

January, 2021

# ILNAWGJ NOTES

## HAPPY NEW YEAR!!

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*“IN”*

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This is the January “IN”. Last year at this time I wrote that we were dedicating the year to a theme called Vision 2020. It was supposed to be a year of sharpening our focus not only at perfecting our judging abilities but also working as an organization to be kinder and gentler. Vision 2020 never got off the ground because the pandemic forced each of us to pivot to survival mode. Our new normal changed daily, weekly and monthly. We were challenged to keep our noses above the water line.

With every new year we are able to turn the page, close the book or say good-bye to the previous year and look ahead to a new year. Everyone has put the book of 2020 in the garbage can and we are ready to write on the fresh page of 2021. The problem is January 1, 2021 will look very much the same as December 31, 2020 for most of us. There are still hurdles to jump during the COVID crisis before we can cross the finish line. The major difference today is the development of a vaccine. As we set new goals in our personal lives, our judging lives remind us that we still must take precautions to protect ourselves and others as we resume the gymnastics season. Whether you are judging in person or virtually, we need to continue to protect ourselves, our judging partners, coaches, gymnasts, parents, meet workers and everyone else in our gymnastics community. Continue to follow

the IDPH guidelines: wear a mask, wash your hands and watch your distance.

The average person will probably not get vaccinated before the end of the season. Just because the calendar says 2021 doesn't mean that the virus will magically disappear. We will have to work hard and be vigilant to get through this season but there is hope that things will get better. As we move forward in the new year another new normal will spring up. New normals mean we still need to be kind to each other. Be patient with each other. Help each other. It's hard to know what someone else has on their plate outside of the judging world. Remember friends, many in our ranks have lost family this past year. Many have lost jobs or have suffered economic hardships. Some in our membership have health issues or have family members who are ill. As a community of judges, it is our responsibility to support each other. Commit yourself to make a positive difference in 2021.

There are many bright spots to look forward to in 2021. Olympic Trials are in June. July is the expected date for the Olympics. Wendy Weiss will come to Illinois to teach us the new Compulsories this summer. This is a testing year for the new Compulsories. There will be State, Regional and National Congresses. Above all, we can look forward to a more normal 2021-2022 season.

Check out the article by Linda and the new mileage rate. I've put together a few "get the brain moving" questions to clear the 2020 fog.

The Board wishes you a Happy New Year!!

I'm interested in what you would like to see included in the "IN" or any other comments you may have. You can contact me, Kathy Krebs at [ilnawgkathy@gmail.com](mailto:ilnawgkathy@gmail.com).

**MAKE A NOTE OF IT**

**THE NEW RATE FOR MILEAGE IN 2021 IS 56 CENTS PER MILE.**

**NOTEWORTHY NOTES FROM YOUR SJD  
LINDA MCDONALD**

Out with the old and in with the new! Welcome 2021. With a new year let's all stay positive. Let's all work as a team to make whatever is thrown at us a success! As we wait for the Governor's next mitigations, it looks like there will be a mixture of live and virtual meets. We are still waiting to see what USAG will do with Regional Championships. The State USAG Committee will be able to move forward with State Championships once a determination is made at the regional level. Keep the faith and let's all look forward to a new year.

**GET THE DUST AND RUST OUT**

Here are some questions about L9/10 bonus on floor exercise. Determine the bonus. Answers are at the end.

Direct Connections

- 1- front handspring, layout front, layout front
- 2- layout front, layout front w/full twist
- 3- front handspring, front w/full, tuck front
- 4- front handspring front w/full twist, front w/full twist
- 5- round-off, back w/1 ½ twist, to front w/full twist

Indirect Connections

6- round-off, flic flac back w/1 ½ twist, round-off, flic flac 2/1 twisting back

7- tuck front salto step out, round-off, whip salto, flic flac, 2/1 twisting back

8- front handspring, front w/full, round-off ,flic flac, 1 ½ twisting back

9- round-off, back w/1 ½ twist, round-off, flic flac, w 2/1 twisting back

10- round-off, flic flac, whip salto, whip salto with 1/2, round-off, with 2/1 twisting back

Answers

(Direct)

1- front handspring, layout front, layout front

$$B + B = +1 \text{ (L9 \& 10)}$$

2- layout front, layout front w/full twist

$$B + C = +2 \text{ (L9 \& 10)}$$

3- front handspring, front w/full, tuck front

$$C + A = +1 \text{ (L9 \& 10)}$$

4- front handspring front w/full, front w/full

$$C + C = +2 \text{ (L9 \& 10)}$$

5- round-off, back w/1 ½ twist, to front w/full twist

$$C + C = +2 \text{ (L9 \& 10)}$$

Indirect Connections

6- round-off, flic flac, back w/1 ½ twist, round-off, flic flac with 2/1 twisting back

$$C + C = +1 \text{ (L9 \& 10)}$$

7- tuck front salto step out, round-off, whip salto, flic flac, 2/1 twisting back

$$A + A + C = +1 \text{ (L9 \& 10)}$$

8- front handspring, front w/full, round-off flic flac, with 1 ½ twisting back

$$C + C = +1 \text{ (L 9 \& 10)}$$

9- round-off, back w/1 ½ twist, round-off, flic flac with 2/1 twisting back

$$C + C = +1 \text{ (L9 \& 10)}$$

10- round-off, flic flac, whip salto, whip salto w/1/2, round-off, 2/1 twisting back

$$A + B + C = +1 \text{ (L9 \& 10)}$$