



# NEWSLETTER

W i n t e r 2 0 0 4

## Congratulations To The Following Region 6 Top Athletes:

### 2003 National TOP Team

Alexandra Christensen	Exper-Tiess
Casey DeMaille	Exper-Tiess
Taline Lahcanski	Penev's
Petra Matthies	Exxcel
Marly Portocarrero	Riverside
Megan Walker	STGA

### 2003 National TOP B Camp

Stephanie Brown	Exxcel
Amanda Hubley	Gymnastics Training Center – MA
Rebecca Lopez	Exper-Tiess
Corey Persson	Yellowjackets
Bethlehem Yehudah	Chelsea Piers
Alexandra Raisman	Exxcel
Marissa Hardy	Gym & More
Lauren Beers	STGA



October 14, 2003 marked a sad day for USA Gymnastics as the sport lost one of its most revered officials. Marilyn Cross was renowned internationally for judging at major competitions, including three Olympic Games.

## MEET DIRECTORS AND OFFICIALS

According to the USA Gymnastics Judges Compensation package, mileage will be reimbursed at the current IRS rate .

Effective JANUARY 1, 2004, the rate for mileage reimbursement will increase to 37 / mile for Women's gymnastics judges.

## REGION VI CONGRESS 2004

August 13 – 15, 2004

Boston Marriott Newton

Newton, MA

617 969 - 1000

## Entry Form for Regional Championships

### Level 8/9/10

An Entry Form for the Level 8/9/10 Regional Championships is enclosed in this Newsletter. These forms will also be available from your State Committee Chairman at the State Championships. In order to avoid the "rush" at State Championships you may complete the form with your gymnasts that you expect will qualify to Regionals. You can mark through anyone who does not qualify before you turn in the form to your State Committee Chairman. PLEASE REMEMBER:

- Use **ONE** form per level
- Entry Fee must be paid with a Club check. No PERSONAL checks will be accepted.
- Incomplete entry forms will be returned and charged a \$25 administrative fee.

# REGION VI

## USAG WOMEN'S PROGRAM COMMITTEE

Web page: [www.region6usag.org](http://www.region6usag.org)

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REGIONAL CHAIRMAN	KATHY OSTBERG	365 Spring Street Shrewsbury, MA 01545 <a href="mailto:kathyro5@aol.com">kathyro5@aol.com</a>	(508) 842-5614 (H) (508) 870-0253 (W) (508) 870-0255 (Fax)
REGIONAL TECHNICAL CHAIRMAN	PATRICIA PANICHAS	9 Sherman Lane Hamden, CT 06514 <a href="mailto:panichasp1@southernct.edu">panichasp1@southernct.edu</a>	(203) 248-7999 (H) (203) 392-6082 (W) (203) 392-6093 (Fax)
REGIONAL JO PROG. CHAIRMAN	LARRY GOLDSMITH	41 Brook Court E. Amherst, NY 14051 <a href="mailto:gleaseongym@aol.com">gleaseongym@aol.com</a>	(716) 688-0280 (H) (716) 694-6557 (W) (716) 694-6557 (Fax)
REGIONAL ELITE PROG. CHAIRMAN	TONY RETROSI	150 Gosling Rd. Portsmouth, NH 03801 <a href="mailto:tony@atlanticgym.com">tony@atlanticgym.com</a>	(603) 742-0853 (H) (603) 433-0404 (W) (603) 436-3234 (Fax)
REGIONAL TOP COORDINATOR	DAILE VAN PATTEN	PO Box 8593 Endwell, NY 13762 <a href="mailto:STGA10@aol.com">STGA10@aol.com</a>	(607) 754-7714 (607) 754-7484 (Fax)

