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Subject: 12 Illinois USA Gymnastics Women's Electronic Newsletter March-April

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New Bar Warm-up Clarification

This will be enforced at State meet

ATTENTION WOMEN'S PROGRAM OFFICERS:

CLARIFICATION REGARDING TIMED WARM-UPS:

Each athlete is allowed a specific amount of time for timed warm-ups, depending upon their level. When blocking time for a team of athletes, the time allotted is multiplied by the number of athletes per team.

There may be no more than one athlete on the uneven bars at a time. The equipment companies explained that it is a liability as the bars were not designed to have more than one person moving on the rail at a time. This is a safety issue also in that the movement of the rail made by one athlete may affect the performance of the rail for the athlete at the other end.

This does not pertain to balance beam warm-ups, during which more than one athlete may use the apparatus.

Confusion on when we compete the new routines and New Quadrenium Unlike the Mens Program (who change their Compulsories immediately after the Olympics) the women's program changes one year after the Olympics

So we have one more competitive year 2012- 13 till we change the compulsory routines. If you look below you will see the first National Compulsory Worked shops the summer of 2013 Disney World and Reno

You can bet we will have regional workshops and STATE workshops dates to be announce later (but at least a month after the last National Workshop)

Regional - National Calendar 2013 & 2014 April 12 - 14, 2013 Level 9 & 10 Regionals

April 19 - 21, 2013 Level 8 Regionals

May 3 - 5, 2013 Level 9 Easterns

May 10 - 12, 2013 Level 10 JO Nationals

May 30 - June 1, 2013 National Compulsory Workshop (DisneyWorld Orlando)

June 7 - 9 2013 National Compulsory Workshop (Reno NV)

April 11 - 13, 2014 Level 9 & 10 Regionals

April 25 - 27, 2014 Level 8 Regionals

May 2 - 4, 2014 Level 9 Easterns

May 9 - 11, 2014 Level 10 JO Nationals

Judge selection and State Calendar

The Illinois State Committee will be meeting in a (not yet scheduled) meeting in JUNE-JULY to

- 1) Set the Next year State Series calendar
- 2) select the Judges for the 2012-13 Competitive year.

Kellogs Tour of Gymnastic Champions Please visit the USA Gymnastics Site for information the tour will come to the

United center October 14th
Des Moines IA October 12th
St Louis MO October 19th

Open Championships Orlando Florida

Illinois will once again be sending Combined age group team champions to this meet for Level 7, Level 6, Level 5, Level 4
Please be prepared to signify your interest at or shortly after your state meet.

the State will pay the entry and a state leotard for the 5 gymnasts from the 1st place team at the Combined age group (if 1st place team declines the invite will go to the 2nd place team and if they decline the 3rd) any team interested in sending more than 5 are welcome to do so but will be responsible for the additional athletes entry fee and leotard (which can be purchased from us). Accommodations and travel for coaches and all the athletes are the responsibility of the Club. Please realize that

the Late entry fee has been waived by the National office if there is a timely response.
The region will be sending the top athletes from Level 8 regional's to represent Region 5 Please visit the Region 5 website for information regarding this

Norbert Bendixen
Illinois USA Gymnastics State Administrative Committee Chairman
As always have a "Happy Handstand"