

# MI-USA GYMNASTICS NEWS

## The Gymnastics Minute

*By Jim Comisky*



Hello from Michigan USA Gymnastics headquarters. Welcome to summer 2011. I would like to introduce you to our two newest MI-USAG Committee Members. Kim Tanskanen – Level 9/10 Representative and Shannon Hunt Level 5 Representative. Kim and Shannon are bringing to this committee a great deal of knowledge and experience in Michigan Gymnastics. I would like to thank Doug Rowe outgoing JOC and George Young outgoing Level 5 Representative for their time and dedication.

I'm very excited to announce the launch of our new web site. There are two ways to reach the site: [www.miusag.com](http://www.miusag.com) or [www.michigangymnastics.com](http://www.michigangymnastics.com). We hope that you find this site to be helpful and informative. Please take time to check it out and review the short video that will help you navigate and understand our new site.

FYI – the USA Gymnastics office has officially changed the name of Prep Opt to Xcel.

Vol. 1, July 10, 2011

### Michigan USA Gymnastics Committee Members

State Chairman  
Jim Comisky

State JOC  
Lori Koch

Education Coordinator  
Dave Begian

Committee Secretary  
Al Scharns

Level 9/10 Representative  
Kim Tanskanen

Level 8 Representative  
Tami Jacobs

Level 7 Representative  
Jason Baleda

Level 6 Representative  
Becky Burton-Cuddeback

Level 5 Representative  
Shannon Hunt

Level 4 Representative  
Cassie Davis

Prep Opt Representative  
Claudia Kretschmer

NAWGJ State Chairman  
Georgette Dupke

*"Don't measure yourself by what you have accomplished, but by what you should have accomplished with your ability."  
- John Wooden*

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## 2011 MI-USA Gymnastics Champions Banquet a Huge Success!



***Compulsory Coach of the Year***  
Cassie Davis & Jamie Baleda



***Optional Coach of the Year***  
Nanci Moore & Ruth Miller (Not  
shown); ***Contributor of the Year***  
Michelle Hill



***Prep Opt Coach of the Year***  
Laura Sandford & Becky Burden-  
Cuddeback

The 2011 MI-USA Gymnastics success. Congratulations to all of our champions, senior gymnast, and award winners. This year the banquet was held June 3rd at the beautiful Weber's Inn, Ann Arbor and was filled to capacity. The committee will be researching a new location for our 2012 Champions Banquet. We don't want to leave anyone out of this great program of recognition for deserving gymnast, coaches, judges and contributors to the sport.

Champions Banquet was a great



**Lifetime Achievement Award**

Tom & Helen Fry  
Saginaw Gym Jesters

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To: Region 5

From: John Geddert

Re: 2011 All Star Team Announcement

It is with great pleasure that we announce the Junior Olympic portion of the 2011 Region 5 All Star team. With 4 spots remaining to be claimed and filled after the completion of the Elite season, this years team is sure to be one of the most talent packed ever.

Congratulations to the athletes, coaches and parents for this prestigious achievement. Cracking the top 8 J.O. or top 4 Elite spots in a region that is as rich in talent as Region 5 is without a doubt something to be extremely proud of. On behalf of the Region 5 Committee we want to congratulate and more importantly thank the following athletes for their outstanding contributions to our wonderful sport. This years international experience will include a trip to Brazil in November.

1- Keely Kmiecik- Phenom- 38.619 2- Grace Williams- Twistars USA- 38.45 3- Hayley Scaman- IGI- 38.413 4- Tenille Funches- Arena- 38.238 5- Kate Kluz- Oakland- 38.194 6- Amanda Wellick- Legacy 38.175 7- Rachel Haines- Twistars USA 38.169 8- Lindsey Lemke- Twistars USA 37.975

Alternates- These athletes may be used if one of the above athletes can not attend the international experience OR if the 4 available elite spots are not filled.

