



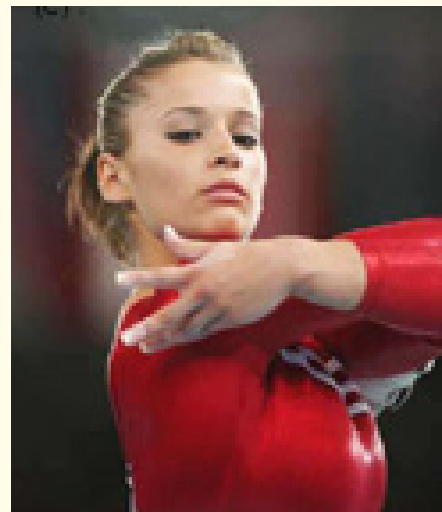
# NEWSLETTER

W i n t e r 2 0 0 8

## 2008 World Championships: Stuggart, Germany: Sept. 1-9

Congratulations Alicia Sacramone! Alicia is a member of the 2008 GOLD MEDAL World Championship Team. Alicia also earned a silver medal on Floor and a bronze medal on Vault!

"It was a great week," said Sacramone, the team captain for the women. "We came and did what we set out to do, win the team title. To win (the team title) at a World Championships outside the USA is really an achievement. I believe we left a good impression heading into the Olympic year."



## 2008 REGION VI CONGRESS

August 15 – 17, 2008  
Burlington, MA



### Visa Championships

Questions: please call John Morgan, Marketing Coordinator, USA Gymnastics, at 317.829.5623 or e-mail at [jmorgan@usagymnastics.org](mailto:jmorgan@usagymnastics.org).

Or, you may contact Shannah McArdle, Massachusetts Sports Partnership, at (617) 423-1204

### Thank-You!

I'd like to thank World Class Gymnastics Academy and Zenith Academy of Gymnastics for their generous contribution to the Region VI Apparel Fund.

Thank-you

Bobby and Jo Pieler and Sarah Moore and Sasha Kourbatova for your support!

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Effective January 1, 2008, the rate for mileage reimbursement is \$0.50/mile to reflect the upcoming change in the IRS standard mileage rate for 2008

## **FRIENDLY REMINDER: Sanction & \$1 Per Gymnast Fee**

The \$1 per gymnast fee & sanction should be sent to:

Jen Scannell: RACC  
35 Bedford St.  
Burlington, MA 01803

# Region VI Calendar

April 5-6	Level 9/10 States	Various Sites
April 25-27	Level 9/10 Regional Championships	East Syracuse, NY
May 3-4	Level 8 Regional Championships	Kingston, RI
May 9-11	Level 9 Eastern Championships	Dayton, OH
May 16-18	Level 10 National Championships	Kissemee, FL
June 5-7	Visa Championships	Boston, MA
June 19-22	Olympic Trials	Philadelphia, PA
August 8-24	Olympic Games	Beijing, China
August 15-17	Region VI Congress	Burlington, MA

## **TOP B Team**



Stephanie Nademlynski - Aim High Gymnastics • Molly Dunn - Aim High Gymnastics  
Mackenzie Todd - Finger Lakes Gymnastics • Sage Duff - Finger Lakes Gymnastics  
Courtney Bondanza - Gymnastics Unlimited • Caylee Ford - Gymnastics Unlimited



## State Administrative Committee Chairman Election

### Women's Operating Code

#### Article V, VI pp.5-10



# 2008 is an election year for the position of State Chairman

## ARTICLE V- CRITERIA FOR NOMINATIONS

### All nominees must be:

Professional Members of the Women's Program at least 21 years old and in good standing for a minimum of two (2) consecutive years immediately prior to the nomination.

A member in good standing is defined as a person who has complied with all aspects of the program as outlined in the *Rules and Policies*.

Special circumstances involving residency criteria for any State or Regional Chairman position can be petitioned to the Regional Administrative Committee (RAC), in consultation with the National Administrative Committee Chairman (NACC), if necessary. Prior to being placed on the ballot, all nominees must sign a document that verifies that they have read and understand the duties and responsibilities of the office for which they have been nominated.

