

NOR-CAL

August 2003

NAWGGJ

Northern California National Association of Women's Gymnastics Judges



KATHY'S KORNER



Hi Everybody! I hope you are all enjoying your summer. Mine is flying by as usual. We are moving into a pretty gymnastic packed august, so grab your pen and a clipboard and get ready. In this newsletter we have information on Judges Cup, Region 1 Congress, testing and The Base Score Clinic. Please read it carefully so you don't miss anything important. I will be attending all these wonderful events and look forward to seeing each of you.

Please prepare for the upcoming season by attending the Base Score Clinic. I cannot emphasize enough the importance of this clinic. Read your technique as soon as it arrives in the mail and study the event you are judging before you arrive at the meet. Arrive at meets prepared and on time and try to remember to smile at the gymnasts and appreciate their efforts. I can remember thinking that some judges hated me because they never cracked a smile while they were judging. Don't let this be you.

Good luck this season,

Kathy

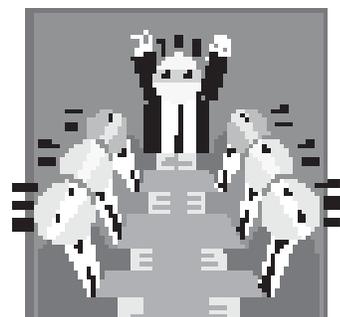
Presenting...

The New NorCal NAWGGJ Board

As your new State Judging Director, one of my first tasks was to establish a State Board. I have completed the task and would like to introduce them to you.

State Judging Director	Kathy Lopes
Assignor	P.J. Slater
Active Status Coordinator	Karen Stump
Secretary	Melissa Marcucci
Technical Assistant	Toni Cupal
Trainer	Laurie Russi
Newsletter Editor	Jeri Foley

I am excited and eager to work with such a terrific group of people. I would like to welcome them and thank them for volunteering their time.



INTRODUCING....

Your 2003-2005 NorCal NAWGJ Board

Assignor- PJ Slater

Hi there . . . A great big thank you to Kathy for trusting me to do the assigning for 2 more years. (I think.) This is quite a time consuming job, but I do have the support of my family. It helps that Scott and Whitney also judge. Unfortunately Whitney and Sydney no longer compete in gymnastics. They spend their spare time with high school and college cheer. (Bad word, I know, but they sure have a lot of fun.) When USAG doesn't have Scott across the country somewhere running score table for a meet, he is usually drumming. So what else would I be doing anyway?

Before gymnastics took over my life, I used to do technical support. My degree is in computers. Working at Technique now, I use none of that, except for maybe the time management part. Organizing is definitely one of my strong points.

I started hosting meets 10 years ago at Flips. I've been judging for 8 years and I'm also Zone Rep. My phone rings constantly, but that's OK. Don't hesitate to call or email with questions or concerns. If I don't know the answer, I usually know where to find out.

This is my 7th year organizing Judges Cup. Because of Worlds, we are hosting it a bit earlier than usual this year. Thank you to everyone who volunteered. I'm confident we'll be able to start off the season with a positive first meet for the kids. See everyone there. And don't forget to bring your smile!!

Active Status Coordinator - Karen Stump

Hi everyone! I'm Karen Stump, a level 10 judge from Paso Robles. (In case you're wondering, Paso is just about at the very south end of Norcal, near San Luis Obispo) I'm looking forward to serving you as your Active Status Coordinator. I'll do my best to be as accessible, responsive and efficient as I can be. Many thanks to Cara Gibson for her years of service!

Secretary - Melissa Marcucci

Hi! I will be your new Secretary! I'm sure many of you already know me from judging meets all around NorCal, and if you don't, then this will be a great opportunity for us to get to know each other! After competing in the JO program in both Oregon and Southern California I became involved in judging while competing for UC Davis. I've been a level 10 rated judge for the past several years and I am eager to accept the new challenges of this position. My duties will include taking minutes at NAWGJ board meetings as well as registration and room reservations for the December clinic. Please don't hesitate to contact me with any questions or concerns! I look forward to seeing everyone at Judge's Cup as we kick off the compulsory season! Go NorCal!

Newsletter Editor - Jeri Foley

I know I have big shoes to fill since Jamie did such a wonderful job, but she has moved on to other life challenges (a beautiful new son).

I am a level 10 rated judge and let's just say I have been around a while and keep it at that! I have a background in journalism and marketing and I am eager to continue the tradition and publish a successful, informative newsletter. I am currently working in the Information Technology Project Management field. At this time I am managing the Project oversight and implementing the Enterprise Quality Assurance Processes.

Since this is your newsletter, I am interested to hear about what you would like to see in print. My goal is to make the newsletter as informative and entertaining as possible. I would like to get feedback from you and I will be soliciting some of your responses electronically as well. Please do not hesitate to contact me with suggestions or questions. On both the professional and personal level, my door is always open. I look forward to the challenges ahead and to supporting the new board.