9- Caroline Morant- Legacy 37.569 9- Ariel Martin- IGI 37.569 11- Bayle Pickel- Twistars USA 37.544 12- Arlyn Amor- Twistars USA 37.525 13- Mandy Klun- IGI 37.494 14- Samantha Pearsall- IGI 37.475 15- Kameron Moore- Twistars USA 37.456



## R5 Training Camps

[www.region5camps.com](http://www.region5camps.com)

There is a new Region 5 training camps website designed for all related information, on-line registration, coach & judge volunteer signup and scratch your athlete form. A “big” thanks to Kristen Moore for a wonderful job on the site!

Listed below are the 2011 R5 camps:

- August 5-7 **Super Camp**
- September 9-11 **Hot Shot Camp**
- October 7-9 **High Tech Camp**
- November 4-6 **Forward Progress Camp**

If you would like to volunteer as a clinician or a judge, go to the website and press the Coach or Judge volunteer button to register.

REGION 5  
THE FEW THE PROUD!

# State & Regional Coaches/Judges Educational Opportunities

Education, Education, and more Education opportunities. The more you know the more our sport grows. I encourage you to participate in the following congresses, clinics or regional training camps. The following are dates to mark on your calendar for these great educational opportunities. Please visit USA Gymnastics, Region 5 or MI-USAG web sites for all the details and registration information.

- NAWGJ Clinic – July 31 ([dscampbell@comcast.com](mailto:dscampbell@comcast.com))
- National Congress – August 17-20, 2011 ([www.usa-gymnastics.org](http://www.usa-gymnastics.org))
- H.O.T. (Hands on Training) Age-Group Coaches Workshop ([www.usa-gymnastics.org](http://www.usa-gymnastics.org))
- Regional Congress – September 22-25, 2011 ([www.R5website.org](http://www.R5website.org))
- MI-USA Gymnastics State Clinic/Coaches Conference – October 15-16, 2011 ([www.MIUSAG.com](http://www.MIUSAG.com))

## 2011

### Michigan USAG State Committee

presents:

### Coaches State Conference & Gymnasts State Training Clinics



#### Coaches Conference

October 15 & 16, 2011  
Saturday, 9:30 am - 5:45 pm &  
Sunday, 8:30 am - 4:45 pm

#### Gymnast Clinic Level 4 & PreTeam

October 15, 2011  
Saturday, 9:30 am - 1:30 pm

#### Gymnast Clinic Level Prep Opt.

October 15, 2011  
Saturday, 1:40 pm - 5:45 pm

#### Gymnast Clinic Level 5 & 6

October 16, 2011  
Sunday, 8:30 am - 4:45 pm

#### Bounce Gymnastics

2755 Arena Drive  
Hartland, MI 48353

*Skill Development, Training Techniques,  
New Rules & Requirements & Fun*

Be part of 2011 Training clinics  
to be held at:

### Bounce Gymnastics

Pre-Registration ★  
Postmarked by October 1, 2011

\$30 - Level 4 gymnast (USAG # required)  
\$30 - Prep Opt. gymnast (USAG # required)  
\$55 - Level 5/6 gymnast (Lunch included)  
\$40 - Coach/day (Lunch included)

*Register early  
& SAVE \$*

Late-Registration (if room permits)  
Postmarked after October 1st,

\$40 - Level 4 gymnast (USAG # required)  
\$40 - Prep Opt. gymnast (USAG # required)  
\$65 - Level 5/6 gymnast (Lunch included)  
\$50 - Coach/day (Lunch included)

get an upgrade for  
the 2011 -2012 season

please use the electronic entry form:  
type in the names and save the form.  
Attach the document and Email the completed document to [daveb4u@aol.com](mailto:daveb4u@aol.com)  
· send your check to the address on the form.

**don't miss any of these  
fantastic clinics.**

contact: Dave Begian [daveb4u@aol.com](mailto:daveb4u@aol.com)  
[michigan-gymnastics.com](http://michigan-gymnastics.com)



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# 2011 Michigan NAWGJ Clinic

## Registration Form

Dates: July 31<sup>st</sup>, 2011  
Site: Old Hartland High School  
9525 Highland Road  
Howell, MI 48843  
Cost: Before July 15th: \$40.00  
After July 15th: \$45.00

The schedule will be sent out shortly after registration.

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_  
Phone \_\_\_\_\_  
Email \_\_\_\_\_  
Rating: \_\_\_\_\_

Please make checks payable to Michigan NAWGJ.

