



▶ NATIONAL JUDGES CUP WAS AN AWESOME EXPERIENCE AND MANY JUDGES FROM NOR CAL HAD THE OPPORTUNITY TO ATTEND ....



▶ VISA CUP VOLUNTEERS NEEDED FOR AUGUST 15<sup>TH</sup>-18<sup>TH</sup> IN SAN JOSE .....



# NAWGW-NorCal News



Hi Everyone,

This is my last hurrah as SJD. It has been a great four years and I want to thank all of you for your support during my term as SJD. A special thanks go out to my current and past board members: P.J. Slater, Laurie Russi, Melissa Marcucci, Jeri Foley, Toni Cupal and Karen Stump; My advisors: Janet Packwood, Jennifer Shipman-Krause, Patty Shipman and Joan Geel. Without the help and input of these terrific women I never would have made it. It has been an enjoyable four years and I have learned a lot. I am excited to turn over the reins to our newly elected SJD Karen Stump.

One of the main issues addressed in this newsletter is the election of a new state board. Please read about the board positions and find one that interests you. It is just a 2 year commitment and you can help shape our organization.

Get involved!

Thank you again to all of you and enjoy your summer.

*Kathy*



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## Personal Note

**SHELLEY LYNNE BAKER 1960 – 2007**

On A Sad Note: We lost a fellow judge, coach, and gym owner Shelley Baker to a brain aneurism on May 18th.

Shelley was the owner and coach of Madera Gymnastics for the past 13 years. She was a level 10 judge and a friend.

Her tireless energy and enthusiasm will be missed by all of us.



The 2007 Visa Championships are being hosted in San Jose August 15-18. The National Congress and Trade Show will be held August 16-18. These events are not held in NorCal often so we have a wonderful opportunity for education in our back yard. If you plan on attending, you can get more information on the USAG website at: [www.usa-gymnastics.org](http://www.usa-gymnastics.org).

## New RJD and SJD

Elections were held this year for both RJD (Regional Judging Director) and SJD (State Judging Director). Janet Packwood will be continuing on as our RJD and Karen Stump will be taking over as our SJD. Congratulations go out to both these ladies.

## NAWGJ State Board

Have you ever complained about where your NAWGJ funds are going, not getting enough judging assignments, the website not being updated, there not being enough clinics or testing opportunities? Here is your chance to make a difference. Run for a board position and help shape our organization. It is a great learning experience and your input is integral to the success of our organization.

## Board Notes from Karen

As many of you know, I was recently elected as NAWGJ's NorCal State Judging Director. Thank you for your support! I will do my best to serve you and to look out for the interests of everyone! I'm looking forward to the next four years and believe they will be successful with the help of a diverse leadership board and when the lines of communication are kept open.

NorCal has been blessed over the last few years by the leadership of Kathy Lopes and a great group of individuals willing to jump in and help wherever needed.



I hope to glean from the experience of many of them.

Additionally, I hope to be inspired by the fresh outlook of new additions to the NAWGJ board.

I will plan to hold necessary board meetings along with events that most of us will be attending anyway (e.g., National Congress in San Jose), and/or by telephone conference call. I also plan to handle intermittent business items via email correspondence.

Please send me your application by June 21st if you are interested in any of these positions. If there are multiple people interested in any one position, I will conduct an election for the position(s).

As I assemble this board, I would also appreciate your input and ideas on how we can better serve/equip you. I'd especially like to hear from the new judges on this one. All ideas are welcome!

Please feel free to contact me at any time.

Karen Stump  
NorCal NAWGJ SJD  
Fax (805) 237-0970  
[karenstumpsjd@charter.net](mailto:karenstumpsjd@charter.net)

## Board Positions

The following is a list of open board positions for your to consideration. To be on the board you must be a certified judge for at least one year, over 21 years of age, and in good standing with NAWGJ. Some of the positions have additional requirements.

The application is on the next page.

- **Assigning Committee Chairperson** – works with SJD and Assigning Committee; posts assignments on the NorCal NAWGJ web site; sends out contracts and reminder cards (*Must a Level 9 judge or higher and NorCal NAWGJ member for at least five years*)
- **Assigning Committee Member** – assists the Assigning Committee Chairperson (*Must be a Level 7 judge or higher and NorCal NAWGJ member for at least three years*)
- **Judges Cup Coordinator** – works with SJD as point-person for annual fund-raiser meet (*Must have volunteered at two or more Judges Cup events*)
- **Level 7 National Judges Cup Qualifier Event Coordinator** – works with SJD as point-person for annual meet; assists SJD with team preparations for National Judges Cup
- **Judges Training/Education Coordinator** – works with SJD and USAG to organize educational clinic(s); works with SJD to develop and distribute training materials (*Must be a Level 8 judge or higher with at least five years of judging experience*)
- **Technical Coordinator** – keeps SJD up-to-date on J.O. technical changes; researches and answers technical questions as needed (*Must be a Nationally rated judge or higher with at least five years of judging experience*)
- **Secretary/Newsletter Editor** – keeps official board meeting minutes; works with SJD and other board members to develop and distribute quarterly newsletter; (*Must have working knowledge of suitable software program(s)*)
- **Web Site Creative Designer/Webmaster** – works with SJD to create and maintain new web site design and content (*Must have working knowledge of suitable software program(s)*)