## STATE CHAIRMAN

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CONNECTICUT	JOAN HICKS	12 Pine Needle Drive Shelton, CT 06484 <a href="http://www.usagconnecticut.org">www.usagconnecticut.org</a>	(203) 924-8666 (203) 924-1950 (Fax) <a href="mailto:JHicks8311@aol.com">JHicks8311@aol.com</a>
MAINE			
MASSACHUSETTS	STEVE DiTULLIO	181 Great Rd. PO Box 454 Stow, MA 01775 <a href="http://www.massusag.com">www.massusag.com</a>	(978) 897-6606 (978) 897-6606 (Fax) <a href="mailto:WeFlip@aol.com">WeFlip@aol.com</a>
NEW HAMPSHIRE	DIANE COTE BURK	71 River Rd. Bow, NH 03304 <a href="http://www.nh-usag.org">www.nh-usag.org</a>	(603) 224-3524 (H) (603) 228-8424 (W) (603) 228-8799 (Fax) <a href="mailto:DianeCB1@aol.com">DianeCB1@aol.com</a>
NEW YORK	PAUL SPADARO	22 River Terrace Apt. 20D New York, NY 10282 <a href="http://www.newyorkstategymnastics.com">www.newyorkstategymnastics.com</a>	(212) 227-9792 (212) 227-9793 (Fax) <a href="mailto:citygames@aol.com">citygames@aol.com</a>
RHODE ISLAND	KELLI DOORLEY	PO box 92 Peace Dale, RI 02883 <a href="http://www.riusag.com">www.riusag.com</a>	(401) 284-1496 (401) 284-1496 (Fax) <a href="mailto:kellidoorley@cox.net">kellidoorley@cox.net</a>
VERMONT	JILL G. VANDERPOT	94 Olcott Dr. White River Jct., VT 05001	(802) 436-2875 (H) (802) 295-2070 (W) <a href="mailto:Jgumkow@aol.com">Jgumkow@aol.com</a>

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**USAG OFFICE** (317) 237-5050  
(317) 237-5069 Fax

**USAG MEMBERSHIP**

**1-800-345-4719**

[www.usa-gymnastics.org](http://www.usa-gymnastics.org)

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*Professional Development Certification Program*  
**Women's Level I-IV Skill Development Curriculum**  
**Registration Application**

Registrant Name \_\_\_\_\_ Daytime Phone \_\_\_\_\_

Mailing Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

E-Mail Address \_\_\_\_\_ Social Security Number (required) \_\_\_\_\_

Birth Date (Required, Minimum age 16) \_\_\_\_\_ USAG Membership # \_\_\_\_\_

Club Name \_\_\_\_\_ Club Number \_\_\_\_\_

Course Instructor \_\_\_\_\_ USAG Number \_\_\_\_\_

Dates: Day 1: \_\_\_\_\_ Times: Day 1: \_\_\_\_\_

Day 2: \_\_\_\_\_ Day 2: \_\_\_\_\_

Location \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

· **\$125 for non-member** (includes 1 year complimentary Instructor Membership)

· **\$75 for Instructor member** (Member number must be on registration form)

· **\$75 for Professional member** (Member number must be on registration form)

⊘ **Additional \$25 for late or on-site registration**

⊘ **Registration is Ownership of the Individual and non-refundable**



Charge  VISA  Discover  MasterCard  AMEX Exp. Date \_\_\_\_/\_\_\_\_

Card # \_\_\_\_\_ Amount \_\_\_\_\_

Signature of Card Holder \_\_\_\_\_ Printed Name \_\_\_\_\_

Make Checks Payable to **USA GYMNASTICS**

\*You will not receive a confirmation from USA Gymnastics

**USA Gymnastics**  
**Member Services; Attention Stephanie Mitford**  
**Pan American Plaza, 201 S. Capitol Ave, Suite 300**  
**Indianapolis, IN 46225**  
**Or fax: 317-692-5212 Attn: Stephanie**



# ***Attention All Coaches...***

## **Women's Level I-IV Skill Development Curriculum**

*Professional Development Certification Program*

***The goal of the Women's Level I-IV Skill Development Curriculum Course is to establish a solid foundation for coaches on gymnastics fundamentals. The hands-on 12 hour course will cover Vault, Bars, Beam, Tumbling, Dance, Coaching 101, Psychology and Coaching Philosophy.***

