

January, 2022

# ILNAWGJ NOTES

*“IN”*

## HAPPY NEW YEAR!

Out with the old and in with the new. Ring in the new year with a renewed effort to improve one judging skill. Pick one aspect of judging that you would like to become more proficient using. It could be improving your shorthand, mastering your evaluation methods for level 10 bars or training your eye to see all phases of a vault. Select that one item and practice using the practice videos on the NAWGJ website at NAWGJ.ORG. There are scripts with scores and worksheets to stimulate your thought process.

The Assigners are still assigning meets. It's imperative that you update your availability in GYMJAS. Judges may become ill and need to be replaced or other events occur in our lives that affect fulfilling an assignment. Meets will continue as scheduled. Get in touch with your assigner if you become ill prior to arriving at an assigned meet or contact the meet referee if you are already at an assigned meet. ILNAWGJ is obligated to provide qualified judges. This may be the year that you get assigned a meet that was at the top of your wish list. Stay healthy!

There are several features in this edition of the “IN”. Be sure to read Linda's article. There is an update about the long hang pullover in Kathy Gebhardt's Education Corner and an update from Sue Woloszyk in Financial News and one Shareable News item.



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 [ilnawgjkathy@gmail.com](mailto:ilnawgjkathy@gmail.com).

**NOTEWORTHY NOTES FROM YOUR SJD  
LINDA MCDONALD**

As we welcome 2022 let's take a look at professionalism. Ask yourself:

- √ Is my availability up to date?
- √ Do I accept my assignment and create my contracts in a timely manner?
- √ Do I answer emails in a timely manner?
- √ Do I answer all questions asked by my Meet Referee?
- √ Do I assume the Meet Referee knows where I live and assume he/she knows that I would not need a hotel and therefore do NOT respond to meet referee's emails about hotels??
- √ Do I arrive on time?
- √ Am I prepared for every assignment?
- √ Am I kind and courteous to my judging partner, meet director, and all volunteers?
- √ Do I judge efficiently and expedite the competition?
- √ Am I in an approved uniform?

Start the year off right and take charge of your professionalism. It is a reflection of you as a judge and a person! Don't assume anything. Respond to emails and answer all questions!

Last year we asked judges to stay home if they were ill. Judges are still encouraged to stay home if ill. Please take into consideration your judging partners, meet directors, event staff, and gymnasts when you choose to come to a meet symptomatic. Yes, we are short judges. However, we will be even shorter on judges if you make everyone at the meet ill. Please use common sense and common courtesy.

There are a few great videos everyone should watch.

Please take time to watch the video on Level 6/7 vault. Many coaches and judges still do not understand the expectation of this vault. Scores have been inconsistent from meet to meet at these levels. Let's all get on the same page with this vault. [Level 7 Vault NAWGJ Clinic - YouTube](#)

The NCAA has been working with Dave Tilley, a physical therapist, on the proper landing position to avoid injury. The proper landing position may look like a deduction. It is recommended to have the a 30 degree hip and knee bend on landing! Please watch this video and learn what is acceptable when it comes to landings. [Collegiate Review Videos – National Association of Women's Gymnastics Judges \(nawgj.org\)](#)

## FINANCIAL NEWS – SUE WOLOSZYK

### A Message From Your ILNAWGJ Financial Assistant:

- If you were one of the 49 judges who worked at Judges Cup 2021, your NAWGJ Membership has been paid through July 31, **2023**. Please log in the [nawgj.org](http://nawgj.org) website and verify that it has been extended. Use this link to check: <https://naow3gj.wildapricot.org/page-1322472> - type in your Username and Password and then view your profile. Your profile should indicate: "Renewal due on **31 Jul 2023**" Contact Sue Woloszyk, if your membership was not extended to 2023 and you worked Judges Cup 2021.
- I am going to try and place a Name Tag order (sorry the last one didn't have enough responses to proceed). Please contact Sue Woloszyk ([financialsuew@gmail.com](mailto:financialsuew@gmail.com)) if you need a Name Tag from Illinois NAWGJ. In responding to Sue, I need to know the **EXACT spelling of your name** for the tag. Send the info to Sue and we will place a group order in January as long as I hear from at least 5 people.

## THE EDUCATION CORNER – KATHY GEBHARDT

This is a reminder that on L5 bars, on the long hang pullover to underswing the hips should not touch the bar. It is a flat 0.20 deduction for the hips contacting the bar. There is a deduction of 0.20 if the mid to lower thighs fail to contact the bar between the completion of the long hang pullover and the initiation of the underswing.

## SHAREABLE NEWS

*“IN”*

Sue Woloszyk's brother passed away. Richard M Ziemba died peacefully on December 1, 2021 at the age of 73. Rich was a military hero and a CW2 Dustoff Pilot who flew helicopters into active battle to pick up wounded in Vietnam. He was drafted prior to completing his degree at the University of IL-Champaign but flew over 400 missions and saved hundreds of lives all at the age of 20. He died due to complications from Agent Orange exposure which he had been living with for 50+ years since serving our country in Vietnam.

Be sure to keep Sue and her family in your thoughts and prayers.

