

# VAUSAG E-NEWS

Volume 9, Issue 1  
Steve Garman, Virginia USA Gymnastics State Chairman

JANUARY 2009  
Anne E. Foster, Newsletter Coordinator

## INSIDE THIS NEWSLETTER

State Meeting Report – Includes all important VA Updates for 2009	1-3
2008-2009 Handbook Change Listing	3-6
How to Enter VAUSAG Sectional & State Meet Online	6
State Judging Director Updates & Reminders	7
USAG Updates & Reminders	7-8
VA SAC Directory & 08-09 Calendar Listing	8

### NOTES FROM STEVE:

Happy New Year to all our clubs, coaches, judges and athletes!

The VAUSAG State Administrative Committee has been very busy - we have a new website, new online sectional and state entry form, the competition season is well underway and our first L4 & 5 Sectional is in 3 weeks. Wow!

Please read all information in this newsletter and the included links to additional information so your clubs, coaches and athletes are fully prepared.

Good luck on a healthy, safe and successful competitive season. Look forward to our 2009-2010 Calendar and Host Club Bid Forms coming soon!

Steve Garman – VA State Administrative Chairman



## 2008 VIRGINIA USAG STATE MEETING REPORT

VAUSAG's 2008 State Meeting Weekend was once again a great success! A big thanks to the VAUSAG Clubs and Members for their support and attendance. Between coaches, judges and owners we had over 200 members in attendance throughout the weekend's activities. A big "thank you" to Connie Maloney for leading a great Optional and Compulsory Clinic for our coaches and judges. Thanks for a great weekend! Please see the following State Meeting Report from our VAUSAG Annual Membership Meeting held Saturday, October 20, 2008.

### VIRGINIA USA GYMNASTICS STATE MEETING REPORT September 20, 2008 - Virginia Beach, VA

#### Virginia SAC Members Attendance:

Steve Garman - SAC Chairman - Present  
Tim Mengering - Northern Area Representative - Present  
Chris Kensinger - Northwestern Area Representative – Not Present-Excused  
Jim Roe - Capital Area Representative – Present  
Joe Gamma - Central Area Representative - Present  
Barb Jirka- Southern Area Representative - Present  
Wendy Hylton - Tidewater Area Representative – Present

Diane Berry - SAC Judging Consultant – Not Present-Excused  
Anne Foster - VAUSAG E-mail News & Special Events Coordinator - Present  
Azin Youseffi - SAC Advisory Member – Not Present-Excused  
Marshall Long - SAC Advisory Member - Present  
Cliff Dameron - Sectional & State Consultant - Present

Steve Garman called the annual VA State Meeting to order at 5:30pm welcoming all attending VA Club representatives, coaches and judges. Over 100 VAUSAG Professional Members were present with 50 VA Clubs represented. The following is the meeting agenda and handout topics presented and discussed with notes.



## WELCOME MEMBERS!

### 2008-2010-ELECTED SAC MEMBERS - ELECTED TO NEW 2 YR TERM BY ACCLAMATION

Tim Mengering-Northern Representative  
Chris Kensinger-Northwestern Representative  
Joe Gamma-Central Area Representative  
Jim Roe-Capital Area Representative  
Wendy Hylton-Tidewater Area Representative  
Barb Jirka-Southern Representative

### APPOINTED SAC MEMBERS - ALL REAPPOINTED TO A NEW 2 YEAR TERM 2008-2010

Anne Foster-E-mail News and Special Events Coordinator  
Cliff Dameron - VA Sectional and State Meet Consultant  
Marshall Long-VA SAC Advisory Representative  
Azin Youseffi-VA SAC Advisory Representative  
Diane Berry-VA Judging Representative

### THANK YOU TO ALL VA 2008 SECTIONAL & STATE HOST CLUBS - GREAT JOB!

#### State Meets

Level 8,9&10-Ocean Tumblers  
Level 6/7-World Class Gymnastics  
Level 5-Gymnastics Inc.  
Level 4-Roanoke Academy