## SECTION L- STATE ADMINISTRATIVE COMMITTEE CHAIRMAN (SACC)

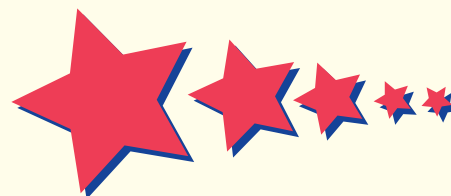
1. Must have been active within that State's program for a minimum of two (2) consecutive years.
2. It is strongly recommended that the candidates have
  - a. financial skills,
  - b. organizational skills,
  - c. communication skills,
  - d. a working knowledge of the program,
  - e. a willingness to fulfill the duties and responsibilities of the position.

## SECTION D - STATE ADMINISTRATIVE COMMITTEE CHAIRMEN (SACC)

1. State Administrative Committee Chairmen (SACC) shall be elected by the Professional members of the Women's Program in their respective states.
2. They shall serve for two (2) years and be elected in the spring on even numbered years.
3. Elections to be completed by April 15th. Term of office to begin July 1st.
4. Election Procedure
  - a. Regional Administrative Committee Chairmen (RACC) shall solicit nominations from the regional Professional membership through the regional newsletters and websites.
  - b. All nominees who are eligible candidates for each office will be placed on the online ballot.
  - c. A call for nominations must be published and/or posted online for a minimum of one month prior to the submission deadline of no later than March 1.
  - d. The following statement will be placed on the USA Gymnastics national website and emailed to all Women's Professional Members who have current email addresses. Each Region and State should post it on their web-sites so that the Professional members are aware of the voting procedures and their responsibilities to ensure that their vote will be counted.

**Elections will be conducted on-line at [www.usa-gymnastics.org](http://www.usa-gymnastics.org) from April 1 – April 15. In order to ensure that your vote can be counted, each Professional Members should make sure of each of the following:**

1. *that their address is current (specifically the State)*
  2. *That they know their personal User ID (which is their Professional Member number)*
  3. *That they know their password (a Professional Members password is their eight digit date of birth in a MMDDYYYY format unless they have otherwise instructed.)*
  4. *Their Professional membership, safety certification and background check must be fully processed and current by February 28.*
  5. *If you have any questions regarding your voting privileges, please call Rachel Brazo, Women's Program Manager at 317/237-5050.*
- e. Each RACC must verify that the nominee meets the criteria for nomination, has agreed to run, understands the job requirements and has submitted a brief résumé (no more than 300 words.)
- f. Each RACC electronically sends to the Women's Program Manager ([rbrazo@usa-gymnastics.org](mailto:rbrazo@usa-gymnastics.org)) the name, city and state and the résumé of each candidate (no photos) in a Microsoft Word document no later than March 15th.
- g. The official Slate of Nominees for each region will be posted on the USA Gymnastics website to begin voting by April 1st. The voting will be concluded on April 15th.
- h. State Administrative Chairman (SACC) shall be elected by majority (1 over 50%) of the votes cast.
- i. If no candidate receives a majority vote, a run-off election will be held between the two (2) candidates receiving the most votes. The run-off election will allow all Professional members who were current by March 31 to vote. The Women's Program Manager will work with the individual RACC on the procedures for online run-off elections.
- j. In the case of a tie in the run-off election or in an election with only two candidates, the Regional Chairman will vote to break the tie.
- k. Write-in votes will not be allowed.
- l. If only one nomination for regional office is received, the Regional Chairman will cast one (1) vote and the nominee will be elected by acclamation. This information is also to be sent to the Women's Program Manager by March 15.
- m. The week after April 15th the RACC's will receive their respective state's election results by email, including the actual vote counts in the event that any of the candidate wants to know this information. The RACC's will notify all of the candidates of the election results.
- n. After all elections are concluded, a complete list of the state positions will be published at [www.usa-gymnastics.org](http://www.usa-gymnastics.org).
- o. The Regional Administrative Committee Chairman (RACC) shall send a copy of the verified vote count to each candidate in each respective election, upon request of the candidate.