Lunch will be provided (includes water or soda).



Please send your registration and check to:  
Debbie Campbell  
11085 Harvest Court  
Plymouth, Mi 48170  
(734) 737-9665  
[dscampbell@comcast.net](mailto:dscampbell@comcast.net)



## Summer Clinic – Beginning Judges

This year we are planning many exciting beginning judging sessions. These sessions are going to be very informative for people who are interested in becoming judges. We are going to go into detail how to become a judge, what it takes to be a judge, what you can expect when you are a judge and the basics of the level 4, 5 and 6 routines. This will be a great first step toward becoming a judge or just becoming more informed about what judges are looking for to achieve the great scores!

**Here are some suggested study materials for the exams and rule books for judging. Visit the USA Gymnastics office at [www.usa-gymnastics.org](http://www.usa-gymnastics.org) to order these books(not necessary before the clinic):**

- USA Gymnastics Jr. Olympic Compulsory Routines for Women's Gymnastics. Cost \$45.
- USA Gymnastics Jr. Olympic Code of Points. Cost \$45

We will also have available at our summer clinic, the NAWGJ Library materials.

If you have further questions, please contact Debbie Campbell at [dscampbell@comcast.net](mailto:dscampbell@comcast.net).

# 2011

## REGION 5 CONGRESS

**DATE/SITE:**

**Region 5                    September 23 - 25, 2011 Indianapolis, IN  
Indianapolis Marriott Downtown**

**PURPOSE OF REGIONAL CONGRESSES:**

The purpose of regional congress is to provide education to the teachers, coaches, judges and gymnastics business owners of the region. Education and training enable everyone to effectively and professionally serve in the development of the young gymnasts across the country.

**REGION 5 EDUCATION:**

Over 75 Sessions covering the following areas:

**Coaches Education** - Sessions covering popular topics for the developmental through elite gymnastics coach. Learn from leaders in the gymnastics community.

**Recreational Education** - A recreational track covering programs for tots through teens; be the best instructor in your gym!

**Business Education** - Sessions covering marketing, managing your business, staff retention and more.

**Judges Education** - Sessions covering compulsory, optional and elite judging criteria, technique and more.

**Registration will begin no later than January 17, 2011. Online Registration will be available for members and printable forms will be available for all others at <http://www.usagym.org/regionalcongress>**

<b>COST</b>	<b>Early Bird (Ends June 24th)</b>	<b>Regular Price (Ends Sept. 9)</b>	<b>On-site Registration</b>	<b>Full Dinner Banquet</b>
<b>Professional, Jr. Pro &amp; Instructor Members</b>	\$145.00	\$175.00	\$200.00	\$25.00
<b>Other Member Types and Non - Members</b>	\$175.00	\$205.00	\$230.00	\$25.00
<b>Member Clubs*</b>	1st - \$145.00 2nd - \$135.00 3rd - \$125.00 4th - \$115.00 5th - \$105.00 6th or more - \$100.00	1st - \$175.00 2nd - \$165.00 3rd - \$155.00 4th - \$145.00 5th - \$135.00 6th or more - \$125.00	N/A	\$25.00/ea
<b>One Day Price**</b>	Friday - \$75.00 Saturday - \$75.00 Sunday - \$50.00	Friday - \$100.00 Saturday - \$100.00 Sunday - \$75.00	Friday - \$125.00 Saturday - \$125.00 Sunday - \$100.00	

\*This offer is only available to Pro, Jr. Pro & Instructor Members affiliated with a Member Club.

