

MICHIGAN USA-Gymnastics

MI-USAG Administrative
Committee

State Chairman
Douglas Rowe

State JOC
Jim Comiskey

Education Coordinator
Dave Begian

Committee Secretary
Al Scharns

Level 9/10 Rep
Lori Koch

Level 8 Rep
Tami Jacobs

Level 7 Rep
Jason Bahleda

Level 6 Rep
Becky Burden-
Cuddeback

Level 5 Rep
George Young

Level 4 Rep
Cassie Davis

Prep Opt Rep
Claudia Kretschmer

**NAWGJ State
Chairman**
Georgette Dupke

Inside This Issue

From Doug

USAG-Michigan
State Awards

Coaches Attire

Individual Event
Specialists

2008-2009
SQM & State Meet
Dates & Sites

2008 & 2009 State
Calendar

Classifieds

DOUG'S BULLETIN BOARD

State Meet & SQM Dates & Sites for 2008-2009

The State Meet & SQM Dates & Sites are contained in this newsletter.

USAG-Michigan Annual State Training Clinic & Coaches Conference

The Michigan USAG State Committee held the 2008 State Training Clinics for Level 4 & Pre-Team on Saturday, October 11, AND a Level 5 & 6 Clinic on Sunday, October 12, 2008.

Congratulations to the Committee, Dave Begian for organizing the clinic, Jim Comiskey for handling the coaches responsibilities, for Al Scharns for the facility organization and food services.

Congratulations to "ALL of the CLINICIANS" for the outstanding work and information you provided. Thank you to: Jason Bahleda, Cassie Davis, Tami Jacobs, Lori Koch, Becky Burden-Cuddeback, Claudia Kretschmer, George Young, Augusta Lipsey, Treva Alofs, Nicole Berands, Lubo Gueraskov, Jim Slavich, Joy Meadows, Ann Walker, Mel Eades, Valarie Mailloux, Carylyn Baase, Lexie Cathcart and Shelby Gribeck. This was "TEAMWORK" at its finest. Congratulations Michigan Coaches!

Congratulations to the Fall 2008 USAG-MI Level 5 & Level 6 State Meet winners. This will also be posted on the State Website.

Level 5 Team Standings

1. Gedderts Twistars USA	110.700
2. All American Flames	110.400
3. Alpine	109.175
4. AGA	108.425
5. Michigan Academy	106.650
6. Gym Unlimited	106.275
7. Gym Jesters	105.425
8. Mills Gymnastics	103.875
9. Phoenix Gymnastics	103.725
10. Gtr. Kalamazoo Gym	103.550

Level 6 Team Standings

1. Gedderts Twistars USA	113.125
2. All American Flames	111.000
3. Michigan Academy	107.625
4. Midland Gymnastics	107.175
5. Gym Unlimited	106.400
6. Cutting Edge	102.550

Background Check Verification Forms No Longer Being Issued!

Effective **December 1st, 2008** USA Gymnastics will no longer be providing background check verification forms to those Professional members who are in a pending status for the background check requirement.

Professional members will **NOT** be released from pending, and therefore no membership benefits will be released until the final result of the background check screening has been received by USA Gymnastics from the National Center for Safety Initiatives (NCSI).

2008 -2009 Individual Event Specialist Guidelines

The guidelines to enter the Level 8, Level 9 or Level 10 State Meet as an Individual Event Specialist are finalized by the State Administrative Committee. These are listed in this newsletter.

YOUR USAG STATE ADMINISTRATIVE COMMITTEE

The USAG-Michigan State Administrative Committee has decided on the following format for selecting nominations for Coach of the Year, Judge of the Year, Contributor of the Year, for Michigan.

A. **2007-2008 USAG-MI State Awards:**

1. Doug will ask for nominations thru the next newsletter and send to Dave to post all nominations online.
2. All nominations are due by Labor Day (September 1, 2008)
3. All current Pro members will vote online (State website) from September 15th-30th, 2008
4. Deadline date to vote - September 30th, 2008
5. Votes will be tallied by a three member committee made up of the SC (Doug), Webmaster (Dave), JOC (Jim).
6. Results will be posted online on the State website
7. We will award all ties

B. **2008-2009 USAG-MI State Awards Procedure:**

1. Nominations will be collected at States, Regionals and Nationals
2. Nominations deadline date is Memorial Day (May 31, 2009)
3. Doug will collect nominations and give to Dave to post
4. Online voting will begin June 1st-14th, 2009
5. Votes will be tallied by a three member committee made up of the SACC (Doug Rowe), Webmaster (Dave Begian), and JOC (Jim Comiskey).
6. Results will be posted online on the State website
7. We will award all ties.

