

August, 2022

ILNAWGJ NOTES

“IN”

Now is the time to prepare for the 2022-2023 season. You can order the new Developmental Code of Points and the Xcel Code of Points at usagym.org. There are updates to the Developmental Code of Points which can be downloaded and inserted into your Code. Those updates can be found when you go to usagym.org, click on Women, on the left side of the screen scroll to and click on Developmental Program. That will bring you to all the corrected pages for you to download for either the large code, the mini code or the Google code.

When you are ready to take the practical exam, you must register on-line at usagym.org no later than two weeks prior to the exam.

I have included additional highlights of changes to the COP from the 2018-2022 version in this newsletter. More changes can be found in the June edition of the “IN” which is located on the Illinois NAWGJ website at ilnawgj.org.

DID YOU RENEW YOUR MEMBERSHIPS? THEY EXPIRED ON JULY 31.

Membership Renewals:

Safe Sport Certification: Must be renewed annually after August 1

USA Gymnastics Professional Membership: Renew by July 31

USA Gymnastics Background Check: Renew by July 31 if your cycle expires this year

USA Gymnastics Safety Certification: Renew by July 31 if your cycle expires this year

NAWGJ Professional Membership: Renew by July 31

NGA Membership: Join/renew on August 1

AAU Membership: Join/renew on August 15

Events:

August 1: Written tests are available on-line at usagym.org

August 14: Practical exam in Bloomington, IL. @ Gymnastics Etc., L 7/8 – 10, 4 pm

August 18: Practical exam in Tampa, L 7/8 – 10, 3:30 pm

August 19 – 21: USA Gymnastics National Congress in Tampa

August 21: Practical exam in New Lenox, IL. @ FlipStars, L 7/8 – 10, 10 am

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 kmkrebs@comcast.net

VAULT CHANGES FOR 2022- 2023 – Kathy Krebs

“IN”

The following list includes Value changes for Level 10 vault.

New 1.209	FHS onto board, Handspring – 1/1 twist off	8.9
1.301	Handspring 2/1 twist	9.8
1.307	1/1 twist on – 1/1 twist off	9.7
2.301	Handspring – Front Tuck	9.8
2.302	Handspring – Front tuck ½	10.0*
2.304	Handspring – Front Pike	9.9
2.310	FHS onto board, Handspring on – Front tuck	9.9
2.311	FHS onto board, Handspring on – Front pike	10.0*
4.307	RO, FF on – ½ off, Front Tuck OR RO, FF on – Back Tuck ½	9.8
4.308	RO, FF on – ½ off, Front Pike OR RO, FF on – Back Tuck ½	9.9
4.407	RO, FF on – ½ off, Front tuck ½	10.0*
New 5.102	RO, FF ½ on – Handspring ½ off	9.1
New 5.107	RO, FF 1/1 on Handspring ½ off	9.2
5.312	RO, FF ½ on – 2/1 twist off	9.9

REMEMBER the “*” indicates that the vault is not eligible for bonus. That is true when you look at all 10.0 vaults that have an * next to it.

SAD NEWS TO SHARE

It is with deep sympathy that I share with you the passing of Lilly Carrico's Dad. He passed suddenly on June 30, 2022. Billy Whitchurch was 73 years old at the time of his death. He was a decorated Vietnam War Veteran who proudly served in the Army. He was a Senior Mainframe Analyst for United Airlines World Headquarters for 36 years. Services have been held with burial at Arlington National Cemetery. Be sure to keep Lilly and her family in your thoughts and prayers during this difficult time.

Comments may be sent to Kathy Krebs, at kmkrebs@comcast.net

NOTEWORTHY NOTES FROM YOUR SJD – Linda McDonald

“IN”

As August begins it is time for everyone to renew all certifications. Safe Sport needs to be done by everyone now that it is August. Renew your USAG Pro Membership. AAU memberships may be renewed after August 15 th. If your NAWGJ membership was not renewed by working Judges Cup, it is due now. You can check your membership at www.nawgj.org. It is each judge’s responsibility to make sure your information is correct with your NAWGJ membership. It is also each judge’s responsibility to make sure your personal information (address-email-cell phone number) is up to date in Gymjas. Please update your membership expiration dates in Gymjas and update your availability. Congratulations to all who have tested. Those judges testing in August, the written exams are available at USA Gymnastics |Judging Accreditation Practical exams will be given at Gymnastics Etc on Sunday August 14 th and FlipStar Gymnastics August 21 st. There will also be dates in September and October.

All judges will be asked to send their AAU, NGA, and USAG Pro Membership card, and USAG Judging Card to Administrative Assistant Kathy Krebs at ilnawgjkathy@gmail.com