**Nomination Form  
for  
State Administrative Committee Chairman (SACC)**

I nominate the following person for State Administrative Committee Chairman:

State: \_\_\_\_\_

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

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

Phone (Home) \_\_\_\_\_ (Work) \_\_\_\_\_

**Nomination will NOT be accepted without complete information.**

**Return to: Jen Scannell\*35 Bedford St.\*Burlington\*MA\*01803**

**Deadline for nomination: Postmark by March 1, 2008.**



## Region VI JO Report: Larry Goldsmith/JOCC

This past September and October the region hosted our annual clinic/workshops “Working Together For Nationals” and the “Rising Stars” clinics. WTFN is a clinic where the gymnasts are invited by their placement at the Regional Championships and by being petitioned into the clinic by their coaches. The goal of this clinic is to have the top gymnasts work with some of the top coaches in the region (along with National clinician-Tammy Biggs) to better prepare for the Level 10 National Championships. The Rising Stars clinic is the main fund raiser for the region and all the gymnasts are eligible to enroll. It is a wonderful experience for gymnasts of all levels to work with the excellent coaches from across the region. It is a two day clinic, with each gymnast attending one session per day.

I would like to say thank you to the clinicians from these clinics who volunteered their time to help out Region 6 and our gymnasts. Many of these coaches volunteered for the entire weekend. They continue to give every year to help our gymnasts be the best they can be.

### **The clinicians for Working Together For Nationals were:**

Carlos Harper (New Image), Sergei Petrouniak (Galaxy), Jamie Winkler (Galaxy), Tammy Biggs, Mary Tiess (Expertless), Dr. Kim Caspare, Tony Retrosi (Atlantic), and judge Gail Caspare. These great coaches and judges did an outstanding job with our top athletes.

### **The coaches for the All American Rising Stars clinic were:**

A special ‘thank you’ to: Tammy Biggs, Marlyce Morace, Matthew Yellis, Jennifer Roitman Seamans (Head Games), Robin Thomas, Hana Ricna-Jenssen, Mike Moosey, Keith Boccacio, Paul Neale, Christine Conlon, Jamie Winkler, Sergei Petrouniak, Nelu Albu, Janie Murakovskaya, Pete Degenhardt, Carlos Harper, Gail Caspare, Dr. Kim Caspare, Mary Tiess, Michelle Wojtkowicz, Eric Duquette, Rett Ware and Dan Scannell.

### **The coaches for the Rising Stars:Bright Raven were:**

A special ‘thank you’ to Tammy Biggs, Eric Quaal, Gary Gregory, Donna Schaeffer, Youlia Penev, Brian Daly, Jamye Altes, Jany Dudunova, Colleen Merchant, Larry Goldsmith, Kathy King, Jim Burton, Val Stoughton, Kurt Stumpf, Dean Altes, Lauren Gressens, Amy Urbank, Melanie Janiga, Candy Jenkins and Bill Costner.

A special “thank you” to Kathy King (Bright Raven) and Joe Saimerli (All American). They have opened their gyms to the hundreds of gymnasts involved with these regional clinics. They are hard working, professional and dedicated to the sport of gymnastics. It is a pleasure to work with the fine coaches and judges of Region 6 in organizing these clinics.

The Rising Stars is really a great opportunity for the gymnasts and should not be missed! The application and information is always in the summer newsletter. It is vitally important to get your entries in as soon as possible. I was unable to accept many gyms due to the clinic filling up early. After the Working Together For Nationals clinic (Oct. 12, 2007), the coaches met to discuss what we are doing well and what needs to be improved at the national level in our region. The gymnasts had a pizza party and focused on team bonding.

### **During our meeting the following comments were made:**

- The gymnasts from Region 6 were very enthusiastic at Level 10 Nationals, especially the Senior D age group.
- The critique by the judges at our Regional Championships was extremely helpful.
- The coaches would like to see more of the coaches in our region attend our training camps and not just the same teams every year. Everyone needs to support the region and attend the training camps
- Bars and Vault remain the area which needs the greatest improvement in our region.
- Alternates are not allowed to warm up on the floor at Nationals.
- Region 6 is improving in our gymnastics. We need to hit our routines at the right time.
- Region 6 gymnasts did extremely well at Level 9 Eastern National Championships. Congratulations!

