

"IN"

Newsletter

APRIL 2024

WWW.ILNAWGJ.COM

CALENDAR OF EVENTS

- Apr 1 - Registration deadline for National and R2 Congress
- Apr 2 - ILNAWGJ SGC online zoom meeting
- Apr 3 - Registration deadline for R1 Congress
- Apr 5-7 - VOLUNTEER for XCEL State Championships
- May 18 - Missouri Spring Clinic - 5 CPES
- May 30 - Registration deadline for R5 NAWGJ Symposium, State Congress & Flipping Education
- June 27-30 - National Congress and Olympic Trials

Hello Neighbors !!

Missouri is having an in-person clinic for 5 CPE hours on May 18. If any of your judges would like to join, they are more than welcome. We're charging \$30 for out of state judges, which can be paid as checks made out to MO NAWGJ at the event. We're also providing lunch for all the judges.

Please see the attached flyer on page 5 for all the detailed information.

To register, judges need to email Rochelle Holley, who is CC'd on this email.

Let us know if you have any questions.
Brea

TOP NEWS

- XCEL STATE CHAMPIONSHIPS IS APRIL 5TH - 7TH. HELP IS ABSOLUTELY NEEDED! PLEASE GO TO THE FOLLOWING SIGN-UP GENIUS LINK AND VOLUNTEER TODAY:
 - [LINK TO VOLUNTEER AT A XCEL STATE CHAMPIONSHIPS](#)
- ARE YOU INTERESTED IN REGISTERING FOR SYMPOSIUM? IF SO, YOU MUST DO IT YOURSELF THEN SEND SUE WOLOSZYK AN EMAIL THAT YOU ARE REGISTERED. MORE INFORMATION ON PAGE 2.
- ILNAWGJ WILL PAY 1 EARLY BIRD REGISTRATION FOR SYMPOSIUM, STATE, REGIONAL OR NATIONAL CONGRESS. SEE PAGE 3 FOR SUBMISSION DEADLINES.
- STEP BY STEP PROCESS IS OUTLINED ON PAGE 4 TO GET REGISTRATION PAID.
- PAGE 5 FOR INFO ON MISSOURI CLINIC

"We lost our champion. Ron Nasti left to be with God after being very sick. We will ALWAYS remember him as a CHAMPION! He was a Champion as a husband, father, friend, coach and as a person! He will be forever missed as he was loved by so many!" - Laurie

R5S2024



REGION 5 SYMPOSIUM

September 28-29, 2024
Noblesville, Indiana

Embassy Suites by Hilton Noblesville
Indianapolis Conference Center



Heartbeat of Region 5

Room Rate:

\$199+tax/night

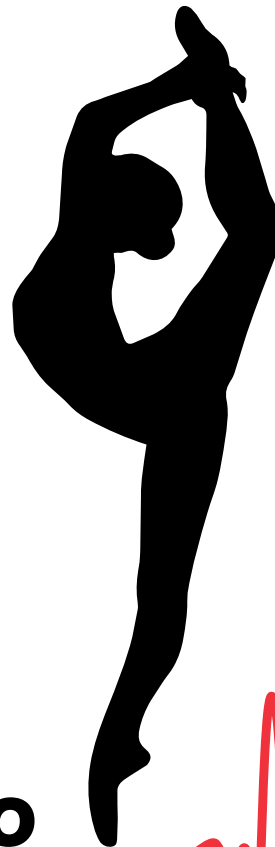
Cutoff date is August 28

Registration:

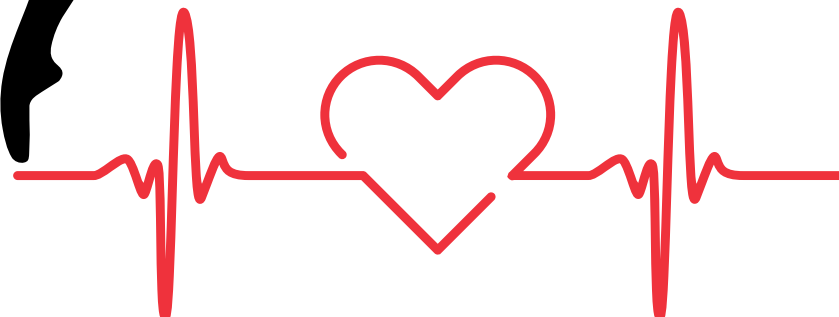
Early Bird: \$150 before May 31

Price increase to \$175 on June 1

**Limited spots are available,
so sign up EARLY!**



**All levels of
judging!
Offering up to
10 CPE hours!**



ATTENTION

Due to the success of Judges Cup 2023, motion to pay the registration fee for one "early bird rate" for a Congress, Symposium or educational opportunity whether State, Regional or National for all IL-NAWGJ members in good standing as of January 2024

passed!

