training, flexibility and nutrition. The Tyson Fitness Challenge culminates on National Gymnastics Day, Aug. 4, and becomes the fundraiser for the Children's Miracle Network.

### Member Club marketing kit

During the first week in March, Member Clubs will receive the annual Member Club marketing kit with items to kick off the Tyson Fitness Challenge and market the sport of gymnastics. This kit will include:

- A Tyson Fitness Challenge administrator's handbook and companion DVD with demonstrations of exercises and games
- Three posters: National Gymnastics Day, Parent and Me, and Tyson Fitness Challenge
- A 2007-08 education and event calendar
- A marketing guide
- A guide to gymnastics
- An hour-long highlights DVD for use in the lobby of your club.

### Prizes

This year's contest winners for the Tyson Fitness Challenge and National Gymnastics Day will be chosen based on the funds raised for the Children's Miracle Network. To qualify for prizes, the club coordinator MUST:

- Submit all money to the Children's Miracle Network by Oct. 1, 2007.

- Complete the online program reporting survey by Oct. 1, 2007.

Money should be mailed to: Children's Miracle Network (CMN), Attn: Cindee Starkie, 4525 South 2300 East, Salt Lake City, UT 84117.

The three clubs that raise the most money for CMN through participation in the Tyson Fitness Challenge will qualify for the prizes below.

First place

- AAI TAC/10 LZT Vault Table (retail value: \$3,332)
- \$250 in Tyson coupons to host a Tyson Protein Party at your gym
- One-year USA Gymnastics Club Membership (value: \$160)
- Club photo featured on a USA Gymnastics promotional poster in 2008

Second place

- AAI TAC/10 LZT Vault Board (retail value: \$730)
- \$150 in Tyson coupons to host a Tyson Protein Party at your gym
- One-year USA Gymnastics Club Membership (value: \$160)

Third place

- AAI IM 1.5 Folding Mat (retail value: \$214)
- \$100 in Tyson coupons to host a Tyson Protein Party at your gym
- One-year USA Gymnastics Club Membership (value: \$160)

The three individuals who raise the most money for CMN through participation in the Tyson Fitness Challenge will qualify for the prizes below.

First-, second- and third-place winners receive:

- Round-trip airfare to the 2008 Tyson American Cup
- Two tickets to the competition on Saturday, March 1, 2008
- Two pre-event VIP hospitality passes
- One-night stay in the USA Gymnastics host hotel

In addition to the above prize package, the individual who raises the most money for CMN will also be featured on a USA Gymnastics promotional poster in 2008.

How to sign up

If you are interested in participating in the 2007 Tyson Fitness Challenge, simply have your club owner fill out the online form found at

<http://www.usa-gymnastics.org/tysonfitnesschallenge/index.html>

When the official Tyson Fitness Challenge Administrator's Web site is launched on March 3, those who have registered will receive a broadcast e-mail with the password needed to view and download electronic versions of the Tyson Fitness Challenge materials.

Non-member clubs may purchase the Tyson Fitness Challenge Administrator's Handbook, poster and companion DVD for \$19.95 by calling 317-829-5654. If you would like to become a Member Club, fill out the online form at

<http://www.usa-gymnastics.org/membership/club.html>

Non-member clubs may still participate in the Tyson Fitness Challenge without purchasing the materials. Text from the Tyson Fitness Challenge Administrator's Handbook and video clips showing the exercises and games will be posted on the Tyson Fitness Challenge Web site.

For more information

If you have any questions regarding the 2007 Tyson Fitness Challenge, please contact Loree Galimore at 317-829-5654.

## **2007 Region 5 Congress**

Sept. 21-23, 2007 – Indianapolis, Indiana – Sheraton Indianapolis Hotel & Suites

www.michigangymnastics.com



MI-USAG NEWSLETTER  
MI-USAG State Chairman

Douglas A. Rowe  
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