<b>Location</b>	<b>Massachusetts Gym Center</b> 108 Clematis Avenue #10 Waltham, MA 02453
<b>Local Contact</b>	Patrick Palmer (781)893-2009
<b>Date #1</b>	Sunday, January 4 <sup>th</sup> 9:00 am - 3:00 pm
<b>Date #2</b>	Sunday, January 11 <sup>th</sup> 9:00am – 3:00 pm
<b>Registration</b>	\$75 USAG member (professional/instructor) \$125 non-member (includes 1 year complimentary Inst. Mem.) \$25 late registration
<b>Pre-Registration Deadline</b>	Wednesday, December 18 <sup>th</sup> , 2003
<b>Course Instructor</b>	Patrick Palmer
<b>Instructor Contact</b>	781-893-2009 <a href="mailto:Palmer716@aol.com">Palmer716@aol.com</a>



# 2004 USA Gymnastics - Regional Championships

## Entry Form

### Level 9

Club Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Phone ( \_\_\_\_\_ ) \_\_\_\_\_ E-mail \_\_\_\_\_

#### COACHES ATTENDING COMPETITION

NAME \_\_\_\_\_ USAG # \_\_\_\_\_ SAFETY CERTIFIED \_\_\_\_\_

1. \_\_\_\_\_

2. \_\_\_\_\_

#### GYMNASTS ATTENDING COMPETITION

NAME	GRADUATING SENIOR	DATE OF BIRTH	USAG #
1. _____	Y / N	_____	_____
2. _____	Y / N	_____	_____
3. _____	Y / N	_____	_____
4. _____	Y / N	_____	_____
5. _____	Y / N	_____	_____
6. _____	Y / N	_____	_____

ENTRY FORM AND FEE MUST BE RETURNED TO YOUR STATE CHAIRMAN IMMEDIATELY FOLLOWING YOUR STATE CHAMPIONSHIPS. ENTRY FEE IS \$85. MAKE CHECK PAYABLE TO "USAG - REGION VI." BANK OR CLUB CHECK ONLY.



# 2004 USA Gymnastics - Regional Championships

## Entry Form

### Level 10

Club Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Phone ( \_\_\_\_\_ ) \_\_\_\_\_ E-mail \_\_\_\_\_

#### COACHES ATTENDING COMPETITION

NAME \_\_\_\_\_ USAG # \_\_\_\_\_ SAFETY CERTIFIED \_\_\_\_\_

1. \_\_\_\_\_

2. \_\_\_\_\_

#### GYMNASTS ATTENDING COMPETITION

NAME	GRADUATING SENIOR	DATE OR BIRTH	USAG #
1. _____	Y / N		
2. _____	Y / N		
3. _____	Y / N		
4. _____	Y / N		
5. _____	Y / N		
6. _____	Y / N		

ENTRY FORM AND FEE MUST BE RETURNED TO YOUR STATE CHAIRMAN IMMEDIATELY FOLLOWING YOUR STATE CHAMPIONSHIPS. ENTRY FEE IS \$85. MAKE CHECK PAYABLE TO "USAG - REGION VI." BANK OR CLUB CHECK ONLY.



# 2004 USA Gymnastics - Regional Championships

## Entry Form

### Level 8

Club Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_  
Phone ( \_\_\_\_\_ ) \_\_\_\_\_ E-mail \_\_\_\_\_

#### COACHES ATTENDING COMPETITION

NAME \_\_\_\_\_ USAG # \_\_\_\_\_ SAFETY CERTIFIED \_\_\_\_\_

1. \_\_\_\_\_
2. \_\_\_\_\_

#### GYMNASTS ATTENDING COMPETITION

NAME	GRADUATING SENIOR	AGE GROUP			DATE OF BIRTH	USAG #	TEAM
		8-11	12-14	15+			
1. _____	Y / N	8-11	12-14	15+			Y / N
2. _____	Y / N	8-11	12-14	15+			Y / N
3. _____	Y / N	8-11	12-14	15+			Y / N
4. _____	Y / N	8-11	12-14	15+			Y / N
5. _____	Y / N	8-11	12-14	15+			Y / N
6. _____	Y / N	8-11	12-14	15+			Y / N

ENTRY FORM AND FEE MUST BE RETURNED TO YOUR STATE CHAIRMAN IMMEDIATELY FOLLOWING YOUR STATE CHAMPIONSHIPS.  
ENTRY FEE IS \$75. MAKE CHECK PAYABLE TO "USAG - REGION VI." BANK OR CLUB CHECK ONLY.