#### Sectional Host Clubs

Chantilly Academy  
VA Judges Cup  
Virginia International  
Gymstrada

### 2009 HOST CLUBS:

#### *Sectional Meets*

First Level 4 (Jan 31/Feb1) GMS – Manassas, VA  
First Level 5 (Jan 31/Feb 1) Chantilly Academy Gymnastics – Chantilly, VA  
Judges Cup – Second Multi Level Sectional-All Levels Welcome! (Feb 21/22) Hosted by VANAWGJ – Chesapeake, VA  
Third Multi Level Sectional (March 21/22) Virginia International Gymnastics – Midlothian, VA  
Fourth Multi Level Sectional Ocean Tumblers Gymnastics – Chesapeake, VA

#### *State Meets*

Level 8,9&10 Gymstrada at Oscar Smith HS – **4 Judge Panels / Session Sizes / Regional Meet Fees**  
Level 6/7 Gymnastics Inc at Hampton University (This is a change from the original site of Boo Williams)  
Level 5 Blue Ridge Gymnastics at Averett College – Danville, VA  
Level 4 World Class at Boo Williams Center – Hampton, VA

#### *2009 Regional Host Clubs*

Level 10-World Class Gymnastics Boo Williams Center  
Level 9-Parkettes Allentown, PA  
Level 8-Unique Sports Academy, Waldorf MD

#### *2009 National Host Clubs*

L9 Eastern Nat'ls-Starkville Gymnastics-Tupelo, MS  
L10 JO Nationals-Auburn Gymnastics-Auburn, WA

### VIRGINIA STATE AWARDS 2008

<b>Optional Club</b>	World Class
<b>Compulsory Club</b>	Ocean Tumblers
<b>Athlete of the Year</b>	Jessika Brenin
<b>Professional Member of the Year</b>	Wendy Hylton
<b>Judge of the Year</b>	Shirley Tranquill



### Special Recognition Awards for the 2008 USA Gymnastics Olympic Trials

<b>Coaches Recognized</b>	Gustavo Moure and Dena Walker from Excalibur
<b>Athletes Recognized</b>	Randy Stageberg and Britney Ranzy from Excalibur

**2008-2009 JO UPDATE FROM CONNIE MALONEY:** Go to [www.usa-gymnastics.org](http://www.usa-gymnastics.org) for all JO updates, committee meeting minutes, membership needs, R & P, etc.

<http://www.usa-gymnastics.org/Portals/0/PDFs/Women/Junior%20Olympics/JOupdate2008-09.pdf>

## NEW IN VIRGINIA FOR THE 2009 SEASON:



### WEB SITE UPDATES:

NEW Website Design - still at [www.vausag.com](http://www.vausag.com)

New Web Based 2009 Sectional and State Meet Online Entry Form

**NEW LEVEL 4 & 5 SECTIONAL FEE - \$65.00 PER GYMNAST**

### NEW COMPULSORY STATE QUALIFYING SCORE FOR LEVELS 4 & 5 IN 2009:

Level 4 to States - 33.00 AA

Level 5 to States - 33.00 AA

### INDIVIDUAL EVENT SPECIALIST-QUALIFYING SCORE CHANGES FOR LEVEL 9 AND 10:

IES Level 9 & 10 State Qualifying Score 8.50

IES Level 9 & 10 Regional Qualifying Score 9.00

### INDIVIDUAL EVENT SPECIALIST DECLARATION DATE JAN 15TH 2009

### VAUSAG OVERVIEW CHART

2008-2009 - VAUSAG SECTIONAL & STATE QUALIFYING SCORES			LEVEL 4 & 5 LARGE CLUB/SMALL CLUB TEAM AWARD PLACES		LEVEL 4 & 5 SECTIONAL MEDAL GUIDELINES
LEVEL	SECTIONAL	STATE	L4 LARGE CLUB	10 PLACES	BLUE RIBBON- 36.00 & Up
L4	31.50	33.00	L4 SMALL CLUB	5 PLACES	
L5	31.50	33.00	L5 LARGE CLUB	10 PLACES	RED RIBBON- 35.975 TO 34.000
L6	NA	32.50	L5 SMALL CLUB	5 PLACES	
L7	NA	34.00	*Large Club - 4 scores count *Small Club - 3 scores count		WHITE RIBBON- 33.975 & BELOW
L8	NA	33.00			
L9 & 10	NA	32.00	L 9 & 10 IES: STATES – 8.50 REGIONALS – 9.00		

\*ANY CHANGES FROM 2007-2008 ARE MARKED IN RED ABOVE.