DO YOU WANT TO ATTEND SYMPOSIUM?

You must register yourself for Symposium. See page 4 for the updated information on how to register. After registering, send an email message to Sue Woloszyk.



DON'T MISS THIS OPPORTUNITY !!

<u>Deadline</u>	<u>Educational Opportunity</u>
1/15/2024	FORT WORTH, TX - R3
2/20/2024	ATLANTA, GA - R8
4/1/2024	NATL - Minneapolis/St Paul
3/1/2024	HARRISBURG, PA -R7
3/5/2024	REDMOND, WA - R2
4/1/2024	PROVIDENCE - R6
4/3/2024	SAN JOSE, CA -R1
5/30/2024	R5 NAWGJ SYMPOSIUM
	STATE-SYCAMORE
	FLIPPING EDUCATION

If you would like IL-NAWGJ to pay for your "early bird" CONGRESS registration, please send an email to the Financial Chairperson, Sue Woloszyk. The deadlines are listed in the table provided to the left.



financialsuew@gmail.com

Steps for Free Registration!

For All

ILLINOIS NAWGJ MEMBERS

FIRST, Decide if you are going to 1) National Congress-Minneapolis; 2) R5 Symposium-Noblesville, IN; OR 3) IL State Congress. You can go to as many events as you like but IL NAWGJ will only be PAYING for one event. National Congress registration will cost the most so you may want to consider IL NAWGJ paying for National Congress first.

- If you want IL NAWGJ to pay for National Congress in Minneapolis, Minnesota: send Sue Woloszyk (financialsuew@gmail.com) an email and state that you want IL NAWGJ to register you for Congress and INCLUDE your USAG membership number. That is all you need to do! Must be sent by April 1st,
- If you want IL NAWGJ to pay for R5 Symposium in Noblesville, IN: Go to IL NAWGJ website and use your phone to open the QR code to get to the Google doc registration form. Scroll down and complete the form fully (email, Name, Address, State, Phone, email address, and rating). When you get to the method of payment select the last option "Payment by SJD" then enter your dietary request response and hit the SUBMIT button. DO NOT SEND ANY PAYMENT if you want IL NAWGJ to pay for R5 Symposium. Complete this by May 31,2024.
- If you want IL NAWGJ to pay for IL State Congress, info TBD: Send notification to Sue Woloszyk (financialsuew@gmail.com) by May 31. We will register you and pay for registration once that information is available.

If you are going to BOTH National Congress and R5 Symposium, follow these instructions:

1. Send an email to Sue Woloszyk (financialsuew@gmail.com) and state that you want IL NAWGJ to register you for Congress and INCLUDE your USAG membership number. Must be sent by April 1st.
2. Next you need to go and register yourself for R5 Symposium - Go to IL NAWGJ website and use your phone to open the QR code to get to the Google doc registration form. Scroll down and complete the form fully (email, Name, Address, State, Phone, email address, and rating). When you get to the method of payment select one of the first 4 choices of either payment by ZELLE or BY CHECK. DO NOT SELECT the last choice payment by SJD. Must be done by May 31st.

If you are going to ALL 3 - National Congress, R5 Symposium, and State Congress, follow these instructions:

1. Send an email to Sue Woloszyk (financialsuew@gmail.com) and state that you want IL NAWGJ to register you for Congress and INCLUDE your USAG membership number. Must be sent by April 1st.
2. Next you need to go and register yourself for R5 Symposium - Go to IL NAWGJ website and use your phone to open the QR code to get to the Google doc registration form. Scroll down and complete the form fully (email, Name, Address, State, Phone, email address, and rating). When you get to the method of payment select one of the first 4 choices of either payment by ZELLE or BY CHECK. DO NOT SELECT the last choice payment by SJD. Must be done by May 31st.
3. For IL STATE Congress - Wait until we get information about registration - if there is a discount/group rate, we will submit registration and collect a check from you for registration. If there is no GROUP Registration, you can register on your own - check back to future IN Newsletters once the State Committee provides registration information.