**STATE GOVERNING BOARD CANDIDATE APPLICATION FORM**

Letter To Candidate Notifying Eligibility **STATE GOVERNING BOARD MEMBER**

Date: **June 5, 2007**

You are eligible to run for the office of State Governing Board Member for the term of 2 years. If elected your term would BEGIN ON JULY 15, 2007 and end on JUNE 30 2009.

If you are interested in running, please complete the form below regarding your qualifications and background and return to the State Judging Director by June 21st, 2007.  
(Request RETURN RECEIPT, please) Failure to respond (postmarked by the deadline date) indicates that you do NOT wish to run for office. The application will be copied and sent out with the ballot.

**STATE GOVERNING BOARD CANDIDATE APPLICATION FORM**

NAME	_____	ADDRESS	_____
PHONE	_____		_____
RATING	_____	DATE	_____
NAWGJ BACKGROUND		YEARS OF SERVICE	_____

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ADDITIONAL CREDITS:

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COMMENTS:

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PLEASE DO NOT ADD PAGES. THIS IS THE ONLY PAGE TO BE SENT WITH THE BALLOT SEND TO THE STATE JUDGING DIRECTOR:

**KAREN STUMP**  
1002 Running Stag Way  
Paso Robles, CA 93446

## From Your CPE Coordinator

Kathy Lopes will be staying on as your CPE Coordinator. Please get your CPE Education Records into Kathy by August 15, 2007. Keep all the slips of paper you have and only send the log. There is a blank log in this newsletter for your convenience. Two NorCal judges were audited last year and had to send in all of their CPE credit forms to USAG. Audits are random and can occur any time. Please make sure to get the forms signed at all the events you attend for CPE credit. You must get each class you attend signed off while you are there.

Please send your CPE Education Records (logs) to:

Kathy Lopes  
479 Bettencourt Lane  
Marysville, CA 95901

## Judges' Continuing Professional Education

### Continuing Professional Education (CPE) Requirements:

1. Annual CPE credits are required to test up to the next level and to be assigned to USA Gymnastics sanctioned events.
2. CPE credits will be calculated in actual clock hours.
3. The accreditation year will be defined as August 1-July 31  
**\*\*\*The initial accreditation year will run from June 1, 2005-July 31, 2006\*\*\***

4. Required CPE hours are as follows:

HIGHEST RATING HELD	CPE HOURS REQUIRED PER ACCREDITATION YEAR	MINIMUM NUMBER OF CLINIC HOURS PER YEAR	MAXIMUM NUMBER OF CLINIC HOURS ALLOWED TO CARRY FORWARD TO THE NEXT ACCREDITATION YEAR
LEVEL 5/6	12	6	2
LEVEL 7/8	12	6	2
LEVEL 9	16	8	3
LEVEL 10	20	10	4
NATIONAL	20	10	4
BREVET	20	10	4

5. Clinical CPE hours will be defined as hours spent at a State, Regional or Nationally organized Congresses, Clinics, Courses or Symposiums. These events must be publicized in advance and be open to all judges in the state region or nation as applicable to the event. (Exception: eligibility requirements must be met for judges' courses).
6. All clinics require pre approval from the appropriate State, Regional or National USA Gymnastics **AND** NAWGJ Officer by submitting the *Clinic Approval Form* a minimum of three (3) weeks prior to the clinic. All CPE approved clinics **require** a sanction. USA Gymnastics and NAWGJ Officers must return a copy of the signed *Clinic Approval Form* to the USA Gymnastics National Office.
7. It is the responsibility of each individual judge to pre-print the *CPE Clinic Credit* form prior to attendance at a pre-approved clinic session. This form can be found online at [www.usa-gymnastics.org/women/judging](http://www.usa-gymnastics.org/women/judging). Judges must present the *CPE Clinic Credit* form for a signature at the conclusion of the clinic.