# Congress 2003



**LEVEL 9 / 10 REGIONAL CHAMPIONSHIPS - General Information**[www.region6usag.org](http://www.region6usag.org)

DATE: April 1 – 4, 2004

HOST: MIT Department of Athletics  
Eduardo Ovalle

SITE: MIT  
Johnson Athletic Center, Cambridge, MA

QUALIFYING CRITERIA: 34.00 AA at the State Championships

ACCOMODATIONS: Doubletree Guest Suites  
400 Soldiers Field Rd, Boston, MA 02134 • 617 783-0090  
\$109 ++  
**Code: USAG Regional Gymnastics Meet**

FORMAT: Warm up / Compete

ENTRY FEE: \$85.00 Payable to 'USAG VI'  
**Club - Bank check ONLY**

SCHEDULE\*:  

Thursday	April 1	Level 10
Friday	April 2	Level 10
Saturday	April 3	Level 9
Sunday	April 4	Level 9

**\*FINAL MEET SCHEDULE WILL BE DETERMINED 3/22/04**

EQUIPMENT: AAI

**REMEMBER:** If you have athletes qualify to Level 9 Eastern Nationals and / or Level 10 Nationals, you must fill out entry forms at Regionals immediately after each session. You will need a separate club check per Level [NO PERSONAL CHECKS ACCEPTED].

**LEVEL 8 REGIONAL CHAMPIONSHIPS - General Information**[www.region6usag.org](http://www.region6usag.org)

DATE: May 8 – 9, 2004

HOST: Massachusetts Gymnastics Center - Westborough  
Westborough, MA

SITE: Westborough High School, Westborough, MA 01581

ACCOMODATIONS: Wyndham Hotel  
5400 Computer Dr, Westborough, MA 01581 • 508 366 – 5511  
\$89.00 ++  
**Reservation Code: USA Gymnastics**

EQUIPMENT: AAI

AGE GROUPS: [8-11] [12] [13-14] [15]

QUALIFYING CRITERIA: **NEW for 2004**  
**A third team has been added to the format.**  
Qualification will take place at the state championships. Top 7 gymnasts in age groups [8-12] ; the top 7 gymnasts in age group [13 – 14] and the top 7 gymnasts in age group [15+] will qualify as the state team. An additional 80 qualifiers [All-stars] will be selected on a % of a % formula.

ENTRY FEE: \$75.00 payable to USAG VI  
Bank – Club check ONLY

SCHEDULE:  

Saturday	State Team Competition	[3 sessions]
Sunday	All star Competition	[2 sessions]

*\*Schedule is tentative and subject to change*

# State Chairman Election

## 2004 is an election year for the position of State Committee Chairman

### CRITERION FOR NOMINATION

Nominees must be USAG Women's Program professional members for a minimum of two (2) years in the state program in which they seek election.

Nominees must be at least 21 years old and be members in good standing.

It is strongly recommended that State Committee Chairman candidates have financial skills, organizational skills, communication skills, a working knowledge of the program, and the willingness to fulfill the duties and responsibilities of the position.

### DUTIES & RESPONSIBILITIES OF STATE CHAIRMAN

**1. The State Chairman is responsible for the overall organization of the USAG program and events in the state.**

**2. The State Committee Chairman provides for State Board consisting of other members as determined by the state to best serve the needs of the program in the state.**

**3. The State Committee Chairman oversees and sets up (in conjunction with the State board) the following:**

- JO Competitions for all Levels
- Sectional or qualifying meets and State Championships.
- Qualifying scores and procedures in the state.
- Meet sites for qualifying, Sectional, and State meets.