### **I would like to wish everyone the best of luck on the upcoming season!**

Larry Goldsmith  
Region 6 JOCC



# Region 6 TOPs Program

**“If we don’t change, we don’t grow. If we don’t grow, we aren’t really living.”**

**-Gail Sheehy**

2007 brought many changes to the National TOPs program. The changes were a little uncomfortable for a lot of coaches, especially in the 11 year old age group, but it certainly helped everyone grow! The current push is now to truly use National Level TOPs as a fast track into the elite program! (But of course participating in the program on a state or regional level is beneficial even if elite is not your focus.)

There were 24 athletes from our region who qualified to the National Testing. It was a great personal experience for all of the coaches and athletes that I spoke with. It was also a great opportunity for professional growth if coaches were able to observe some very high level gymnastics and coaching up close! (There were 11 year olds showing two releases on bars, and very high level dismounting (full outs off bars, double backs off beam), as well as high level vaulting (yurchenko fulls) and tumbling.

Congrats to the five Region 6 athletes and their coaches who qualified to the TOPs National Team! Congrats also go out to the ten athletes and coaches who qualified to the B Camp from our region! We are proud of you!

Region 6 recently organized a TOPs task force. This committee is made up of many of the TOPs State Managers, Barbara Tiess, the Regional Pre-elite and Elite Chairman, and Jenn Scannell, Regional Chairman. The purpose of this task force is to work together with Region 6 clubs to continue to grow the TOPs program in our Region. This committee has many educational opportunities planned to help the Region continue to grow!

There was a TOPs group at both Rising Stars Clinics this year, as well as the December Working Together For Nationals Clinic. The Region also supported a day long clinic with Muriel Grossfeld and regional coaching staff for TOPs National Qualifiers before National Testing at Gymnastics Revolution in Connecticut. The clinic was very helpful in everyone’s preparation-thank you to Brain, Barbara, Muriel and the staff for everything!

The task force also plans on having two “practice” tests/clinics for the TOPs athletes. Contact your TOPs state manager if you are interested in more information. Check out the NEW Region 6 TOPs/ Elite link on the Region 6 TOPS website! <http://www.region6usag.org/elite.htm>

Changes to the pre-elite compulsories, as well as lots of useful information on the TOPs program, as well as the TOPs camp photos, can be found on the National TOPS website:

<http://www.usa-gymnastics.org/women/tops/tops.html>.

Please contact your TOPs State Managers if you have any questions about the TOPs program. Contact names and emails are on the Region 6 website. 2008 State Testing dates will be announced in the early spring.

Respectfully submitted, Rett Ware



# TOPs B Camp Report

Texas is truly wonderful in December. While everyone at home was battling cold and snow, it was 80 degrees and sunny for the 4-day TOPs B Camp. Like last year, the training camp was very intense, but an absolute wonderful learning opportunity for the coaches and athletes.

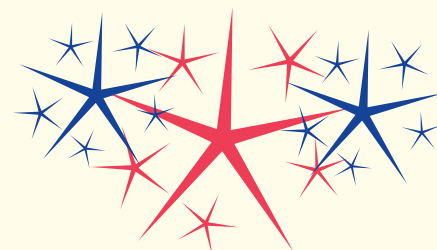
The athletes have 3 days of two-a-day workouts (8:30-11:45 & 3:00-5:30). In the morning warm-up, the athletes performed the “long” warm-up followed by conditioning. In the afternoon warm-up, they perform a “short” warm-up followed by basic tumbling. Even during warm-ups, the National Staff is walking around correcting athletes and their coaches.

Vault was done with Luminita Garcy and Region 6’s own Daile Van Patten. All 3 days were spent working yurchenko drills with a focus on improving the quality of each athlete’s round-off. The coaches on bars were Tony Gehman and Enrique Trabanino from Cincinnati Gymnastics. They covered a variety of skills from casts to giants, blind changes and in-bar skills. Beam Acro was done by Tammy Biggs and Linda Mulvihill. Tammy can give out more drills in a 35 minute rotation than you have ever seen! With a focus on developing skills for an elite routine, she told us to all remember the following: “10 skills, C or better, including the turn and dismount.” Muriel Grossfeld, Natalia Yurchenko and Morgan White were the coaches on floor acro. Their big focus is on shapes and head position for front and back handsprings.