VOTING WILL BE ONLY ACCEPTED AT THE STATE WEBSITE: www.michigangymnastics.com
Deadline date to vote - September 30th, 2009

2008 NAMES of WINNERS FOR COACH, JUDGE AND CONTRIBUTOR OF THE YEAR

<u>Category:</u>	<u>Names</u>
Female Compulsory Coach of the Year	<u>Carrie Stout</u>
Male Compulsory Coach of the Year	<u>Joe Schible</u>
Female Optional Coach of the Year	<u>Ruth Miller</u>
Male Optional Coach of the Year	<u>John Geddert</u>
Judge of the Year	<u>Donna Trevethan</u>
Contributor of the Year	<u>Dave Begian</u>

MICHIGAN USAG COMMITTEE MEMBERS 2007-2009

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

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

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

MI-USAG SECRETARY

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

LEVEL 8 REPRESENTATIVE

Tami Jacobs email:
2424 Van Ommen Drive
Holland, MI 49424
(616) 399-5608 Ph (616) 399-4614 Fax
(616) 318-6721 cell #
tamijacobs@sbcglobal.net

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

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

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

Level 4 Representative

Cassie Davis
4630 White Lake Road
Clarkston, MI 48346
(248) 625-3547
(248) 625-3577 - Fax
Email: cassie@stargymnast.com

Prep Opt Rep

Claudia Kretschmer
4611 Platt Rd.
Ann Arbor, MI 48108
(734) 971-1667 - G
(734) 786-1401 - H
(734) 971-9631 - FAX
E-Mail: claudiakretschmer@mac.com

NAWGJ STATE CHAIRMAN

Georgette Dupke
36151 Waltham
Sterling Heights MI 48310
(586)268-1483 – HE-Mail:
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

Michigan TOPS Director (s)

Lynda Rourke coachlala@comcast.net

Ann Marie Walko amwalko@comcast.net

Doug's Q & A Section

After all of the State and Regional Meets this season, I compiled a list of questions/comments from coaches, parents, and our committee. I will continue to answer all of the questions I can.

The USAG-Michigan State Administrative Committee requests that all coaches comply with the USA Gymnastics “**Coaches attire at State and above competitions**” guidelines.

They are as follows:

Shoes; closed toe athletic shoes

Pants: Athletic warm-ups or “Dockers-style” pants (no jeans)

Shorts: Athletic or tailored shorts that are a reasonable length (example-7” inseam)

No shorts with tears, holes or short-shorts.

Shirts: Collared shirts, business casual shirts, or T-shirts with gym logo.

No spaghetti straps, low-cut tops or midriff revealing shirts.

Hats: no hats or visors

The State Administrative Committees also *recommends* these “coaches attire guidelines” at meets below State Championships [Invitational Meets].

Club Address Changes:

KALEIDOSCOPE GYMNASTICS

2237 N. Wadhams Rd.
Kimball Twp, MI 48074
Christa and Andrew Roman
(810) 650-3984
E-mail: rgymnast@hotmail.com

POWER IN MOTION

P.O. Box 8
Stevensville, MI 49127
Amber Smith
(269)325-8366 Cell
Email: asmith_002@hotmail.com

AMERICAN ALLSTARS GYMNASTICS ACADEMY

3275 Martin Rd. Suite 125, Commerce, MI 48390
(248) 668-9805 phone (248) 669-9809-fax
John Gosselin-Owner, Amy Kinney-Team Director
www.americanallstarskids.com office@americanallstarskids.com

2008 -2009 Individual Event Specialist Guidelines

The guidelines to enter the Level 8, Level 9 or Level 10 State Meet as an Individual Event Specialist are as follows:

