

March, 2023

ILNAWGJ NOTES

“IN”

As the competitive season begins to wind down and state meets ramp up, this is the perfect time for you to consider volunteering at one of the state meets. If interested in volunteering, contact Kathi Gebhardt and she will refer you to the correct person in charge of volunteers for each meet.

See Linda's remarks on page 2 and an Xcel bar clarification on page 4.

Events:

March 10-12: L4/5 State, Adventure Commons in Boubonnais, Hosted by Aspire

March 17-19: L3, 9, 10 State, Redbird Arena in Normal, Hosted by Gym Etc

March 24-26: L6, 7, 8 State, Canlan Sports Complex, Libertyville, Hosted by Ultimate

March 31-April 2: Xcel All Levels State, DeKalb HS, DeKalb, Hosted by Energym

NAWGJ National Symposium

- July 13-15, 2023; 8 pm on 7/13 - 8 pm on 7/15
- Amway Grand Plaza, Grand Rapids, Michigan
- Make hotel reservations through the link at NAWGJ.org

Region 5 Congress

- July 21-23, 2023
- Westin Chicago Lombard
- Make hotel reservations through the Congress link at USA Gymnastics

USA Gymnastics National Congress

- August 24-27, 2023
- San Jose, CA
- Early Bird registration ends on **4/05/23**
- Send EB registration information to ilnawgjkathy@gmail.com
 - Name
 - USA Gymnastics member number
 - Date of Birth
 - Address
 - Phone Number

Make hotel reservations through the Congress link at USA Gymnastics

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

NOTEWORTHY NOTES FROM YOU SJD
Linda McDonald

The end of the regular season is approaching, and State Meets are just around the corner.
Congratulations to the following judges who have State, Regional and National Meets:

STATE

Level 4-5

- Mary Lou Ackman
- Liz Berg
- Heather Forbes
- Jessica Holtz
- Christi Kearns
- Cindy Morano
- Shane Sanders
- Sharon Sargeant
- Renee Tubbs

Level 6-7-8

- Mary Lou Ackman
- Hilary Carlson
- Heather Forbes
- Jean Johnson
- Christi Kearns
- Linda McDonald
- Sue Brosnan
- Shane Sanders
- Renee Tubbs

Level 3-9-10

- Mary Lou Ackman
- Hilary Carlson
- Amy Delaney
- Heather Forbes
- Jessica Holtz
- Jean Johnson
- Sue Brosnan
- Sharon Sargeant
- Renee Tubbs

Xcel

- Betty Axelson
- Hilary Carlson
- Heather Forbes
- Kathi Gebhardt
- Billy Gurin
- Christi Kearns
- Kathy Krebs
- Cindy Morano
- Connie Rodriguez
- Karin Rousey
- Sharon Sargeant
- Sue Schneider
- Cheryl Schuh
- Rachel Wheeler
- Tiffany Winton
- Sue Woloszyk

AAU

- Kathi Gebhardt
- Billy Gurin
- Michelle Helmke
- Ellen McDermott
- Connie Rodriguez
- Tracey Rogers
- Cheryl Schuh
- Sue Woloszyk

REGIONALS

Xcel

- Cindy Morano
- Sharon Sargeant
- Sue Schneider

Level 6-7-8

- Hilary Carlson
- Jeanne Johnson
- Christi Kearns
- Linda McDonald
- Shane Sanders
- Renee Tubbs

Level 9-10

- Mary Lou Ackman
- Heather Forbes
- Sue Brosnan

Level 9 Eastern Nationals

Mary Lou Ackman

Level 10 Nationals

Heather Forbes

AAU Nationals TBA

XCEL UNEVEN BARS CLARIFICATION – Linda McDonald

“IN”

Uneven Bars: Question regarding the glide swing to stand. If the gymnast straddles in the forward swing and straddles in the back swing, is there a deduction for straddling back?

According to Nancy Gibson, there is no specific deduction for this skill. We can take execution and leg separation of up to 0.2.