**HOUSING**

**A block of rooms has been reserved. Call by August 25, 2011. Indianapolis National Travel Systems Sports Travel Team  
6502 Slide Rd/Suite 404  
Lubbock, TX 79424**

**Marriott Downtown  
350 West Maryland Street  
Indianapolis, IN 46225**

**Toll Free: 1-888-603-8747; Main Line: 806-794-3135  
Email: [sportsinfo@nationaltravelsystems.com](mailto:sportsinfo@nationaltravelsystems.com)    website: [www.ntssportstravel.com](http://www.ntssportstravel.com)**

**Single/Double Rate of \$119.00 + tax**

**Please be Aware that Parking Rates at hotel are: Self Park - \$15 per night**

*Any reservations after the cut-off date will be based strictly on availability.*

**Please check the USA Gymnastics website - [www.usa-gymnastics.org](http://www.usa-gymnastics.org) for a detailed daily schedule/ speakers - coming soon.**

**Minimum age for Congress attendees is 16.**

**There is a \$30.00 cancellation fee up until Sept. 9; no refunds after Sept. 9. Request must be received in writing to [callen@usagym.org](mailto:callen@usagym.org)**

**Substitution of participants will be allowed until Sept. 9 if submitted in writing to [callen@usagym.org](mailto:callen@usagym.org)  
Onsite substitution of participants will be charged a \$30.00 transfer fee.**

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# 2011 USA GYMNASTICS

## NATIONAL CONGRESS

47th ANNUAL  
**USA GYMNASTICS NATIONAL CONGRESS and TRADE SHOW**  
Held in conjunction with 2011 VISA Championships  
August 17-20, 2011  
Saint Paul River Centre, Saint Paul, Minn.

- Who should attend?** All USA Gymnastics Professional, Instructor, and Introductory Coach members. Coaches, judges and instructors of all levels. Recreational and preschool teachers, business managers, administrators, club owners, high school and college coaches.
- What is offered?** Three days of education with over 150 sessions. Lectures given by recognized top people in the field. Sessions are provided on coaching, judging, business, preschool, recreational, sports science, fitness, and cheerleading. The opportunity to learn from leading experts from all six disciplines, Women's, Men's, Rhythmic, Acrobatics, Group Gymnastics and Trampoline and Tumbling.
- Along with the sessions, the Trade Show exhibit hall will feature 200 booths of products and information from over 90 different Industry Member vendors. Special events, such as the USGSA Mega Raffle take place in the exhibit hall daily.
- Congress Dates:** August 17 – 20, 2011
- Where :** Saint Paul River Centre, Saint Paul, Minn.
- Hotels:** Hilton Garden Inn, Embassy Suites, Best Western Kelly Inn, and Holiday Inn East. *Please note: Complimentary transportation to the St. Paul River Centre will be available.*
- Hotel/Travel Reservations:** [National Travel Systems](#)  
Phone: 888-603-8747  
email: [sportsinfo@nationaltravelsystems.com](mailto:sportsinfo@nationaltravelsystems.com)

August 17-20, 2011 • Saint Paul River Centre, Saint Paul, MN

 <p>USA Gymnastics <b>National Congress</b> Trade Show Saint Paul • 2011 usagym.org</p>	<b>MEMBER CLUB REGISTRATION FORM</b>
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Held in conjunction with the 2011 Visa Championships



### REGISTRATION DETAILS

#### PRE-REGISTRATION ENDS JULY 15!

Use this form for Member Club group registration only. Online registration is available. Please provide a valid personal email address for each registrant. Individual registration confirmation will be sent by email only. On-site registration opens August 16. Congress sessions and Exhibit Hall open August 17.

Member Club pricing not available for Intro Coach registrants. Intro Coaches must submit the individual registration form. If applying for membership to receive the member discount price, you must attach a separate membership application.

#### Registration fee per individual includes:

- Credential for entrance to Congress sessions, August 18-20 (Credential available at check-in August 17).
- Registration & attendance earns 15 individual USA Gymnastics University credits.
- Trade Show admission.
- Access to USA Gymnastics' Hospitality Center for pre & post event activities.
- Complimentary transportation to St. Paul River Centre from the following hotels: Hilton Garden Inn, Embassy Suites, Best Western Kelly Inn and Holiday Inn East.
- Complimentary admission to the Rhythmic events held at the Roy Wilkins auditorium.

#### Visa Championships Ticket details

**GOLD: \$306** - first 5 rows on sides  
public price \$375 - Save \$70. Includes: free event program and commemorative gift

**SILVER: \$182** - rows 6-10 on sides  
public price \$280 - Save \$100.

**BRONZE: \$106** - rows 11 and up on sides and low ends  
public price \$190 - Save \$85

*Tickets will be mailed to address on registration form approximately 4 weeks prior to event. All-session tickets are NON-REFUNDABLE.*

Email: [tickets@usagym.org](mailto:tickets@usagym.org) with any questions.