1. They must have one (1) qualifying score as an Individual Event Specialist to qualify to the state meet. The gymnast **MUST** be entered into the qualifying meet as an Individual Event Specialist. They may **NOT** compete in a qualifying meet in the all-around, and then enter the State Meet as an Individual Event Specialist.
2. All Individual Event Specialist's scores can count for team scores just as an injured gymnast can.
3. The gymnasts will have to be designated at State Meet as an Individual Event Specialist, on the State Meet Entry Form.
4. The State Meet Entry Fees are the same for both All Around entries and Individual Event Specialists.
5. Qualifying Scores:
 - a. Level 8 all-around state qualifying score is a 31.00 AA
 - b. Individual Event Specialist qualifying is 7.75 for a single event
 - c. Level 8 Regional Qualifying Score is a 34.50 AA and a 9.0 for the Individual Event Specialist.
 - d. Level 9 & 10 all-around state qualifying score is a 32.00 AA
 - e. Individual Event Specialist qualifying is 8.00 for a single event.
 - f. Level 9 & 10 Regional Meet Qualifying Score is a 34.00 AA and a 9.0 for an Individual Event Specialist.
6. If an athlete competes in the AA at State meet for example and does not score the qualifying score to Regional's, she **MAY NOT** compete as an Individual Event specialist-she would have to have designated herself at State meet as an Ind. Event specialist. This is not a "fall back" system for kids who don't "cut the mustard" at State meet. It is a totally separate thing, although the awards are based upon comparing them to the AA athletes and giving duplicate awards. (Connie Maloney)
7. No Individual Event Specialists for Level 7.
8. Copies of scores **MUST** BE SENT TO THE APPROPRIATE LEVEL REP!

Douglas A. Rowe, State Administrative Committee Chairman
USAG-Michigan
November 25, 2008

A brief look at USA Gymnastics' handling professional member misconduct involving athletes

USA Gymnastics expects its professional members and clubs to provide a positive and healthy environment for youngsters who participate in gymnastics. USA Gymnastics provides an education program, has a strong code of ethics and requires completion of a safety-certification program for professional members. The organization has also added a requirement for background checks as a condition of professional membership, with renewal background checks every two years.

USA Gymnastics takes seriously any allegation of professional member misconduct or inappropriate behavior involving athletes. The organization's bylaws include provisions for processing allegations and spell out the types of discipline, including termination of membership, which may be administered by the organization.

When USA Gymnastics terminates the membership of a coach or other professional member, that individual is permanently ineligible for membership in USA Gymnastics. This lifetime ban means the individual does not have any of the rights or privileges associated with membership in USA Gymnastics, including but not limited to participation in any event conducted or sanctioned by USA Gymnastics. In addition, USA Gymnastics makes such terminations public by posting a complete list of terminated members on USA Gymnastics' Web site. The list of terminated members also is published in official publications at least once a year and when someone is added to the list.

USA Gymnastics is a national membership organization with approximately 90,000 athlete members and 17,000 instructor and professional members.

Links to referenced documents

USA Gymnastics Code of Ethics (<http://www.usa-gymnastics.org/publications/technique/1996/9/ethics.html>)

USA Gymnastics Bylaws, Articles 9-10 (<http://www.usa-gymnastics.org/organization/2007/usag-bylaws.pdf>)

USA Gymnastics list of terminated members (<http://www.usa-gymnastics.org/membership/memship-noticeto.html>)

Safety Certification / Risk Management Course **Date:** January 17, 2009 **Time:** 3:30 - 8:30 pm

Location: Olympia Gymnastics Academy
51676 Danview Technology Dt.
Shelby Township, Michigan 48315
586-803-1333
olympia@comcast.net

Contact: Lori Koch

Instructor: Bobbi Montanari (614) 777-9430 Course Code: BM1172009MI
R5Bobbi@aol.com