# JUDGING ACCREDITATION ANNUAL CONTINUING PROFESSIONAL EDUCATION RECORD

**NAME:** \_\_\_\_\_ **USAG#** \_\_\_\_\_

**Year: August 1, 20** \_\_\_\_\_ **-July 31, 20** \_\_\_\_\_

CONTINUING PROFESSIONAL (CPE) WILL BE RECORDED IN ACTUAL CLOCK HOURS

HIGHEST RATING HELD Please click all that apply.	CPE HOURS REQUIRED PER ACCREDITATION YEAR	MINIMUM NUMBER OF CLINIC HOURS PER YEAR	MAXIMUM NUMBER OF CLINIC HOURS ALLOWED TO CARRY FORWARD TO THE NEXT ACCREDITATION YEAR
<input type="checkbox"/> LEVEL 5/6	12	6	2
<input type="checkbox"/> LEVEL 7/8	12	6	2
<input type="checkbox"/> LEVEL 9	16	8	3
<input type="checkbox"/> LEVEL 10	20	10	4
<input type="checkbox"/> NATIONAL	20	10	4
<input type="checkbox"/> BREVET	20	10	4

- 1) Clinical CPE hours will be defined as hours spent at a State, Regional or Nationally organized Congress, Clinic, Course or Symposium open to all. Sessions will be designated "Approved for CPE".
- 2) A maximum number of CPE hours may be acquired for the following miscellaneous activities:
  - a) Coaching (6 hours)
  - b) In gym with Coaches and gymnasts (6 hours)
  - c) Volunteering (4 hours)
  - d) Video or live practice judging which has been pre-approved by the State Judging Director or the USA Gymnastics State Chairman (3 hours)
- 3) Each judge is responsible to keep accurate records of their Continuing Professional Education, including documentation of attendance at approved Continuing Professional Education experiences.
- 4) The USA Gymnastics National Office will conduct audits each year that will require randomly selected judges to provide documentation of their Continuing Professional Education as reported on this form.
- 5) This completed form must be sent to your State Continuing Professional Education coordinator NO LATER THAN JUNE 30<sup>TH</sup> of each year.

DATE	EVENT NAME	EVENT TYPE	HOURS	CLINIC HOURS CARRIED FORWARD FROM THE PREVIOUS YEAR

## National Judges Cup

By Kathy Lopes

National Judges Cup was held in Indianapolis, Indiana this year. NAWGJ sent 6 judges to this great event, Kathy Lopes, Barbara Osaki, Whitney Slater, Siobhan Truesdale, Kelly Bowker, and Karen Stump. It was a great experience and encourage each of you to try to fit in volunteering at this meet at some point. A prime opportunity is coming up in 2008. National Judges Cup will be held in San Diego January 4-6 Save the date!



By Siobhan Truesdale

National Judges Cup was a wonderful experience that allowed me to meet judges from all over the country. The best part of judging at National Judges Cup was the experience of judging on a four-judge panel. Everyone was very friendly and I am grateful to have had the opportunity to attend the National Judges Cup.

## Nor Cal Judges Cup

The judges cup is August 25<sup>th</sup>-26<sup>th</sup> at Sacramento State University. Send your "intentions" to PJ Slater no later than June 30<sup>th</sup>.

NEW JUDGES – if you are interested in some group *guided* practice judging (i.e., new judges learning from a seasoned veteran) at Judges Cup, please email or call Karen Stump.

## Visa Cup Volunteers

There is still a need for Volunteers for the Visa Cup. Information on volunteer positions can be found on the USAG web site. Go to Visa Cup/Volunteers. If you are interested in any of these positions, fill out the online form with your requested position and availability and also email Penny Moyce at [penny@sanmateogymnastics.com](mailto:penny@sanmateogymnastics.com). She will work directly with you to make sure you are where you want to be and at a time that will work for you. Volunteering at an event of this caliber is a great experience!

## Reflections

By Laurie Russi

I want to thank Kathy for running such a wonderful board; I have really enjoyed being a part of her team. I also want to thank all of the other judges that have helped run training sessions throughout NorCal over the past 4 years; I could not have done it without you. This has been a great 4 years, I have learned so much and thoroughly enjoyed teaching others about our wonderful sport. I love the enthusiasm from new judges.

Working with potential new judges and sharing our awesome sport has been one of the best parts of my job as trainer. If you are interested in the training position, I encourage you to fill out the application. Many judges including myself are always willing to assist with the training clinics and help in any way needed.

By Jeri Foley

I have enjoyed serving on the board as the Newsletter editor for the past four years. It was a wonderful experience and Kathy has been great. I get to find out a lot of information first and I have the rewarding experience of letting others know what is going on.

