

APRIL 2020

ILNAWGJ NOTES

“IN”

Here is your April “IN”. In the absence of the need to post technical material it was difficult to decide what purpose “IN” had this month. So, this month will be different. Our purpose will be to share whatever information we have from USA Gymnastics, NAWGJ and articles of interest for the membership. Whenever we have more detailed information to pass on to you we will send that immediately. There are a variety of plans that USA Gymnastics is working on. Right now, there are only two things to share with you. First, Congress has been postponed to either July or August. This is tentative. Keep checking the USA Gymnastics website for more information on Congress. Second, National Travel sent an email to everyone who booked a hotel room detailing the cancelation process. If you did not receive a notice from National Travel then you should reach out to them at: sportsinfo@nationaltravelsystems.com. We are all anxious to find out something about Congress and other things directly related to our future. But patience will be our virtue. Linda will have more information as it becomes available.

My focus this month is about how we stay glued together—you as an individual and us as a community.

It’s hard to believe that just two weeks ago our lives were turned upside down. One minute we’re in our cars traveling to judge a meet and the next minute everything was cancelled and we returned home. Not only did we return home but our connection to each other was abruptly halted. We did not get a chance to say goodbye, have a nice summer, good luck at the state meet you are judging or see you in St. Louis. The connection was broken suddenly and almost inexplicably. In a certain way, part of our life transitioned on to a space that we are unable to reach out, touch and get back. A little bit of our identity has taken a hiatus.

For our counterparts in the coaching community, their livelihoods are in danger of collapsing. Business owners are scrambling to take care of their

employees and keep their business afloat so they can reopen when the all-clear signal has been given. Their identity has taken a hiatus too.

Everyone is feeling some sense of loss that doesn't match up with our traditional thoughts on loss and grieving. I was watching a program on Public Television a couple of nights ago called Amanpour and Co. David Kessler, an author and expert on loss and grief, stated that we are a society of quick fixes. The frustration and that funny feeling of loss that we are experiencing is related to the realization of what we have now lost due to this world health crisis. It is about the temporary loss of jobs, friends, comradery and identity. So, don't worry that you don't feel right. What you are feeling is perfectly normal.

This entire circumstance was not part of the Vision 2020 -TEAM plan. None-the-less here we are. How in the world can we absorb the impact of this disruption? Of course, we are supported by our family but our families are only a part of what makes us who we are. We gymnastics people are social creatures who sometimes overshare. Then there are those who we have no idea what is happening to them. Frankly, we really don't know what is going on with each person we work with. Most of the time we only care about how accurate they are as a judge or was it a good or bad experience with our judging partner. The reality is, we don't know if our judging friend is now in great financial difficulty or if they have suffered a family tragedy.

Many of you have posted on Facebook that you have cleaned the daylight out of your house. Some are sewing covers for masks worn by health care providers, some are tackling home projects that can never get accomplished during the judging season and some are hitting the reset button on their personal schedule. I might also suggest that you open your judging bag and take out that candy bar, bag of peanuts or any other item you stashed away for that moment when you just had to have something to munch on while you were judging. Whatever you are doing to cope, let's try to figure out how we can reconnect. Text, email or pick up the phone and check in on your judging friends or your coaching friends. Let's hit the reset button to be kind and gentle with each other and find out what's going on in someone else's life. It just may be your connection that adds a bright spot to someone's day. If you have a special reconnection tip or just something special you would like to share, be sure to send it to me. If you are sharing something about another person, be sure to get their permission for it to be shared. Part of the May issue of "IN" will be dedicated to sharing our stories. Your story can be as simple as sending your name to me, kmkrebs@comcast.net, and stating what you have been doing. If you need anything, don't hesitate to reach out so I can connect you with the right resource. Take a moment when you finish reading and reconnect!

We all know that we need some bright spots right now to pass the time until the sky is blue, the grass is green, the breezes are warm, social distancing is in the rearview mirror and we can return to our sport. Blessings to all!