**4. The State Committee Chairman has the responsibility to:**

- Support the USAG women's Program.
- Follow the women's Program Committee rules, policies, procedures, Operating Codes, and Code of Ethics.
- Work to assure that the USAG competitions in the state follow the USAG rules & Policies.

**5. The State Committee Chairman is responsible to help keep members informed of important information about the USAG program and about particular dates and items pertinent to the program in the state and Region.**

- The SC should publish state newsletters on a periodic basis.
- The SC should conduct a minimum of 1 annual state meeting of the USAG professional members.
- The SC serves as the Women's Program committee consultant for the state and should answer all correspondence directed to him/her.

**6. The State Committee Chairman is accountable for all state USAG funds.**

- The SC is to keep a state checking account in accordance with the established financial procedures.
- The SC must file quarterly financial reports with the Regional Chairman.

**7. The State Committee Chairman is a member of the Regional Administrative Board.**

- The SC is expected to attend the meetings of the Regional Board.
- The SC is directly responsible to the Regional chairman and should work closely with all of the Regional personnel.

# CALENDAR

**December 2003**

6 – 10

10 – 14

**January 2004**

4

4 and 11

**February 2004**

28

**March 2004**

13 – 14

**April 2004**

3

1 – 4

7 – 11

23 – 25

**April – May 2004**

30 – 2

8 – 9

14 – 16

**June 2004**

3 – 6

24 – 27

25 - 27

**August 2004**

13 – 15

13 – 29

TOPs National Training Camp  
TOPs National 'B' Training Camp

Houston, TX  
Houston, TX

TOP / Elite Clinic  
Professional Development Certification

Danbury, CT  
Waltham, MA

VISA American Cup

New York, NY

Level 9 / 10 State Championships

Various Sites

NCAA Regionals  
Level 9/ 10 Regional Championships  
USAG Collegiate Championships  
Level 9 Eastern Championships

Various Sites  
Boston, MA  
TBD  
Virginia Beach, VA

Level 10 JR Olympic Championships  
Level 8 Regional Championships  
US Classic

Kissimmee, FL  
Westborough, MA  
Rochester, NY

US Gymnastics Championships  
Olympic Trials  
USA Gymnastics National Congress

Nashville, TN  
Anaheim, CA  
Anaheim, CA

Region VI Congress  
Olympic Games

Newton, MA  
Athens, GRE

## Election Procedure

State Committee Chairmen are elected by the women's professional members in their respective states.

A ballot and resumes for the candidates will be sent out to all USAG members in the state using the February 2004 USAG membership list. Only official ballots will be counted. No signature will be required on ballot. No write-in votes will be allowed.

Elections to be completed by June 1. Term of office to begin July 1st. An election commission will be established to tabulate the votes.

State Committee Chairmen are elected by a majority vote (1 over 50% of votes cast). If no candidate receives a majority on the first ballot a run-off election will be held between the 2 candidates receiving the most votes. In the case of a tie in the run-off election, the State board will vote to break the tie. If only 1 nomination is received, the Regional chairman will cast one vote and the nominee will be elected by acclamation.

## NOMINATION FORM FOR STATE COMMITTEE CHAIRMAN

(Please type or print clearly)

Name of State \_\_\_\_\_

**I nominate the following person for State Chairman:**

Name of Nominee \_\_\_\_\_

Address of Nominee \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

Phone (home) \_\_\_\_\_ Phone (work) \_\_\_\_\_

Nomination will NOT be accepted without complete information.

Return to: Kathy Ostberg, Regional Chairman  
365 Spring St., Shrewsbury, MA 01545

Deadline for Nominations: Postmarked by February 16,2004



Kathy Ostberg  
Region 6 Chairman  
365 Spring St.  
Shrewsbury, MA 01545

FIRST CLASS PRESORT  
U.S. POSTAGE  
PAID  
NORTHBORO, MA  
PERMIT NO. 50