2008 - 2009	Michigan	USAG	Calendar
Dates / Year	Meet Type	Level	Host Club
Fall Season Meets			
Sept 1, 2008	Labor Day		
Sept. 5, 6, 7	Hot Shot Camp Weekend	6, 7, 8	Buckeye Gym OH
Sept. 13, 14	Level 5 & 6 SQM	5 & 6	Olympia - Shelby Twsp.
Sept. 20, 21			
Sept. 26, 27, 28	Regional Congress		Indianapolis, IN
October 3, 4, 5	Level 5 & 6 SQM 1 Site High Tech – Univ of Michigan	5 & 6	Saginaw Gym Jesters Ann Arbor
October 10, 11, 12	MI USAG Administrative State Committee Congress & Gymnast Clinic	4, 5, 6, 7 & 8	State Committee Kids Sports USA - Kalamazoo
October 17, 18, 19	NAWGJ Judges Cup - Level 5 & 6 SQM	4, 5, 6, 7, 8	NAWGJ / EMU
October 25, 26			
November 1, 2	Spooktacular Inv & Fun Meet 2008 Olympic Tour	L-2 to L-8 PO	Gtr. Kalamazoo Joe Louis Arena - Detroit
Nov. 7, 8, 9	Forward Progress Camp Turkeyfest Fun Meet	9 & 10 Level 1-5	Flytz, OH / IGI, IL Farmington
Nov. 15, 16	NAWGJ - Judge Evaluation Clinic Safety Certification	Level 7-10	Olympia – Shelby Twsp Olympia – Shelby Twsp
Nov. 22, 23	Fall Season State Meet	5 & 6	All American Flames
Nov. 27, 28, 29 30	Thanksgiving Weekend		
December 5, 6, 7	CO-ED Classic Jingle Bell Rock Gym-Jesters Holiday Fun Meet	Boys & Girls All Levels L- 2-10 & PO L-2 to L-5	Kids Sports USA Kalamazoo Euro Stars @ EMU Saginaw
Dec. 12, 13, 14	30 th Annual Christmas Classic	L- 4 to L-10	MAG -Westland
Dec. 19, 20, 21	The Region 5 Cup	L-4 to L-10 / PO	Cincinnati
Dec. 26, 27, 28	Holidays		
Meets 2009	Spring Season		
Jan. 2, 3, 4	Holidays		
Jan. 9, 10, 11	Twistars Inv.	All Levels	Diamondale
Jan. 16, 17,18	Level 5 & 6 SQM - 2 Sites Gym-Jesters Fun Meet	5 & 6 L-2 to L-5	Bounce-Hartland & Gtr. Kalamazoo Saginaw
Jan. 23, 24, 25	Cereal City Classic - Battle Creek Cutting Edge Snow Fest	All levels Fun Meet	Branch / Battle Creek Clinton Twsp
Jan. 30, 31, Feb. 1	Winterfest Inv & Fun Meet Cutting Edge Winter Fest Fun Meet Polar Bear Classic Fun Meet-All Around Gym Blizzard Bash – Gym Unlimited	L-2 to L-10 L-2 to L-5 L-2 to L-5 & PO L-1 to 4	Farmington Gym Club Clinton Twsp Jackson Hudsonville
February 6, 7, 8	IGI – Navy Pier Gym-Jesters Fire Up Fun Meet Totally Rad	All Levels L-2 to L-5 L- 2-10 & PO	Chicago Saginaw Gtr. Kalamazoo
Feb. 13, 14 15	Level 5 & 6 SQM - 2 sites Tulip City Inv. Champion USA & Fun Meet	5 & 6 All Levels	All American Flames & Champion USA - Holland Champion USA - Holland
Feb. 20, 21, 22	Circle of Stars Snowflake City Fun Meet & Prep Opt	All Levels L-2 to 5 & PO	Indianapolis Kids Gym -Portage