### ATTENTION VIRGINIA MEET DIRECTORS:

The Meet Referee should be invited to all coaches meetings to explain proper inquiry procedures.

### VIRGINIA ALL STARS OPTIONAL PROGRAM

\*\*\*\*\*See Website for Latest Updates\*\*\*\*\*

\*\*\*\*\*See Handbook Updates & Changes Article\*\*\*\*\*

### VA STATE JUDGING DIRECTOR REPORT

### Q & A

VAUSAG STATE MEETING ADJOURNED AT 7:30PM





**2008-2009 VAUSAG STATE HANDBOOK UPDATES:**

VAUSAG STATE HANDBOOK UPDATES, EDITS AND CHANGES														
P.5	SECTION 2.2 QUICK VIEW CHART	VA ALL STARS OPTIONAL PROGRAM STATE INVITE ANNOUNCED May 30 & 31 Host Club: VA Int'l Gymnastics - Midlothian, VA												
P.5	SECTION 2.2 QUICK VIEW CHART	LOCATION OF LEVEL 6/7 STATE CHAMPIONSHIPS UPDATED. DUE TO A SCHEDULING CONFLICT AT BOO WILLIAMS, L6/7 STATE CHAMPIONSHIPS HAS BEEN MOVED TO HAMPTON UNIVERSITY.												
P.9	SECTION 3.3 INDIVIDUAL EVENT SPECIALIST GUIDELINES	<ul style="list-style-type: none"> <li>• <u>Individual Event Specialists must declare their status by January 15, 2009.</u> Contact your Steve Garman, VA State Administrative Committee Chair at <a href="mailto:vausag@aol.com">vausag@aol.com</a> to declare your Individual Event Specialist Athletes Status.</li> <li>• <u>Qualifying Score to States is an 8.500</u></li> <li>• <u>Qualifying Score to Regionals is a 9.000</u></li> <li>• <u>Petition Score to States is an 8.750</u></li> <li>• <u>Petition Score to Regionals is a 9.250</u> – Please use NEW Petitioning Form provided by RTC Myra Elfenbein. Forms online at <a href="http://www.vausag.com">www.vausag.com</a> or <a href="http://www.region7gymnastics.com">www.region7gymnastics.com</a>.</li> </ul>												
P.10-13	SECTION 3.4 VA ALL STARS OPTIONAL PROGRAM	<p>Included in this section are guidelines for participation in USAG Prep Optional gymnastics AND VAUSAG's new &amp; improved Prep Optional Program's level requirements. Prep Opt has a new name in Virginia... "Virginia All Stars Optional Program".</p> <p>VAUSAG's goal in offering VAOP is to provide an alternative optional program to all of our VA Level 4-8 JO gymnasts, high school gymnasts and recreational gymnasts.</p> <p><b>*SEE UPDATED REQUIREMENTS CHART</b></p>												
P.14	SECTION 4.1.1 COMPLETING A JUDGES REQUEST FORM	A Certified Meet Director must complete a Judges Request Form and submit with payment to the Virginia Contractor's (VANAWGJ) State Assignor – VA State Judging Director – Diane Berry. <u><b>Your meets will NOT be scheduled in the VAUSAG invite/meet calendar until ALL proper paperwork and payment is received.</b></u>												
P.18	SECTION 4.4 Gate Fees	<table border="1"> <thead> <tr> <th>Age</th> <th>One Day Pass</th> <th>Two Day Pass</th> </tr> </thead> <tbody> <tr> <td>Under 12</td> <td>Free</td> <td>Free</td> </tr> <tr> <td>12 yrs &amp; older</td> <td>\$10.00</td> <td>\$15.00</td> </tr> <tr> <td>Senior Citizens</td> <td>\$5.00</td> <td>\$10.00</td> </tr> </tbody> </table>	Age	One Day Pass	Two Day Pass	Under 12	Free	Free	12 yrs & older	\$10.00	\$15.00	Senior Citizens	\$5.00	\$10.00
Age	One Day Pass	Two Day Pass												
Under 12	Free	Free												
12 yrs & older	\$10.00	\$15.00												
Senior Citizens	\$5.00	\$10.00												
P.19	SECTION 4.5 Inquiry Regulations	<p>Attention ALL VA Clubs:</p> <p>The Meet Director must have a coaches meeting at the beginning of each session along with the designated Meet Referee to:</p> <ul style="list-style-type: none"> <li>• Take club attendance AND verify that all coaches have signed in.</li> <li>• Relay important details of the meet allowing for the most efficient and safe competition for athletes.</li> <li>• Meet Referee explains Inquiry Procedure to all coaches.</li> </ul> <p>PLEASE NOTE: Submit ALL inquiries on an official Inquiry Form, available at all meets from the meet director or online at <a href="http://www.usa-gymnastics.org">www.usa-gymnastics.org</a>.</p>												

