



USA GYMNASTICS - NEW YORK

NEWSLETTER



SEPTEMBER 2015



Dear NYS Gymnastics,

I hope everyone enjoyed the summer and is ready to head into a new competition season! We are looking forward to hosting many fun and professional State Championships for the gymnasts, parents, coaches, and judging officials in 2016! A new season is upon us and I am looking forward to seeing everyone on the competition floor in the coming months!

The online voting polls are now open for the judging officials at the 2016 State Championships. I would like to remind everyone that the results are completely anonymous and secure. The online voting system is recommended by USA Gymnastics and does not reflect any information except the tally of votes per judge per level. I hope everyone utilizes their privilege as a NYS professional member to express their opinions as we head into the State Championship season.

The year of 2016 brings a election year for the NYS Chairman position. I have thoroughly enjoyed working with each and every one of you over the last couple of years and with the support of our wonderful NYS Board I feel we have accomplished many positive things for New York State Gymnastics. I look forward to many more years of serving NYS Gymnastics as your State Chair and I do plan to run for re-election. As we get closer to the election time period we will be holding a call for nominations should anyone want to run in the election for the State Chair.

I wish everyone the best of luck and happiness as we start the new competitive season!

Sincerely,

Tina Ferriola

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**VOTE
NOW!**

The online voting polls for the
2016 State Championship
judging officials are now open at :

votingplace.net/usagny

We hope you make it a top priority to vote and
express your opinion as a NYS professional
member as to which judging officials you
would like to see at 2016 New York State
Championships.

Please remember all results are completely
anonymous and secure.

2016 New York State Championships Dates & Locations

Early Season :

February 5-7 - Amityville, NY at Elite Gymnastics

Level 9/10/XCel :

March 18-20 - Brockport, NY at University of Brockport

Level 7/8 :

April 1-3 - Suffern, NY at Rockland Community College

Level 4 Downstate :

May 6-8 - Farmingville, NY at Sachem High School

Level 5/6 :

May 13-15 - Brockport, NY at University of Brockport

Level 2/3/4 Upstate :

May 20-22 - Syracuse, NY at the OnCenter

Level 2/3 Downstate :

May 20-22 - Patchogue, NY at St Joseph's College



**National Gymnastics Day is
SEPTEMBER 19, 2015 !!**





NAWGJ New York South Clinic

Be sure to join us for this amazing clinic hosted
by NAWGJ New York South!

Location : Dutchess Gymnastics in Fishkill, NY

When : September 19-20, 2015

Clinic Sessions : (On page 6-7)

1 Day = \$15.00

2 Days = \$25.00

See page 8 for registration form

NAWGJ NEW YORK SOUTH FALL CLINIC 2015
Dutchess Gymnastics, 986 Main Street, Fishkill NY 845 896 5270

Saturday September 19	2:40 p.m.-3:10 p.m. Registration
3:15 p.m.-5:15 p.m. The XCEL Program	Jane Caruso Brevet Judge Region 7 XCEL Chairperson Jane will speak to the various aspects of the XCEL program. Jane has been a presenter of this topic at many Regional Congresses and other educational events.
5:15 p.m.-5:45 p.m.	A "snack" will be provided for participants
5:45 p.m.-7:45 p.m. Dance Technique	Jack Smith NYC Elite Coach (Balance Beam & Floor Exercise): Choreographer Jack will address foot work, leg work, arm and hand work, leaps, jumps and turns. He will bring athletes from NYC Elite to demonstrate.
Sunday September 20	8:20 a.m. -8:55 a.m. Registration Light Breakfast items will be available ie; juice, coffee & tea, bagels, pastry, fruit
9:00 a.m.-10:00 a.m. Optional Balance Beam	Galina Petrouniak Brevet Judge Galina was a former elite gymnast and holds college degrees in Physical Education and Engineering. She was an Honored Coach of the Ukraine. She has officiated at many international competitions and was named 2008 Region 6 Coach of the Year. Galina will cover Balance Beam topics such as technical requirements of major beam skills, connection rules, Level 9 and 10 Composition.
9:00 a.m. 10:15 a.m. 11:30 a.m. 1:00 p.m. 2:15 p.m. JO Updates	Larry Goldsmith National Judge Video presentation of JO Updates Larry is the Region 6 Junior Olympic Chairman and one of the authors of the present compulsory routines. He is the owner and head team coach at Niagara Gymnastics. His Video Presentation will be played hourly in the party room during the clinic so that participants will be able to watch it at a time convenient to them in any one of five different showings.
10:15 a.m. -11:15 a.m. Optional Uneven Bars	Maria DeCristoforo Brevet Judge Maria has more than 34 years of International Judging experience. She has been a member of NAWGJ since 1974. Additionally, she is the author of the New York State High School Gymnastics Rule Book and serves as the Rules Interpreter for NYS Girls High School Gymnastics. Maria will cover a Potpourri of Bars including element recognition, connection value, start value and Level 9 & 10 composition.
11:30 a.m.-12:30 p.m. Vault	Renee Breines National Judge Renee, a former gymnast and a coach, was involved in gymnastics in California, joining NAWGJ in 1979. After moving to New York, she, along with Gail Caspare , from its earliest years has been involved in the Balloon Classic. This year will mark the 25th anniversary of that meet. Currently she is the Gymnastics Commissioner for the Public School Athletic League and is a committee member representing the PSAL for high school gymnastics in New York State. Renee will address the updates to the Level 8 vault rules and will speak to the evaluation of non salto vaults implementing Angle of Repulsion, too long in support, height and distance, and dynamics deductions as they apply to those vaults.
12:30p.m.-1:00 p.m. grab and go lunch will be provided: ie, sandwiches, fruit, veggies, snacks, drinks	Stephanie Kelly Sambuco Owner/ Head Coach Dutchess Gymnastics Level 10 Judge Stephanie will informally present relaxation techniques for coaches and judges to implement during those long days at a competition site. She will do this during the lunch break.