Thanks,
Sue W.

MO NAWGJ Spring Clinic 2024

500 Great Oaks Blvd, Wentzville, MO 63385

May 18, 2024 11am - 4:30pm

Wentzville Rec Center

5 CPE hours

Free for MO Judges!

\$30/person for non MO Judges;
payment accepted as a check payable to MO NAWGJ at the event

Register: email Rochelle rmhamm1@gmail.com by May 11

Schedule

May 18, 2024 11am - 5pm

11am - 11:10am: Introduction (Rochelle Holley)

11:10am - 12pm: Shorthand Practice (Christi Kearns)

12pm - 12:40pm: Lunch (paid by MO NAWGJ) & MO General Membership

Meeting 12:40pm - 1:30pm: Level 9/10 Bars (Felicia Ostrom)

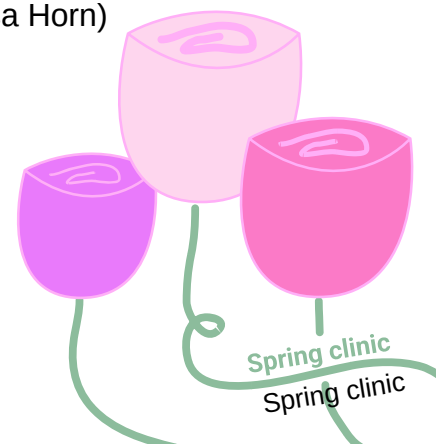
1:30pm - 2:20pm: Level 9/10 Beam (Edye Kendrick, Annie Alameda, Lisa Horn)

2:20pm - 2:30pm: Break

2:30pm - 3:20pm: Level 9/10 Floor (Edye Kendrick, Annie Alameda, Lisa Horn)

3:30pm - 4:20pm: Xcel Diamond & Sapphire (Annie Alameda)

4:20pm - 4:30pm: Wrap Up (Rochelle)



*It's the end of
the 2023/24 Season*



*Just a few more
Reminders from your SJD...*

IL-NAWGJ Members-

As our 2023-2024 season is winding down and we are entering State/Regional and National meets please remember:

1.) Professionalism:

- **Wear the proper uniform for the meet you are contracted for. At State meet and above, the official jacket is required.**
- **Talking to coaches on the competition floor should be kept to a minimum. If a coach has a question about a score/start value they have a pathway to that information through the inquiry process.**
- **Things you say at the judging table make it back to meet directors - your opinion of leotard/floor music/ can be perceived many ways.**
- **No phones being used during competition.**

2.) Treat your fellow judges with respect and collegiality:

- **Start values do not have to agree. If they don't match, make sure they are possible and scores are within range and move on.**
- **Utilize your meet ref if you have a conflict**
- **14 hour days three days in a row makes us all tired, but we can still be kind.**
- **Remember why we do this- it is for the gymnasts. That last gymnast on Sunday night paid the same entry fee and did the same work as the 1st kid on Friday.**

Thank you for all you do and all the time you commit to the sport we love.

**Your SJD,
Heather**

ARE YOU A NEW MEET REF ?

I JUST FOUND OUT I'M A MEET REFEREE.
WHAT DO I DO?
HERE ARE GREAT LINKS TO HELP...

[IL MEET REFEREE CHECKLIST](#)

[IL MEET REFEREE JUDGES MEETING TEMPLATE](#)

ARE YOU A NEW JUDGE ?

Please contact me, Christi Kearns if you are a new judge. I can help assign you to a mentor!

educationchristi@gmail.com

Link to Updates

<https://nawgj.org/https-usagym-org/updates/>

NATIONAL LINKS

- [Category Description & Eligibility Criteria - USA Brevet & National](#)
- [Brevet Course Eligibility Form](#)
- [National Course Eligibility Form](#)
- [Documentation - USA Brevet & National](#)
- [Activity Involvement - USA Brevet & National](#)
- [Leadership Approval Form - USA Brevet & National Eligibility Course- Leadership Credit](#)

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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 Chairperson
 - educationchristi@gmail.com
- Sharon Sargeant- Judges Cup
 - judgescupsharon@gmail.com
- Sue Woloszyk-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



[LINK to Updated AAU Rules](#)

IMPORTANT TECHNICAL 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](#)