I have served on several boards under different SJD's. I have to say, each SJD brings her own personality and style to the table. Every SJD has added something to our organization. I have always been encouraged to bring new ideas and recommendations to the meetings. If you have great ideas for our organization, I highly encourage you to run for a board position.

## Regionals

By Kathy Lopes

NorCal hosted level 8 Regionals at Santa Clara University in San Jose. The meet was a huge success. I heard nothing but compliments at level 9/10 Regionals about how well run and organized it was. I want to thank the judges who volunteered for this great event.

Many thanks go out to: Siobhan Truesdale, Erica Meitz, Mary Metcho, Mary Lim, Alyson Wang, Laurie Skelton, Kat Sgamba, Mary McKulle, Jessica Hart, Becky Osaki, Matt Hodges, Cindy Marchetti, Barbara Osaki, Andrea Finkbeiner, Oksana Bystrova, Rodica Apateanu, Jola Jones, Ann Springgate, Lina Slack, Liz Crandall-Bader, Jen Battaglia, Jennifer Krause & Patty Shipman.

## Next Test Date

The next test offered in NorCal will be held at the National Congress in San Jose on Sunday August 19<sup>th</sup>.

Testing will begin at 8:30 am. All parts will be given. For more information and to register, go to the USAG website. You will find the information under Women's Program/Just for Judges.



## Changing Times

By Jeri Foley

The World is enormous, information is vast; but with the internet age, the data is just a mouse-click away... or is it? I read an article once that stated, "The closer to everywhere you can reach, the better off you'll be".

### Where is everywhere?

The notion of everywhere has changed. It's not just about every desktop anymore. It's about every Internet-enabled device: cell phone, desktop, laptop, tablet, palmtop, PDA, Tivo, set-top box, game console, and so on. Everywhere also includes being on web sites you've never seen and in media that you may not yet understand.

Today, terabytes of easily accessed data, always-on Internet connectivity, and lightning-fast search engines are profoundly changing the way people gather information and do business. It has affected the gymnastics community and the speed at which we receive information.

I was on the floor at an NCAA Regional meet last year and before the meet was finished, one of the judges at the meet received a text message letting her know the outcome of another Regional meet in another part of the country. It is THAT fast!

The Internet has already revolutionized the way we live and work, but it is still in its infancy. In the coming years, a combination of cheap and powerful computing devices, fast and convenient Internet access, and software innovations could make the Internet as common and powerful a resource as electricity is today.

Ensuring that the Internet can have the broadest and most positive impact on the greatest possible number of people will be an Incredible challenge for our leaders. There are some key issues such as privacy, security and protection that need to be overcome to realize the Internet's full potential. Although these issues are challenging, they are not entirely new and definitely not insurmountable. It is clear that these are challenges worth facing--like the printing press, the telephone, electricity or the automobile, the Internet is a revolutionary technology that is transforming our world.

It seems it would be easier to embrace the technology rather than ignore it. I know I do not want to be left behind...I have included some tips and websites to assist you.



### Searching the Internet

<http://www.sldirectory.com/search.html>

Article on Searching the World Wide Web by Steve Lawrence, C. Lee Giles

<http://science-mag.aaas.org/cgi/content/abstract/280/5360/98>

Article on Intelligence in the Internet Age by Stefanie Olsen

[http://news.com.com/Intelligence+in+the+Internet+age/2100-11395\\_3-5869719.html](http://news.com.com/Intelligence+in+the+Internet+age/2100-11395_3-5869719.html)

Finding Information on the Internet from UC Berkeley

<http://www.lib.berkeley.edu/TeachingLib/Guides/Internet/FindInfo.html>

Book: Field Guide to the Internet by Stephen Nelson

Audio Book: Staying Street Smart in the Internet Age by Mark H. McCormick

# CALENDAR

Date	Item	Location
June 21	NAWGJ State Board Applications Due	NorCal
June 30	Availability Due	Sacramento
August 4	National Gymnastics Day	Various Locations
August 15-18	Visa Championships and USA	San Jose
August 16-18	National Congress and Trade Show	San Jose
August 25-26	NorCal Judges Cup	Sacramento State
September 3	Labor Day	USA
November 10-11	Level 6 State Meet	Liberty, Concord
November 17-18	Level 5 State Meet	CCGI, Santa Rosa Rancheria Community Center Visalia
December 1-2	Level 4 State Meet	Technique, Rancho Cordova
December 8-9	Level 7 Judges Cup Qualifier & 8-10 Critique	San Jose State



Jeri Foley  
7525 McMullen Way  
Sacramento, Ca 95828

Checkout out our website at: [www.nawgj-ncal.org](http://www.nawgj-ncal.org)