Feb. 27, 28, Mar. 1	All American Invit.	All Levels	Hartland
March 6, 7, 8	Motown Madness Tuumblefest Fun Meet Gymnastics Revolution Inv. & Fun Meet Zoomania Fun Meet- All Around Gym Factor of Fear – Infinity Gym	L-4 to L-10 Level 1-5 PO & L 2-8 Level 2-5&PO L-4-E &PO & Fun Meet L-2-5	GTC-Rochester Farmington Red Cedar Gym Lansing Jackson Brighton
March 13, 14, 15	Wolverine Classic Bounce March Magic Fun & Prep Opt Inv Gym-jester Star Fun Meet	L-4 to L-10 L-2-5 & PO L-2-5 & PO	Saline Bounce-Hrtlnd Sports Ctr Saginaw
March 20, 21, 22	Level 5 & 6 SQM & Swing into Spring Level 5 & 6 SQM Big 10's (U of Illinois) & MAC's (Ball State) MEGA Luau L-4 & Fun Meet	5 & 6 L-4-7 & PO College	Mid-Mich Gym Freeland MEGA –Farmington Hills Out of State Farmington Hills
March 27, 28, 29	Level 8,9,10 State Meet	8, 9, & 10	Holt 9th Grade Campus
April 3, 4, 5	NCAA Regional's Spring Fever Fun Meet - Cutting Edge Gym-Jester Festival in Motion & Fun Meet Mills Gym Sundae Meet Mission Impossible – Infinity Gym	College L-2 to L-5 L-2-5 & PO L-4 & PO L-2-5 Fun Meet L-4-8 & PO & Fun L-2-5	Out of state Clinton Township Saginaw Southgate Brighton
April 10, 11, 12	Easter Weekend		
April 17, 18, 19	Level 9 & 10 Regional Meet NCAA National's L-5 SQM - 1 Site	9-10 College 5	TBD Nebraska Olympia – Shelby Twsp.
April 24, 25, 26 2009	Level 8 Regional Meet Gym Jester Bravo Fun Meet / AAU District State Championship / Special Olympics Spring Fling & Fun Meet All-American Grand Slam Challenge Flower Power Spring Fun Meet -	8 L-2-5 & PO L-2-8 & PO L-1 to 4 L-2 to 5 &PO	TBD Saginaw Gtr. Kalamazoo Hudsonville Gym Unlim Kids Gym-Portage
May 1, 2, 3 2009	Level 6 & Level 7 State Meet	6/7	GTC-Rochester
May 7, 8, 9, 10	Level 9 E/W National Championships Prep Opt & Level 4 State Meets	L-9 Prep Opt / L-4	East-Tupelo, Mississippi Midland GTC
May 14, 15, 16, 17	Level 10 National Meet Level 5 State Meet - Branch	10 5	Auburn, Washington KidSportsUSA-Kalamazoo
May 22, 23, 24, 2009	Memorial Day Weekend		
May 29, 30, 31	Michigan Pre Team State Invitational Meet	L-2,3,4,5	Gym America
June 6, 7, 2009			
June 12, 13, 14			
June 19, 20, 21			

ENTRY DEADLINE DATES FOR 2008-2009 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.**

<u>Meet Date</u>	<u>Meet</u>	<u>Entry Deadline Date</u>
Sept. 13-14	Level 5/6 State Qualifier – Olympia Gym	Mon., AUG. 25 (3wks)
Oct. 4-5	Level 5/6 State Qualifier – Saginaw Gym Jesters	Mon., Sept. 15 (3 wks)
Oct. 17-19	Level 5/6 State Qualifier – NAWGJ SQM @ EMU	Mon., Sept. 29 (3 wks)
Nov. 22-23	Level 5/6 Fall State Meet – All American Flames-Pt. Huron	Mon., Oct. 27 (4 wks)

Jan. 17-18	Level 5/6 State Qualifier – Gtr. Kalamazoo World of Gym.	Mon., Dec. 22 (4 wks)
	Level 5/6 State Qualifier – Bounce Gymnastics –Hartland	Mon., Dec. 22 (4 wks)
Feb. 14-15	Level 5/6 State Qualifier – All American Flames-Pt. Huron	Mon., Jan. 19 (4 wks)
	Level 5/6 State Qualifier – Champion USA - Holland	Mon., Jan. 19 (4 wks)
Mar. 21-22	Level 5/6 State Qualifier – Michigan Elite Gym	Mon., Feb. 23 (4 wks)
	Level 5/6 State Qualifier – Mid Michigan – Freeland	Mon., Feb. 23 (4 wks)
Mar. 28-29	Level 8, 9, 10 State Meet – Twistars	Mon., Mar. 2 (4 wks)
Apr. 18- 19	Level 5 State Qualifier – Olympia Gym	Mon., Mar. 30 (3 wks)
	Level 9/10 Regional Meet – TBD	Sun. Mar. 29 (at State Meet)
Apr. 24, 25, 26	Level 8 Regional Meet – TBD	Sun. Mar. 29 (at State Meet)
May 1, 2, 3	Level 6 & Level 7 State Meet – GTC-Rochester Gym	Mon., Apr. 6 (4 wks)
May 8, 9, 10	Prep Opt & Level 4 State Meet – Midland Gym TC	Mon., Apr. 13 (4 wks)
	Level 9 Jr. & Sr. Nationals – East-Tupelow, MS	Sun., Apr. 19 (at Reg'l Meet)
May 15, 16, 17	Level 5 State Meet Branch (KSUSA @ Kalamazoo)	Mon. Apr. 20 (4 wks)
	Level 10 JO Jr. & Sr. Nationals – Auburn, Washington	Sun., Apr. 19 (at Reg'l Meet)
May 29-30	Pre Team Fun State Invitational – Gym America	Mon., Apr. 23 (4 wks)