<p>1:00 p.m.-2:00 p.m. Level 8 Composition</p>	<p>Pat Panichas Brevet Judge Pat is a former (28 years) coach of the Southern Connecticut State University Gymnastics team. She served in a judging capacity as the only U.S. Judge at the Beijing Olympics. She is in the NAWGJ Hall of Fame and is both the NAWGJ Regional Judging Director and the USAG Technical Committee Chair for Region 6. Her presentation will include aspects of Level 8 composition for Uneven Bars, Balance Beam and Floor Exercise.</p>
<p>2:15 p.m.-3:15 p.m. Level 5 Floor Exercise And Responsibilities Of being a Meet Referee</p>	<p>Jamie Winkler 2008 & 2010 Region 6 Coach of the Year, Jamie is a graduate of Ithaca college and holds a degree in Physical Education. She is the owner and head team coach at Galaxy Gymnastics and has for more than 25 years coached many State, Regional and USAG champions. She is also a high school varsity gymnastics coach. Jamie, as she covers the Level 5 Floor Exercise routine, will emphasize technique, text requirements, artistry of presentation and rhythm. Galaxy gymnasts will be present as demonstrators. Mary Spadaro National Judge Having served as Meet Referee at countless USAG competitions, Mary will address the responsibilities and expectations of being a meet referee. This presentation will take about 20-30 minutes, so when finished, people will be able to join the Level 5 Floor Exercise group</p>
<p>3:20 p.m.-3:50 p.m. College Judging</p>	<p>Jenna Karadbil National Judge Former University of Arizona Gymnast: Jenna Karadbil came to the U of A in the fall of 1991 as the lone freshman. She was Pac-10 Conference Gymnast of the week, 1st Team All-Conference and a two time All-American that first year. She was named All-Conference 3 times, All-American 3 times, Scholastic All-America, Academic All-Conference twice and was a member of the National Honor Society. Jenna is a newly named JAS assignor for college gymnastics and will address her experiences as a college judge. Additionally, Chris Bagneschi, Level 10 Judge from the Buffalo area has prepared a power point with audio which will be presented as he relates some of his insights and experiences while judging at the college level. Jenna will give information to judges who might be interested in being actively involved judging college gymnastics as well as to those judges who would increase their personal knowledge and appreciation of this aspect of the sport.</p>
<p>3:55 p.m.-4:25 p.m. Wrap Up</p>	<p>Vicki Lee Tucker National Judge NY South State Judging Director Vicki Lee will address topics of note for judges, including information she recently received at the annual NAWGJ conference of State Judging directors, held this past July in Denver.</p>
<p>4:30 p.m.-5:30 p.m. (Add On) Beginning Short Hand Practice</p>	<p>Pat Tosi National Judge NAWGJ member 1981 This is an "add on" presentation where judges who need practice in beginning shorthand will be able to view videos of Level 7 & 8 routines. You will receive scripts of those routines. Bring a colored pen so that you will be able to write directly on the script pages and then compare what you have written to what "they" say it should be. Practice will cover Uneven Bars, Balance Beam and Floor Exercise. Please send an email to Pat at oliveinv@aol.com if you intend to stay so she can prepare enough packets of scripts.</p>

NAWGJ-NY South Clinic Registration Form

September 19-20, 2015

Clinic available to both coaches & judges

The cost is \$15 for one day; \$25 for both days.

If you are interested in attending, please return registration with
payment to :

Mail to Vicki Tucker, 3 Kensington Drive, Hopewell Junction, NY 12533.
Payment by check -made payable to NAWGJ-NY South.
(email sewingtwo@aol.com)

Name _____ judge _____ coach _____

If registering more than one person, please indicate the total number of
registrants _____

Also indicate # judges _____ # coaches _____

Balloon Classic 2014 Volunteer Judge yes _____ no _____

Total enclosed \$ _____

Attending Saturday _____

Attending Sunday _____