For Your Hotel and Travel Needs, Contact

#### NATIONAL TRAVEL SYSTEMS

[sportsinfo@nationaltravelsystem.com](mailto:sportsinfo@nationaltravelsystem.com)

Or call 1.888.603.8747 or 806.794.3135

[www.ntssportstravel.com](http://www.ntssportstravel.com)



### CLUB CONTACT INFORMATION

Please print. All fields required.

Club Name \_\_\_\_\_ USA Gymnastics Member Club No. \_\_\_\_\_

Club Contact \_\_\_\_\_ USA Gymnastics Membership No. \_\_\_\_\_

Email Address \_\_\_\_\_ Fax # \_\_\_\_\_

Club Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Daytime Telephone \_\_\_\_\_ Evening Telephone \_\_\_\_\_



Visit [www.USAGymnasticsNationalCongress.org](http://www.USAGymnasticsNationalCongress.org)  
for registration and complete details  
regarding National Congress schedules, activities and policies.

August 17-20, 2011 • Saint Paul River Centre, Saint Paul, MN



# INDIVIDUAL REGISTRATION FORM

Held in conjunction with the 2011 Visa Championships **VISA CHAMPIONSHIPS**  
 Saint Paul, MN August 17-20

## REGISTRATION PACKAGES

PLEASE SELECT ALL THAT APPLY.

Payment in full is required at time of registration. Minimum age for all Congress attendees is 15.

**Congress Pre-Registration Ends July 15**

### Professional, Jr. Professional, Instructor, Foreign Instructor and Athlete Members (age 15+)

- \$235 Congress Registration
- \$541 Congress Registration and Gold All-Session ticket package
- \$417 Congress Registration and Silver All-Session ticket package
- \$341 Congress Registration and Bronze All-Session ticket package

### Introductory Coach Pricing

- \$215 Congress Registration
- \$571 Congress Registration and Gold All-Session ticket package
- \$447 Congress Registration and Silver All-Session ticket package
- \$371 Congress Registration and Bronze All-Session ticket package

### Additional 2010 Visa Championships All-Session Ticket Packages

Please indicate total # of packages. All-Session tickets are NON-REFUNDABLE. Special ticket pricing for Congress Attendees.

- Visa Championships Gold All-Session ticket package \_\_\_\_\_ x \$306
- Visa Championships Silver All-Session ticket package \_\_\_\_\_ x \$182
- Visa Championships Bronze All-Session ticket package \_\_\_\_\_ x \$106

### Non-Members & Other Member Types

- \$335 Congress Registration (Ends July 15)
- \$400 On-site Registration

### Visa Championships Ticket details

**GOLD: \$306** - first 5 rows on sides. public price \$375 - Save \$70  
 Includes free event program and commemorative gift  
**SILVER: \$182** - rows 6-10 on sides. public price \$280 - Save \$100  
**BRONZE: \$106** - rows 11 and up on sides and low ends.  
 public price \$190 - Save \$85

Tickets will be mailed to address on registration form approximately 4 weeks prior to event. All-session tickets are NON-REFUNDABLE.

Email: tickets@usagym.org with any questions.

### Individual registration fee includes:

1. Credential for entrance to Congress sessions, Aug 17-20. Credential available at check-in Aug 17.
2. Access to USA Gymnastics' Hospitality Center for pre & post event activities.
3. Trade show admission
4. Complimentary transportation to St. Paul River Centre from the following hotels: Hilton Garden Inn, Embassy Suites, BestWestern Kelly Inn and Holiday Inn East.
5. Complimentary admission to the Rhythmic events held at the Roy Wilkins auditorium.

Visit [www.USAGymnasticsNationalCongress.org](http://www.USAGymnasticsNationalCongress.org) for registration and complete details regarding National Congress schedules, activities and policies.