RESPONSIBILITIES OF THE MEET DIRECTORS REGARDING ASSIGNED OFFICIALS

The following information should be sent to all judges assigned to a meet. This information should be sent via U.S. mail or **email** *“13 or more days”* prior to the meet.

- a. Date(s) of the meet. **Sanctioned and Un-Sanctioned Fun Meets.**
- b. Times – reporting times and ending time
- c. Location of meet with map and directions
- d. Lodging with phone numbers and directions to the hotel
- e. Contact phone number
- f. Which day’s rooms will be provided for the judges.
 - 1.) If a judge needs to leave before 6:00 am to arrive at the meet site at the judges report time, then the judge shall be offered a room the night before.
- g. When and where the meals will be provided.
- h. Meet information indicating levels of gymnasts, mixed groups, numbers, etc.
- i. Information should be sent to the judges as soon as possible i.e.: when meet information is sent to the gyms

Problems have and are “STILL” occurring due to lack of communication with the judges. We would appreciate your consideration of this request.

On page 71 USAG Women’s Program Rules and Policies: " Judges should report 30 minutes prior to march in for local and invitational competitions unless otherwise specified by the Meet Referee. "

Reporting time for those competitions requiring video analysis may be up to 1 hour prior to march in.

The Meet Referee will specify reporting time. Fees are based upon the contracted March-In Time.

JUDGES MEALS

Minimum requirements at Michigan Competitions (**Sanctioned and Un-Sanctioned Meets**)

Breakfast

1. a meal which includes fruit (ex., fruit salad) - a good continental breakfast
2. a Hot or semi hot meal (ex., quiche)

If you choose not to serve breakfast - a \$10.00 charge will be assessed for over-night meets (NAWGJ assignor)

Lunch & Dinner

1. Dinner should be an ample meal. *Ample - Adjective: Characterized by abundance. liberal, generous, abundant, plentiful, copious, bounteous, bountiful, plenteous.*
2. A sack or box lunch for take home is OK, if the other meal (lunch) is the ample meal.

Lunch and Dinner can be reversed with prior communication with the assigned judges.

⇒ Please let the judges know when and how meals will be taken care of prior to the date of the competition.

Questions should be directed to your NAWGJ assignor.

Additional “Thoughts” when hosting a meet:

Requirement of a CD Player with a 30 track player and an MP3 player

National Anthem American & (Canadian when gymnasts from Canada competing)

Coaches with expired USAG Pro Numbers

Put in Pre-Meet Info – “No Animals Allowed in Gym”

Free Admission for gymnasts ONLY with USAG Athlete (injured & non-injured)

Check to make sure your uneven bar widths are up to date

Pre-Meet info must include type of vault runway & R.O. entry mats & vault boards

NO Peanuts on premises

NO Alcohol on premises

What to do with bounced checks after the meet? Notify Club issuing check & State Chairman

Create an Announcer Script for “breaking ties at Michigan SQM & State Meets”

Weather Emergency Plan Posted / Meet cancellation guidelines in Pre-Meet & Final Meet Info

Injury Emergency Guidelines posted

Vomit Clean Up Guidelines posted (Baking Soda)

LEVEL 5 “SPRING SEASON” QUALIFYING GUIDELINES
printed version of 2008-2009 Rules & Policies has incorrect information

Corrected Guidelines The 2009 Guidelines are the same as the 2008 “Spring Season” Guidelines.