P.22	SECTION 5.2 SECTIONAL PACKET	SECTIONAL MEET ENTRY FEE IS NOW \$65.00
P.23	SECTION 5.3.4 ONLINE ENTRIES	<p><u>AS OF NOVEMBER 2008, ALL SECTIONAL MEETS MUST BE ENTERED ELECTRONICALLY VIA VAUSAG'S ONLINE ENTRY FORM AVAILABLE AT <a href="http://WWW.VAUSAG.COM">WWW.VAUSAG.COM</a>.</u></p> <p><u>NOTE: ALL PROCEDURES WILL BE UPDATED AS NEEDED BASED ON LATEST ONLINE ENTRY FORM AVAILABLE. CHECK ONLINE INSTRUCTIONS FOR UPDATES.</u></p> <p><u>ALL CLUBS MUST SUBMIT ALL ENTRIES USING THE ONLINE FORM:</u></p> <p><u>1 – GO TO <a href="http://WWW.VAUSAG.COM">WWW.VAUSAG.COM</a></u>  <u>2 – FROM THE HOME PAGE LOCATE THE “FORMS” SIDEBAR CLICK ON “SECTIONAL ENTRY”.</u>  <u>3 –USE THE “VAUSAG MEET ENTRY FORM WIZARD”. FOLLOW ALL INTRUCTIONS FOR ENTERING AND SUBMITTING ONLINE ENTRY; AND MAILING PAYMENT TO HOST CLUB.</u></p>
P.25-28	SECTIONAL HOST CLUB RESPONSIBILITIES	REVIEW BY READING - ALL BOLDED, ITALICIZED AND UNDERLINED TEXT IS UPDATED.
P.31 & P.32	SECTION 6.3.2 STATE PACKET	<p>How to enter Level 4 &amp; 5 Virginia State Meets</p> <ul style="list-style-type: none"> <li>• Entry to the STATE meet MUST be made at the conclusion of your team's session at Sectionals. ONLY Gym or Parents Club checks made payable to VAUSAG will be accepted.</li> <li>• <u>Sectional Host Club will provide each club with their Sectional Results and a State Entry Form listing all their clubs State Qualifiers for approval and payment by coach.</u></li> <li>• The Sectional Meet Director conducts a Coaches meeting at the conclusion of each session for the purpose of entering gymnasts to the State Meet. Sectional Meet Directors are responsible for collecting all payments. Original Sectional entry form must be available to participating club coaches.</li> <li>• Checklist for Level 4 &amp; 5 State Meet Entries: <ul style="list-style-type: none"> <li>a. <u>State meet entries for all qualifiers must be approved by each teams head coach and returned with payment to the Sectional Meet Director.</u></li> <li>b. All checks MUST be made payable to VAUSAG.</li> <li>c. Only Gym or Parents Club checks are accepted. ONE check may be used to pay for ALL levels.</li> <li>d. <u>Approved</u> State Meet entries and fees for all gymnasts who qualify are due at each clubs final sectional session to the Sectional Meet Director.</li> <li>e. A late fee of \$25.00/gymnast applies if qualifying gymnasts are not entered at the conclusion of the sectional session your team attends, or if submitted state entry forms are incomplete.</li> <li>f. NO Pending Entries are allowed.</li> </ul> </li> </ul>
P.32	SECTION 6.3.3 LARGE CLUB/SMALL CLUB GUIDELINES	<p><b>Large Club:</b> Ten places are awarded for Large Club – top 4 scores count.</p> <p><b>Small Club:</b> <u>Five places</u> are awarded for Small Club – top 3 scores count.</p>
P.32-34	SECTION 6.4 STATE ENTRY GUIDELINES FOR LEVELS 6-10	<ul style="list-style-type: none"> <li>• Qualifying score of a minimum of 32.00AA or <u>8.50 for IES</u> – Level 9 &amp; 10</li> <li>• <u>All clubs must use the VAUSAG online entry forms at <a href="http://www.vausag.com">www.vausag.com</a> to enter all L6-10 athletes to their state meet.</u></li> <li>• Make checks payable to VAUSAG. Only Gym or Parents Club checks will be accepted. <u>ONE CHECK MAY BE USED TO PAY FOR ALL LEVELS.</u></li> <li>• <u>For the 2<sup>nd</sup> year in a row VAUSAG SAC has voted to pay for all 2009 Virginia Level 8, 9 &amp; 10 Regional Qualifiers.</u></li> <li>• Level 9 &amp; 10's qualify by scoring a 34.00 AA total at States or by scoring a</li> </ul>