## MAILING INFORMATION

Name \_\_\_\_\_ USA Gymnastics Membership No. \_\_\_\_\_  
 Email Address \_\_\_\_\_ Date of Birth \_\_\_\_\_  
 Mailing Address \_\_\_\_\_ Telephone \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 Club Name \_\_\_\_\_ Club # \_\_\_\_\_

### PAYMENT INFORMATION

Visa  Other \_\_\_\_\_ Card # \_\_\_\_\_ Exp. Date \_\_\_\_\_  
 Signature \_\_\_\_\_  
 Print Cardholder Name \_\_\_\_\_  
 Email Address for credit card receipt \_\_\_\_\_

Return completed form and payment to: USA Gymnastics, 132 E. Washington St. Ste. 700, Indianapolis, IN 46204 or by fax: 317.692.5212 Attention: Member Services

### PAYMENT TOTALS

Make checks payable to USA Gymnastics

Registration (package) total: \$ \_\_\_\_\_  
 Additional ticket package total: \$ \_\_\_\_\_  
 Ticket Shipping and Handling Fee: \$5.00

**TOTAL PAYMENT \$** \_\_\_\_\_  
 authorized/enclosed



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For Your Hotel and Travel Needs, Contact  
**NATIONAL TRAVEL SYSTEMS**  
 sportsinfo@nationaltravelsystem.com  
 Or call 1.888.603.8747 or 806.794.3135  
 www.ntssportstravel.com



**SUBSTITUTION POLICY:** To transfer registration to another person, the new Congress attendee must also have a USA Gymnastics Congress-eligible membership. After July 15, \$30 fee per substitution.

**CANCELLATION POLICY:** All cancellations must be in writing. Before July 15, refund of registration fee less \$30 service fee per person cancelling. After July 16, refund is 50% of registration fee per person cancelling.  
**NO REFUNDS AFTER AUG. 30. Submit all substitution and cancellation requests IN WRITING to USA Gymnastics.**

### Office Use Only

Postmarked \_\_\_\_\_  
 Payment \_\_\_\_\_  
 Check/Reg # \_\_\_\_/\_\_\_\_  
 Auth \_\_\_\_\_ Date \_\_\_\_\_

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## 2011 EVENTS CALENDAR

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### JULY

23-23	Covergirl Classic / Challenge	Chicago, IL
31	NAWGJ Clinic	Hartland, MI

### AUGUST

5-7	R5 Super Camp	MI, IN, KY
17-20	VISA Championships	Saint Paul, MN
18-20	USA Gymnastics National Congress	Saint Paul, MN

### SEMPTEMBER

9-11	R5 Hot Shot Camp	Columbus, OH
17	National Gymnastics Day	USA
18	H.O.T. School-Age Coaches Workshop	Kalamazoo, MI
23-25	Region 5 Congress	Indianapolis, IN
30-Oct. 2	National TOPS Testing	Houston, TX

### OCTOBER

1-3	National TOPS Testing	Houston, TX
7-9	R5 High Tech Camp	U of M, Ann Arbor
15-16	MI-USA Gymnastics State Clinic	Hartland, MI
7-16	World Championships	Tokyo, Japan

### NOVEMBER

4-6	R5 Forward Progress Camp	Chicago, IL / Cinn., OH
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# PRE-OPTIONAL NEWS

From: Claudia Kretschmer

Region 5 Prep-Optional Chair

The biggest news in Prep-Optional is the change in name. USA Gymnastics has now changed the name of Prep-Optional to Xcel! All future publications will have the Xcel name on it.

The updated rules will be posted on the Michigan website. There will no longer be a Prep-Opt/Xcel website. These will be posted within the next two weeks.

Also new this year will be Xcel Regionals! Qualification procedures to Regionals will be posted on the website as well.

The Xcel program is growing! Last season Michigan had over 460 gymnasts! Ohio, Indiana and Kentucky all had successful State meets. Illinois is finally on board and will be starting an Xcel program this season. Wisconsin has also adopted the Region 5 rules. I am so proud of our State! Great job to all of the coaches and judges who have supported this program and help it grow!

If you have any questions or comments please feel free to email me at [claudiakretschmer@mac.com](mailto:claudiakretschmer@mac.com)

Good luck this season!