Board Members Continued....

Trainer - Laurie Russi

I have been judging gymnastics for the past 14 years, the last 7 years as a level 10 judge. In my professional career, I am currently the Training Manager with Electronic Data Systems (EDS) where I support training for 18 County Welfare Agencies transitioning from an old legacy computer system to a new Windows based environment. I have my Bachelors Degree in Recreation Administration for California State University, Sacramento. I worked in the Recreation field prior to EDS administering programs for youth and teens. I have an extensive background in planning activities from training seminars and teen centers to golf tournaments and day camps. My ultimate career would be Corporate Party Planner, but for now I am going to focus on being a professional mother with the expected arrival of a little baby girl in mid September.

As the new Training Coordinator for our NorCal Board, I plan to implement a training plan where I involve others to assist in training both our new and existing members. My goal is to set up a training schedule with planned curriculum, facilities and instructors throughout NorCal. Not only will I teach some of the classes, but I will also be soliciting others to teach classes too. So if you would like to volunteer now, please let me know, otherwise you may be hearing from me soon!

Technical Assistant - Toni Cupal

Hello everyone, I am happy to let all of you know that I will be serving on Kathy's board as the Technical Assistant. This is a new position this year so there will be a bit of trial and

error involved as we figure out exactly what the person in this position should do. As I understand it, my basic duties include: helping keep our judges aware of changes that have occurred in the rules, researching and answering any technical questions that come up throughout the year, assisting at clinics or in judges training as requested, doing whatever Kathy tells me to do!

Please feel free to call me with any technical questions. You can reach me at (650)917-3939 or, even better, by email at toni@cupal.com. I will

probably not have all the answers, but I will be sure to do the leg work to get them for you.

There have been some changes to the rules this summer. Most of them apply to the optional program, but some are general rules and policy changes. Highlights include:

- ✓ SLACKS are now considered to be an option for the official uniform for judges at all competitions!
- ✓ At Level 7, the deduction for deliberate omission of an element is now just 0.50 instead of 1.00. Value of the element is still taken as well.
- ✓ At Level 7, the maximum deduction for lack of continuity in a series is now reduced to up to 0.20 for a pause, 0.40 for a stop.
- ✓ Chief judges are now "encouraged and responsible" for calling a conference if an impossible Start Value has been awarded.
- ✓ The Level 8 3/6/7 element must now be a minimum of a "B".

You can (and should) get the complete list of changes and incorporate them into all your judging materials. A great summary of the changes is in the June 2003 Technique magazine in an article called "What's New for the Women's Jr. Olympic Program in 2003-2004." You can also find this article on line at our Region I technical page: <http://www.suegraff.net/>. You may need to sign in to the Region I page. I just put in my name and type any password and it works. The document is also on the USA Gymnastics website.

The exciting news is that USA Gymnastics has published all new versions of many judging tools including a one page list of optional requirements, vault values, Level 7 and optional score sheets and a one page "cheat sheet" listing the most important requirements and deductions. All of this is available in the June 2003 Technique Magazine or at the USA Gymnastics website at <http://www.usa-gymnastics.org/women/>. New JO element value sheets and a new element supplements are available under the technical information page for the Women's Program <http://www.usa-gymnastics.org/women/technicalinfo.html>.



Updates and Information



Active Status Update

As of now, please send your completed Active Status Cards and copies of your membership cards to Karen Stump at:
1002 Running Stag Way
Paso Robles, CA 93446

Other contact information:

(805) 237-8171 home

(805) 610-7270 cell

(805) 237-0970 fax

skestump@charter.net

Judge's Cup

Don't forget about the 12th annual NorCal Judge's Cup. It is being held on August 9 and 10 at Sacramento State University. There will be 3 manageable double sessions each day. There are over 450 gymnasts, including 2 sessions of Level 4's. It is not too late to volunteer. See you there.

Assigning Notes

Everyone should have received their Fall judging contracts by now. If you haven't already done so, please take a minute to fill yours out and get it back to me. Keep in mind that the schedule is kept current on our website. www.nawgj-ncal.org. Please let PJ know if there is anything else you'd like to see on the website or electronic schedule (pjslater@sbcglobal.net).

Safety Certification

The next safety certification will be held August 17, 9:00 AM - 1:00 PM.

Elite Gymnastics

100 Howard Salinas, CA 93905

Course Code: HF08172003CA
Hiroshi Fujimoto 831-373-1694



Base Score Clinic

Base score clinic is a must for every NorCal Judge and coach to attend. As a state we must strive for consistency in our scoring. Attending the base score will insure that you are on the same page and are informed on the issues that are affecting our state. We will be judging level 5 and 6 routines.

The Base Score Clinic will be held at the Marriot Hotel in Santa Clara, on Saturday, August 30, in Salon C from 12:45-3:00. A light lunch will be provided. While attendance at region 1 Congress is highly recommended, it is not a prerequisite for attending the Base score Clinic. Sign up now for this free lunch and clinic. Please RSVP to Kathy Lopes at sjdkathy@hotmail.com or 916-749-2918.