2009 USAG-MI Level 5 State Meet Qualification Process:

- Gymnasts must compete (***all 4 events***) in ***at least two (2)*** MI SQM’s
- Gymnast must score a minimum of 30.00 all-around in ***one (1)*** of the MI SQM’s

2009 State Meet Competition Division Determination

- MI USAG Level 5 is made up of (3) competition divisions.
- The MI USAG Level 5 Rep. will track all Level 5 SQM scores.
- The MI USAG Level 5 Rep. and MI-USAG SCC will average the two highest scores to determine your State Meet Competition Division.
- Scores will be sorted from high to low.
- Scores will then be divided by all state meet entries to determine the (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.

LEVEL 5 SPRING STATE MEET AWARD GUIDELINES

- ***Individual Event Achievement Ribbons*** – Achievement ribbons will be awarded to each athlete on each event according to the National R&P guidelines.
- ***Individual Event Placement Medals*** - A minimum of 40% of each age division will receive placement medals for each event.
- ***All Around Placement*** - A minimum of 40% of each age division will receive placement medals for All Around competition. Athletes not in the top 40% will receive achievement ribbons according to the National R&P
- ***Team awards*** – Each division National, American and U.S., will compete for team titles respectively. The top (3) scores on each individual event for each competition division count for team awards. Trophies will be awarded to a minimum of 40 % of teams entered into each division according to USAG Michigan guidelines.

Classified Ads

Michigan Academy of Gymnastics

Seeking GIRLS Compulsory & Optional Coaches (*in Westland & Ann Arbor*) Levels 4 and above

Applicant must have proven background

ALSO Girls Class instructors & Kinder teachers

References required / Pay and Benefits negotiable

Michigan Academy Website: www.michiganacademy.com Fax resume to 734-721-6445 or

Email resume to: douglasrowe@hotmail.com or drowe@michiganacademy.com

Farmington Gymnastics Center

Farmington Gymnastics is seeking Preschool, Recreational & Team coaches

Good pay and a GREAT place to work !!

Fax resume to 248 615-6802 or Email resume to dlmflight@aol.com

Champion Gymnastics USA

in Holland Michigan is looking for a girl's team coach for levels 4-6. We will train the right person. You must have a spotless record, be willing to work as a team player and enjoy coaching gymnastics. All resumes will be held in the strict confidence. For more information please call Eric Thompson at 616-399-5608 or email us at champgymusa@mac.com.

American Gymnastics of Chesterfield

Is seeking highly motivated, energetic staff for preschool, instructional & Boys and Girls Competitive Teams at our location. Please contact Michele Miller at 586-598-0400 or e-mail at www.agimichigan@yahoo.com."

If you have any questions, please contact me at 586-598-0400 gym or email agimichigan@yahoo.com.

Gymnastic Training Center of Rochester

Girls Team Coaching Position Available

Gymnastic Training Center is seeking an experienced, dependable, person to add to its girls competitive programs. Responsibilities include coaching, spotting and knowledge of the USAG Women's program rules. If you love kids, love gymnastics, and love to teach in a fun, safe environment, in one of the nation's finest gyms, give us a call. We offer competitive pay, quality benefits, and an excellent retirement plan. Our fully equipped 25,000 sq ft facility is located in a beautiful area of Oakland County.

Call Dave at (248) 852-7950 or fax a resume to (248) 852-8494.

Gymnastic Training Center, 1813 Northfield Drive, Rochester Hills, Michigan 48309
daveb4u@aol.com.

Mid Michigan Gymnastics

Is in search of a girls compulsory/optional coach levels 4-10. Applicant must be dependable, energetic, enthusiastic and a team player. Previous competitive team coaching experience is a must. References required.

Gymnastics Instructor: seeking dependable, energetic, enthusiastic individual to instruct gymnastics. Experience preferred, but we will train the right person.

Please email your resume to midmigym@yahoo.com or fax to 989-692-0399.

LOOKING FOR COACHES To Join Our Staff
Hartland Gymnastics Academy

**Will Train
Beginner
Coaches!**


Seeking energetic, positive and dedicated gymnastics professionals. Class coaches and team coaches (Levels 2-9) needed to join our gymnastics program.

