

"IN"

Newsletter

AUGUST 2023

WWW.ILNAWGJ.COM

CALENDAR OF EVENTS

- **Aug - All proof of Credentials due**
 - email NGA & AAU Gymnastics proof of membership if you are a member
 - tanya.ilnawgjadmassist@gmail.com
- **Aug 2nd - Online mtg for ILNAWGJ Committee**
- **Aug 3rd-6th - US Core Classic**
 - NOW Arena in Hoffman Estates USA
- **Aug 24-27th - National Congress**
 - San Jose, CA
- **Sept 1st - PIF available**
 - A requirement if wanting to judge a State, Regional or National Competition
- **Sept 9th-10th - ILNAWGJ Committee**
 - "In-Person" workshop
- **Sept 22ND - 24TH - Forward Momentum Camp**
 - Mokena, IL - Gym-Kinetics
- **Nov 10th-12th -ILNAWGJ Judge's Cup**

Congratulations to your newly elected IL-NAWGJ Committee.

- Heather Forbes - SJD
- Tanya Chmielewski- Administrative Assistant
- Christi Kearns-Education
- Sharon Sargeant- Judges Cup
- Sue Woloczyk-Financial Assistant
- Richard Sabel - Webmaster
- Billy Gurin- Assignor
- Sue Brosnan - Assignor
- Cheryl Schuh - Assignor
- Tiffany Winton - Assignor (moving so will not fulfill seat)

Thank you to all of those that ran and participated in this election. I would also like to thank our outgoing committee members. Their dedication, volunteer hours and contribution is what makes our entire organization run smoothly.

BUSINESS

- Kathy Krebs- Administrative Assistant
- Kathy Gebhardt- Education
- Brooke Bennett- Assignor
- Ellen McDermott- Judges Cup
- Linda McDonald - SJD

Looking forward to an excellent 2023-2024 season. Please reach out if you have any questions.

Heather Forbes

TOP NEWS

- XCEL SAPPHIRE IS NOW NATIONWIDE. READ ALL THE DETAILS IN LINKS BELOW.
- PAYRAISE! ALL JUDGES WILL RECEIVE A \$1.00/HR INCREASE.
- AAU BOYS GYMNASTICS 4X4 HAS BEEN APPROVED TO COMPETE AT AAU WOMEN'S EVENTS.
 - [LINK TO AAU BOYS 4X4](#)
- IT'S TIME TO COMPLETE YOUR SAFE SPORT.
- THE NAWGJ NATIONAL RATING HAS A NEW TIER BREAKDOWN. DETAILS ON PAGE 4 OF NEWSLETTER

For important USAG National Committee Meeting Minutes, please click on the key links below...

Links

- [Joint Xcel/Technical Committee meeting minutes - May 16, 2023](#)
- [Xcel Committee minutes - May 16-17, 2023](#)
- [Joint Dev Program/Technical Meeting Minutes - May 15, 2023](#)
- [Dev Program Committee meeting minutes - May 15, 2023](#)
- [Technical Committee minutes - May 15-17,2023](#)

XCEL Program

- Sapphire is Nation wide now
- Chalk only, no tape on hand placement mat
- Underswing (toe-on or clear) to stand – Removing the Low Bar option. Add a new element for this dismount from the Low Bar - Allowable for Xcel Bronze or Silver only.
- Allowed to sit on the floor to do a back hip pullover to front support mount on beam.
- Lever to touch beam (5.001) requires the free leg to be at horizontal or above.

Links

- [Joint Xcel/Technical Committee meeting minutes - May 16, 2023](#)
- [Xcel Committee minutes - May 16-17, 2023](#)

SAVE THE DATE

Nov 10th - 12th



CONGRATULATIONS!

We congratulate all judges who have recently passed their test.

GOOD JOB!!!

DEVELOPMENTAL Program

- Chalk and water cannot be added to the bar rails or mats once the exercise has begun
- Any inquiry to raise a score .10 or less on the lowest event score to qualify to the State or Regional meet applies ONLY to All Around athletes, not IES.
- Compulsory - No deduction for Coach standing between the Bars throughout exercise.
- Compulsory - a tuck or pike entrance into the backward roll progression is allowed in the Level 1-5 Compulsory Floor Exercises

Links

- [Joint Dev Program/Technical Meeting Minutes - May 15, 2023](#)
- [Dev Program Committee meeting minutes - May 15, 2023](#)





Illinois NAWGJ Judges' Cup 2023 Critique Meet

Coaches will receive a verbal critique of all routines!
Judges will answer coach's questions after each rotation and talk to the gymnasts!
Free t-shirt for all competitors!

November 10-12, 2023
Adventure Commons
70 Ken Hayes Drive, Bourbonnais, IL

Entry Fee: Level 2-10 and Xcel -
 \$130.00 Team - Free

Awards: Per session. Individual placement medals for all four events and all-around.
Every team with 3 or more athletes will automatically be entered into team competition.

Entries will be done through [USA Gymnastics Meet Reservations for competitors](#).
To enter go to [usagym.org](#). Click on My Profile, login and click Meet Reservations on the left.

Mailcheckto: HeatherForbes-IllinoisSJD Checksmade payableto: [ILNAWGJ](#)
1170 White Chapel Lane, Algonquin, IL 60102

Competition Format: Modified Traditional. Equipment will be AAI.

National Judges Cup: Once again IL NAWGJ will be sending a Level 7 team of six girls to represent Illinois in the National Judges Cup. Illinois NAWGJ will provide entry fees. The team representing Illinois will receive a warm-up provided by Gym Treasures.

The 2024 National Judges Cup will be held in Tinley Park, Illinois January 5-7, 2024.

Thanks for supporting the judges of Illinois! We look forward to seeing you at Judges' Cup!

NEW National Categories



- **USA National Judges Categories 4,3,2,and 1**
 - 1 being the highest Category achievable
- **Pay will be commensurate with the Category achieved**
 - Current National Judges will NOT lose any pay if they stay where they are and do what has always been required of them. (Category 4)
- **Each subsequent category will have a pay differential**

More information will be coming soon.

"IN"

IL NAWGJ Committee Contact Information

- Heather Forbes - State Judging Director (SJD)
 - ilsjdheather@gmail.com
- Tanya Chmielewski- Administrative Assistant
 - tanya.ilnawgjadmassist@gmail.com
- Christi Kearns-Education
 - educationchristi@gmail.com
- Sharon Sargeant- Judges Cup
 - judgescupsharon@gmail.com
- Sue Woloczyk-Financial Assistant
 - financialsuew@gmail.com
- Richard Sabel - Webmaster
 - ilwebmasterrichard@gmail.com
- Billy Gurin- Assignor
 - assignerbilly@gmail.com
- Sue Brosnan - Assignor
 - ilnawgjassignorsusan@gmail.com
- Cheryl Schuh - Assignor
 - assignercheryl@gmail.com

