

March, 2022

ILNAWGJ NOTES

“IN”

The deadline for Illinois Early Bird registration for Region 5 Congress is March 10, 2022. Region 5 Congress will be in Grand Rapids, MI., July 22-24. Information about the hotel is available at usagymnastics.org.

If you would like to register with the Early Bird rate be sure to send Kathy Krebs the following information: Name as it appears on your USA Gymnastics membership form, date of birth, USA Gymnastics Number, address (including street, city, state, zip code), email address and phone number. Finally, be sure to indicate whether you want to register for the banquet. The cost of the banquet is not known at this time. Sue will contact you with your portion of the registration rate for Congress and the cost of the banquet ticket.

The host city for USA Gymnastics National Congress is Tampa, Florida on August 18-21. Registration for the Illinois Early Bird rate for National Congress will be accepted until April 5. A reminder will be posted in the April “IN”.

Although the mask mandate has been cancelled in Illinois, be respectful of everyone’s wishes to either continue to wear a mask or to discontinue wearing a mask. Common sense tells us that if we experience any symptoms of illness we should let the assigner know that a replacement is needed.

Be sure to check out the Education Corner for some reminders from Kathie Gebhardt. Congratulations to everyone who received a post season assignment.

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.

Education Corner – Kathie Gebhardt

“IN”

Question - Silver beam: How high does a partial handstand need achieve?

Answer: The partial handstand only needs to be 45 degrees from vertical and the feet have to close. Both must be met simultaneously.

Reminder, we do not do Open scoring in Xcel at any competition below State meets.

Question – Platinum beam: Are amplitude deductions taken when a split jump is performed at 140 degrees?

Answer: No, they only need to achieve 120 degrees. Insufficient amplitude deductions would only be applied from 100 - 119 degrees.

NOTEWORTHY NOTES FROM YOUR SJD LINDA MCDONALD

It is hard to believe it is already March! The season is in full swing and Championship meets are just around the corner. Congratulations to all who received post season meets!

STATE

Level 3-9-10

MR Brooke Bennett

1. Mary Lou Ackman
2. Sue Brosnan
3. Amy Delaney
4. Heather Forbes
5. Jeanne Johnson
6. Linda McDonald
7. Sharon Sargeant
8. Renee Tubbs

Level 4-5

MR Shane Sanders

1. Mary Lou Ackman
2. Heather Forbes
3. Billy Gurin
4. Christi Kearns
5. Cindy Morano
6. Sharon Sargeant
7. Sue Schneider
8. Renee Tubbs

Level 6-7-8

MR Kimberly Dyer

1. Mary Lou Ackman
2. Sue Brosnan
3. Hilary Carlson
4. Heather Forbes
5. Billy Gurin
6. Cindy Morano
7. Tracey Rogers
8. Shane Sanders
9. Sharon Sargeant
10. Sue Schneider
11. Cheryl Schuh
12. Renee Tubbs
13. Connie Urich-Rodriguez
14. Rachel Wheeler
15. Tiffany Winton
16. Sue Woloszyk

Xcel

MR Cindy Morano

1. Mary Lou Ackman
2. Hilary Carlson
3. Amy Delaney
4. Heather Forbes
5. Billy Gurin
6. Jeanne Johnson
7. Christi Kearns
8. Tracey Rogers
9. Shane Sanders
10. Sharon Sargeant
11. Sue Schneider
12. Cheryl Schuh
13. Renee Tubbs
14. Connie Urich-Rodriguez
15. Sue Woloszyk
16. Rachel Wheeler

AAU State

1. Kathi Gebhardt MR
2. Michelle Helmke
3. Sarah Mark
4. Ellen McDermott
5. Tracey Rogers
6. Cheryl Schuh
7. Connie Urich-Rodriguez
8. Sue Woloszyk

REGIONALS

Xcel

1. Billy Gurin
2. Cheryl Schuh
3. Rachel Wheeler

Level 6-7

1. Hilary Carlson
2. Sharon Sargeant

Level 8

1. Hilary Carlson
2. Cindy Morano
3. Shane Sanders
4. Renee Tubbs

Level 9-10

1. Mary Lou Ackman
2. Sue Brosnan
3. Heather Forbes
4. Jeanne Johnson
5. Linda McDonald

NATIONALS

AAU Nationals

1. Kathi Gebhardt
2. Sarah Mark
3. Ellen McDermott
4. Cheryl Schuh

Level 9 Eastern Nationals

1. Heather Forbes

Level 10 DP Nationals

1. Linda McDonald