REPORT CARD ON HOMESCHOOLING

Day 1: Homeschooling is going well.

Two students were suspended for fighting.

One teacher was fired for drinking on the job.

Day 2: Someone just called in a bomb threat.

Day 3: Alexa, homeschool the children.

Day 4: If the schools are closed for too long, the parents are going to find a vaccine before the scientists.

Day 5: They all graduated!

#Done

NOTEWORTHY NOTES FROM YOUR SJD –

Linda McDonald

To say the past few weeks have been a challenge is an understatement. We are all experiencing a situation for which there is no script. This is a time of uncertainty. What we know for certain is this:

- ❖ USA Gymnastics has cancelled all competitions through May. This includes JO National, Eastern Nationals, all Regional Championships, and most State Championships
- ❖ No sanctions will be granted through May. Since judge's exams are sanctioned events no exams can be scheduled through May.
- ❖ AAU has extended their suspension of sanctioned events through April 15th. What happens after is still unknown.
- ❖ We must wait to see if AAU holds their Nationals in June and if late April and May competitions will be held. The AAU Midwest Regional May 8-10th has been cancelled.
- ❖ If you have your CPE's complete, please pass them onto Heather Forbes. USA Gymnastics has just issued a statement regarding CPE credit. Be sure to follow the instructions. The revised requirements are included at the end of this article.

- ❖ The Olympics in Tokyo have been postponed until 2021. Olympic Trials will be postponed. What this means for those who have purchased tickets??? I don't know. USA Gymnastics is attempting to reschedule Trials in St Louis for 2021.
- ❖ We must wait for USA Gymnastics to provide information about National Congress. They announced they are attempting to reschedule for July or August and most likely not in St Louis.
- ❖ We must wait and see when clubs will once again be allowed to operate.
- ❖ We must wait for our stimulus checks which will help a little with our lost income.

This is not the way any of us expected our season to end. It is very difficult to sit back and wait for the answers. Unfortunately, the Covid19 virus has changed our lives forever and has everything up in the air. Together we will get through these times of uncertainty. Stay safe, stay strong, stay inside, wash your hands, keep the faith that this too will pass.

NEW CPE REQUIREMENTS FROM USA GYMNASTICS

Due to the outbreak of the coronavirus and the resulting cancellation of the end of season championship competitions, the Women's Technical Committee has voted to reduce the number of CPE credits required for the 2019-2020 season. We realize that many judges counted on volunteering at some of these events to complete their total number of CPE hours. The recent decision to re-schedule the National Congress may also prevent some officials to be compliant before the new season begins on August 1, 2020.

Therefore, please refer to the following chart indicating the change in the CPE requirements for the 2019-2020 accreditation year. Please be aware that anyone who has not fulfilled the new requirement by the end of May will still be required to submit their Annual Report Form to their State CPE Coordinator by May 31 and indicate any plans to attend any state/ regional or national education opportunities. Once they fulfill their total number of CPE hours and the number of Clinic hours according to their rating, they need to re-submit their Annual CPE Report so they can be considered for judging assignments after August 1, 2020.

(see the CPE chart on page 5)

Adjustment in CPE requirements for the 2019-20 season

Highest Rating Held as of August 1, 2019	Total CPE Hours Required for Accreditation Year 2019-2020	Minimum # Clinic Hours as part of the yearly total	Minimum # of Clinic Hrs. to carry forward
Level 4/5 & Level 6/7/8	From 12 reduce to 6	From 6 reduce to 3	From 2 increase to 3
Level 9	From 16 reduce to 8	From 8 reduce to 4	From 3 increase to 4
Level 10/National/Brevet	From 20 reduce to 10	From 10 reduce to 5	From 4 increase to 5



Don't forget to send me your name and what you have been doing since March 12, 2020. Help make this a fun way to share and reconnect!! Send in your story by April 25. Thank you!
Send to: kmkrebs@comcast.net