		<p><b>9.00</b> on an event at States for declared IES gymnasts.</p> <ul style="list-style-type: none"> <li>• <b><u>There are 8 JR &amp; 8 SR age groups</u></b> for Level 9; AND 4 JR &amp; 4 SR Age Divisions for Level 10. The Women's Program Manager determines and publishes age divisions prior to the Regional Championships.</li> <li>• <b><u>Coaches must notify their Regional Technical Committee Chairman by Fax or E-mail by the Monday following the State Meet of any athletes they intend to petition to the Regional Meet. (per JO Women's R&amp;P)</u></b></li> </ul>
P.35-40	SECTION 6.6 STATE HOST CLUB RESPONSIBILITIES	<ul style="list-style-type: none"> <li>• Coaches must notify their Regional Technical Committee Chairman by Fax or E-mail by the Monday following the State Meet of any athletes they intend to petition to the Regional Meet. (per JO Women's R&amp;P)</li> <li>• <b><u>2009 Level 8,9 &amp; 10 Regional Qualifier entries will be paid for by VAUSAG.</u></b></li> <li>• Level 9 &amp; 10's qualify by scoring a 34.00 AA total at States or by scoring a <b><u>9.00</u></b> on an event at States for declared IES gymnasts. <b><u>There are 8 JR &amp; 8 SR age groups</u></b> for Level 9; AND 4 JR &amp; 4 SR Age Divisions for Level 10. The Women's Program Manager will determine and publish age divisions prior to the Regional Championships.</li> </ul>



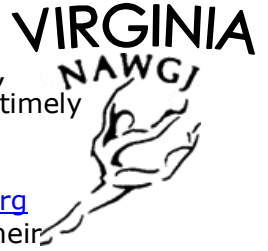
## HOW TO ENTER VAUSAG SECTIONALS & STATES ONLINE IN 2009

### ONLINE ENTRY FORM QUICK GUIDE:

- 1 - Go to [www.vausag.com](http://www.vausag.com).
- 2 - Go to the "Forms" Sidebar and Select "Sectional Entry" or "State Entry" Option and this will bring you to the VAUSAG Online Meet Entry Form Wizard.
- 3 - You will see:  
Welcome to the VAUSAG Online Meet Entry Form Wizard!  
  
This wizard takes you through several simple steps to ensure complete and accurate data are entered into the meet form. After you complete the data entry for each step, please click the "Next" button. In the final step you will be given the opportunity to print out the completed form. **"Select Meet:"**
- 4 - Select the Sectional or State Meet you wish to enter from the Drop Down Menu and begin the Entry Process here.
- 5 - Be sure to complete all information asked for to complete the entry process:  
TEAM INFORMATION  
COACH INFORMATION  
ATHLETE INFORMATION
- 6 - Complete Registration Process by hitting "REGISTER".
- 7 - A copy of your Team Registration for Sectionals will be sent to the Host Club, State Chairman and Yourself. A copy of your Team Registration for States will be sent to the State Chairman, State Clerical Coordinator and Yourself.
- 8 - For Sectionals you may print a copy of your registration and mail your payment (Gym or Booster Club Check ONLY) to the Host Club.
- 9 - Levels 4 & 5 State Entries: NO ONLINE State entries should be sent for Levels 4 & 5. All Level 4 & 5 State Qualifiers must be entered at the conclusion of their Sectional Session. Payment is made to VAUSAG using a Gym or Booster Club check ONLY.
- 10 - Levels 6, 7, 8, 9 & 10 State Entries you may print a copy of your registration and mail with payment (Gym or Booster Club Check ONLY) & score sheets to the State Chairman - Steve Garman. For complete details please read the VAUSAG State Handbook.