Testing?

All levels of the test will be offered at Region 1 Congress in Santa Clara, on Sunday, August 31. If you are interested in taking the test get your test registration form in to Kathy Lopes by August 10. If you would like a practice test email Kathy at (sjdkathy@hotmail.com). Make sure to indicate what level you are testing.

Happy Studying!

Region 1 Congress

Region 1 Congress will be held August 30-September 1, at the Santa Clara Marriot. There are a lot of sessions offered and many wonderful clinicians. This is a great opportunity to attend educational sessions presented by respected coaches and judges. There will be 2 Safety Certification Courses held, the Level 5-10 test and a NorCal Base Score Clinic, all this under one roof. Don't miss out on this great opportunity. Sign up today. For a current schedule of sessions, check the NorCal NAWGJ web site. Send your registration form and payment in to Kathy Lopes by August 10.

Hello from your USAG State Chairman...

News From the Regional Front



For those of you that do not know, I, as state chairman for USAG, am the USA Gymnastics representative in Northern California for all USAG members. That includes coaches, judges, clubs, and athletes. I am in charge of making sure that all rules are followed in Northern California, therefore, please download or request a Rules & Policies from the USAG National Office for reference. If you have problems or questions with anything having to do with USAG or have technical questions, I am the person you contact.

I have a few reminders for all of the judges: First, please be sure to review all of the technical materials prior to judging every meet. If you have any technical questions, contact me directly to get the answer. Next, please be aware of the affiliation rules as Kathy spelled out in the last mailing. It is important that we do not create an appearance of unfairness. Finally, as officials, it is important that we are professional and knowledgeable.

On another note, in Nor-Cal we have been having problems with girls peeling off on the counter swings in the level 5 & 6 bar routines. We have discussed and researched this problem at length. In an effort to alleviate some of the dangerous falls, I have suggested to the coaches that the athletes only swing to the height required, no higher. Therefore, we as judges have the responsibility to make sure we know exactly what height is required for each level and really try to train our eyes and not deduct if they met the minimum requirement. Remember, the **minimum requirement** (height of tap swing, split on leaps, etc.) for compulsories is all that is required.

I look forward to seeing all of you again and hope that we have another great year in Nor-Cal.

Contact Information:
Jennifer Shipman
3 Atherton Island
Stockton, CA 95204

(209)464-6393
Fax (209)464-5393
jenshipman@yahoo.com

From Janet Packwood-Regional Judging Director (Region 1)

We held elections in our region this spring for State Judging Directors. The newly elected people are:

Arizona - Neela Nelson
Northern California - Kathy Lopes
Southern California - Piper White and Tammy Parsons
Nevada - Jenna Karadbil
Utah - Linda Fenton

These people are elected for four year terms. The State Judging Directors with the assistance of their respective governing boards and the USAG State Chairmen run the programs in their states. They do assigning, clinics, testing, and judges' education. NAWGJ could not survive without them!

The country is divided into eight regions. Each region has a Regional Judging Director who works with the State Judging Directors in her region.

JUDGES CUP INFORMATION

Attire:

You can wear black or navy capri pants or walking shorts (no shorter than 2 inches above your knee).

You must still wear your white blouse or shirt. Please make sure you look professional.

NO Flip-Flops allowed!

Please bring 1 six pack of water or your favorite drink!

Calendar of Upcoming Events

Month	Date	Event
August/September	9-10	Judge's Cup California State University, Sacramento
	10	Send Region 1 Congress Registration and Payment to Kathy Lopes
	16-24	World Championships, Arrowhead Pond, Anaheim, CA
	17	Safety Certification (9:00-1:00) Elite Gymnastics 100 Howard Salinas, CA 93905
	21-23	National Congress, Anaheim Convention Center, Anaheim, CA
	30	Level 5/6 Base score (12:45-3:00) Salon C Santa Clara Marriott, Santa Clara
	30-1	Region 1 Congress, Santa Clara Marriott, Santa Clara, CA
November	1-2	Mandatory Judging clinic for judges assigned to Regional and above competitions. <i>All judges are invited to come and learn</i> Location: Cal State Fullerton, Fullerton CA. With the SO CA mini Congress Times: TBD
	8	Zone 1,3,5,7,9 Championships
	9	Zone 2,4,6,8 Championships
	15-16	Level 6 State Championships - Host:
	22-23	Level 5 State Championships - Host: Technique Gymnastics
December	5-7	NAWGJ NorCal December Clinic-information to follow
	13	National Judges Cup Qualifier (L7), San Jose State
	14	Optional Level Critique Meet (L8-10), San Jose State



Jeri Foley

7525 McMullen Way
Sacramento, Ca.95828

Fax:916-682-3853

We're on the Web!
www.nawgj-ncal.org