Join our successful staff of 200+! We're looking for individuals with a positive coaching philosophy that will produce quality athletes in a safe and fun environment.

Contact Cathy Short at (810) 626-2170

POSITIONS AVAILABLE


AT GEDDERTS' TWISTARS USA GYMNASTICS CLUB



**INTERESTED?
CALL NOW!!!**

*Twistars USA is currently seeking **Boys Head Coach & Program Director** Join one of the nations top gymnastics programs.... Where you can learn while you work!!!*

**RECREATIONAL INSTRUCTORS
THROUGH COMPETITIVE TEAM**



Phone: 517-322-0360

2 Fantastic Facilities...In
Lansing Michigan

Classified Ads

KGI in Portage is searching for a Head Coach/Team Director and Team Coaches. Individuals must be energetic and dedicated to the goal of training quality gymnasts and shaping the lives of positive young women. Terms of part time/full time and salary are negotiable commensurate with experience. Please call Erin Smith at 269 323 7657 for more information.

Splitz Gymnastics is looking for a highly experienced individual to coach the Compulsory levels. This individual needs to be positive, energetic, dedicated and responsible. If you want to be part of the Splitz family send resumes to EtSplitz@aol.com or call 734-416-1010 and ask for Eileen.

NEW CLUBS: *All That Athletics*, 87 S. 10th Street, Plainwell, MI 49080
 Phone: (269) 685-5255 email address: allthat@charter.net / contact person: Cindy Rush

Dreamcatchers: 832 Eastlawn Ave, Madison Heights, MI 48071
 Attention: Allyson Pfeifer Email: maloneya@umich.edu
 Phone number is 248-217-8476. Our club number is 348237.

USA GYMNASTICS ACROBASICS CLINIC

The AcroBasics Clinic is an educational workshop for individuals interested in starting an Acro program and/or coaching acrobatic gymnastics.

WHAT: AcroBasics Clinic

WHEN: January 3, 2009

WHO: NEW CLUBS: AcroBasics Course is for new clubs/coaches interested in starting an Acrobatic Gymnastics program. Learn the program rules, starting your new Acrobatic Gymnastics recreational program or eventually a competitive team. The course will also provide an easy start-up program called the Acro Pre-team Program. The Acro Pre-team Program will provide an athlete pipeline to a competitive Acro team and/or serve as an additional revenue stream for your gymnastics facility, dance studio, or multiplex. Coaches and club owners can also take advantage of the time to mingle and network with existing acro coaches and club owners.

RECREATIONAL MANAGERS: Are you interested in athlete retention? Acrobatic Gymnastics is a fun, creative way to keep kids involved within your preexisting program. There are no start-up costs to implement a new Acro Program. No additional equipment is needed! Acro is non-body specific which allows all kids to participate and enjoy the benefits of being part of USA Gymnastics.

TEAM COACHES: Are you interested in starting a competitive Acrobatic Gymnastics Program? Learn how to recruit new members using the Acro Pre-team Program, structure tryouts, and plan a team training schedule. Review ACROBASICS vocabulary, technique, acrobatic skills and drill progressions, routine composition, partner selection and how to teach Level 4-7 compulsory elements.

Bring athletes for hands-on practical experience!

WHERE: Sidney-Shelby YMCA
300 E. Parkwood Street
Sidney, OH 45365

ACROBASICS CLINIC PAYMENT INFORMATION

Entry Fees must be postmarked by the Deadline Dates. AcroBasics Course: \$50.00

No Registrations will be accepted after December 19, 2008. Form available at USA Gymnastics Web Site

Make checks payable to USA Gymnastics

Mail or Fax Form and Fee to: USA Gymnastics
132 E. Washington St. #700
Indianapolis, IN 4620
Attn: Acrobatic Gymnastics



MI-USAG NEWSLETTER
MI-USAG State Administrative
Committee Chairman

Douglas A. Rowe
5870 North Hix Road
Westland, MI 48185

Inside This Issue

Committee Member List
Annual Coach/Judge Awards
Coaches Dress Code
Background Check Info
2008-2009 Michigan Calendar
Individual Event Specialists
Fall State Meet Team Standings
Classifieds