

July, 2022

ILNAWGJ NOTES

****IN MEMORY OF JUDY REDMOND****

**Coach, Judge, IL USA Gymnastics Level Chair,
Mom, Wife, Grandmother, Sister, Daughter, Auntie,
Friend, Community Leader**

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Judy Redmond of University Park, IL passed on to glory on June 6, 2022, in Plano, Texas. Judy was married to John Redmond who preceded her in death. Together they owned Gainers Gymnastics and coached many outstanding gymnasts. She also coached the Rich Central High School team which won the state championship and produced many medal winners. Each of her children were state champions during high school. Judy was still coaching and judging until just before her passing. Judy also served as a Level Chair on the Illinois USA Gymnastics State Committee. She was awarded the Illinois USA Gymnastics Lifetime Achievement Award in 2017 and the Illinois NAWGJ Green Flag Award in 2019. Her passion for the sport is unmatched.

Judy will be remembered not only for her coaching, judging and administrative dedication but also her unflinching advocacy for those who were under-represented in all aspects of life. Judy had a million friends who knew she was a great listener and her advice was sincere, honest and compassionate.

Judy is survived by her three children, John Redmond Jr. and his wife, Deirdra of Frisco, Texas, Jennifer Hunter and her husband, Malvin of Midlothian, Virginia, Jill Redmond of Henrico, Virginia; four grandchildren, Taylor Redmond, Quinn Redmond, Matthew Hunter and Michael Hunter and many other loving relatives and friends.

The Illinois gymnastics community lost a special friend. A 'celebration of life' will be hosted at the Tinley Park Convention Center, Tinley Park, IL on Sunday, July 24, 2022 tentatively scheduled from 9 am – 1 pm.

Contributions are being collected by Kathy Krebs at 3514 S State St, Crete, IL. 60417 for the Redmond Family Endowment fund. Checks only are accepted, with Judy Redmond designated on the memo line.



**Study Tips from the Windee Weiss Session at Reg 4 Congress -
Kathy Krebs**

The following tips are from notes taken at a session at Region 4 Congress 2022. It does not matter whether you are taking the Level 7/8, 9 or 10 test, these tips may help you study.

- (1) Get organized, know where everything is on your cheat sheets and in the rules book
- (2) Put extra tabs in your COP to help you find information quickly like Special Requirements, Bonus, Deductions, Elements, etc.
- (3) Know your shorthand; if you can't remember the shorthand, list the value of the skill. If you can't remember the value of the skill at least get the deduction listed
- (4) Develop a system with your shorthand that will indicate how a skill finished—high, low, horizontal, etc.
- (5) Establish a system to memorize value parts – flash cards and charts from the NAWGJ website, don't reinvent the wheel
- (6) Have a system on how you will list your deductions next to a skill while scripting the routine – top number is for height of skill, right below height is the angle, then arm deductions, torso deductions, leg deductions and overall body position deductions
- (7) Have a process for coming up with your score—list Value Parts by each skill, check Special Requirements, record Bonus, come up with the start value, add up deductions and subtract from start value, check and subtract composition deductions
- (8) Study in 5-week segments, one event each week. Don't forget General. Studying 3 weeks on one event causes a challenge for retention
- (9) Carve out a set amount of time each day for studying and stick to your plan
- (10) Don't get stuck on one question, pass on a question that causes a problem and come back to it, eliminate wrong answers until you arrive at the correct answer
- (10) Get plenty of sleep

NOTEWORTHY NOTES FROM YOUR SJD – Linda McDonald

It's July and that means membership renewal time! You must renew your USAG membership by July 31 st.

Also, this year AAU will require judges to have an AAU membership. Wait until August to do this membership. It was \$16 last year. Go to the AAU website to join <https://play.aausports.org/>

I do believe we will have NGA competition in Illinois this coming season. NGA will be doing their own judges accreditation after this upcoming season. If judges join NGA for the 2022-2023 season, they will be grandfathered in at your USAG rating. You may have heard you needed to join by July 31, 2022. NGA has extended this for Illinois judges until July 31, 2023. If you joined this summer, your membership will be extended to the 2022-2023 season. You may wait until after August 1 st to join. The membership fee is \$35. Go to their website Membership (nationalgym.org) to join.

Summer testing for optional levels 7/8, 9. And 10 will begin in August. I am waiting for USAG to inform us when we can schedule the practical exams. Connie Maloney has informed us that it may not be available until after National Congress. It will be offered at National Congress for sure. In Illinois we may need to wait until after National Congress August 18-21 st. As soon as I am able, I will notify the membership of Illinois practical exam dates and locations. Remember the written exams are online and will be available in August. Go to USAG website to register and test USA Gymnastics | Judging Accreditation

Happy studying and Happy 4 th of July