**Note: Level 6-10 State Entries should be made as soon as possible so that planning of Session Days and Times can be made in a timely manner.**





**ATTENTION HOST CLUBS & MEET DIRECTORS:**

- 1 - Host Club's are responsible for notifying the Judges and the VA SJD, Diane Berry, regarding meet information and any changes to the meet schedule submitted in a timely manner.
- 2 - All clubs must use the VANAWGJ Host Club Confirmation Form included in the VAUSAG Member Club Handbook or online at [www.vausag.com](http://www.vausag.com) or [www.vanawgj.org](http://www.vanawgj.org) to communicate with the state assignor, Diane Berry and the judges assigned to their meet.

**Procedure may be found on pages 14-17 of your VAUSAG State Handbook.** It is imperative that the HOST CLUB is completing and sending the Host Club Confirmation Form to the State Judging Director 3 weeks prior to your event. See the following steps:

**Three (3) Weeks Prior to Meet Date-Host Club Confirmation Form**

- All clubs must use the VANAWGJ Host Club Confirmation Form found online at [www.vausag.com](http://www.vausag.com) or [www.vanawgj.org](http://www.vanawgj.org) to communicate with the state assignor and the judges assigned to their meets.
- The online form is a WORD document Form format that you may download to your computer. Type in the grey boxes and re-save the document as "**hostclubform\_yourclubname.doc**". E-mail the form to Diane Berry, VA SJD at [berrydb1@aol.com](mailto:berrydb1@aol.com) or complete the form, print and fax it to 757.474.2221.

**Steps to Complete & Send HCCF:**

**STEP 1:**

Three (3) Weeks Prior to meet date, the Meet Director/Club Contact must send Diane Berry, VA SJD a completed Host Club Confirmation Form.

**Note:** *It is critical that a complete list of clubs & potential clubs attending is provided not only to facilitate event placement of the assigned judges, but also to prevent the assignment of an Affiliated Judge to a Head Judge position.*

**STEP 2:**

Upon Receipt of the HCCF from the Host Club:

- The VA SJD completes their section of the HCCF with Assigned Judge's information and returns it to the Host Club.
- Host Clubs forward the HCCF to the Assigned Judges and copy the VA SJD.
- The Meet Director/Club Contact is responsible for informing assigned Judges & VA SJD of any/all specifics or changes regarding their meet. IE - Hotel confirmation numbers, directions, food, start times, report times, etc.

- 3 - Judges Cup will be Six(6) Sessions including all levels 4-10 and VA All Stars (Prep Opt) in 2009. Remember if you plan to use judges cup as a Sectional Qualifier you must complete and submit a Sectional Entry form for all athletes qualified to do so. All Sectional Guidelines apply. Please see your VAUSAG Member Club Handbook for guidelines.



**USAG WOMEN'S PROGRAM 2008-2009 RULES AND POLICIES**

Women's Professional members may request a bound copy of the Women's R&P from Member Services via the [ONLINE REQUEST FORM](#). Fill out the required information on the linked form and then click the button at the bottom to submit your request for the copy of *2008-2009 Women's Rules and Policies*. You can also print out this form and mail it to: USA Gymnastics Member Services, Pan American Plaza, 201 S. Capitol Ave, Suite 300, Indianapolis, IN, 46225. **After Oct. 1, 2008** the address will be 132 E. Washington St., Ste. 700, Indianapolis, IN, 46204.



**QUALIFICATION TO JO NATIONAL INVITATIONAL TOURNAMENT:**

**INFO ON NIT CAN BE FOUND IN YOUR 2008-2009 USAG WOMEN'S RULES & POLICIES:**

2. QUALIFICATION TO JR. OLYMPIC NATIONAL INVITATIONAL TOURNAMENT