Beam Dance was done with Lucy Fox who gave us amazing drills for releve work and overall body tightness and conditioning. Floor Dance with Antonia Markova is intense. The last rotation is Science with Dr. Alison Arnold. She works with the athletes on learning to keep their mind “tight” and focused during gymnastics and life in general.

The TOPs camp is a wonderful introduction to the Elite program and still one of the best learning experiences we have ever had. We are looking forward to hopefully attending again next year...maybe with more athletes from Region 6! Go Region 6!

Respectfully Submitted,  
Dean Altes  
NY North TOPs Manager  
Finger Lakes Gymnastics, NY



## Level 9 & 10 Regional Championships

**Date:** April 25-27, 2008

**Site:** War Memorial, Syracuse, NY

**Host:** CNY

**Ticket Information:** Single Session \$15/Senior & Junior (5-12) \$10

Day Pass: Adults \$25/ Senior & Junior (5-12) \$15

All Session Pass Package: Adult \$35/ Senior & Junior (5-12) \$25

\*Children under 5: No Charge

### Hotel Information:

Embassy Suite Hotel  
6646 Old Collamer Rd.  
East Syracuse, NY 13057  
315-446-3200  
800-EMBASSY

Renaissance by Marriott  
701 East Genesee St.  
Syracuse, NY 13210  
1-877-843-6279  
315-479-7000

The National equipment sponsor, American Athletic, Inc., has presented this "Official Apparatus List" for the 2008 Women's J.O National Championships, which can be also used as a guide for all State, Regional, and other National Events, i.e. Eastern and Western Championships. This will maintain continuity and a level of consistency for all of the gymnasts and coaches throughout the year.

**Deadline is 3/25/08**

## Level 8 Regional Championships

**Date:** May 3-4, 2008

**Site:** University Of Rhode Island

**Host:** Aim High Gymnastics

### Holiday Inn

3009 Towerhill Road  
South Kingstown, RI. 02874

**401-789-1051**

### Room Rates are:

Double \$99.00

Triple \$109.00

Quad \$119.00

**Deadline is 4/11/08**

# REGION VI

## USAG WOMEN'S PROGRAM COMMITTEE

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

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REGIONAL CHAIRMAN	JENNIFER SCANNELL Jenscannell6@yahoo.com	35 Bedford St. Burlington, MA 01803	(781) 750-8417 (Phone/Fax) <a href="http://www.region6usag.org">www.region6usag.org</a>
REGIONAL TECHNICAL CHAIRMAN	PATRICIA PANICHAS panichas@aol.com	9 Sherman Lane Hamden, CT 06514	(203) 248-7999 (H) (203) 392-6082 (W) (203) 392-6093 (Fax)
REGIONAL JO PROG. CHAIRMAN	LARRY GOLDSMITH gleasongym@aol.com	41 Brook Court E. Amherst, NY 14051	(716) 688-0280 (H) (716) 694-6557 (W) (716) 694-6557 (Fax)
REGIONAL ELITE PROG. CHAIRMAN	BARBARA TIESS expertiess@aol.com	PO Box 2097 St. James, NY 11780	(631) 584-8116 (W)

## STATE CHAIRMAN

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CONNECTICUT	ROBIN DEARY FILLMORE usagconnecticut@sbcglobal.net	31 Commerce Ave. Danielson, CT 06239	(860) 774-7425 (W/Fax) (860) 774-9284 (USAG PHONE) <a href="http://www.usagymnastics-ct.com">www.usagymnastics-ct.com</a>
MAINE	DONNA LANDAU dmlandau@hotmail.com	PO Box 525 A Kennebunkport, ME 04046	(207) 785-6621 (W) (207) 294-1180 (H) (207) 985-6091 (Fax) <a href="http://www.maine-gymnastics.org">www.maine-gymnastics.org</a>
MASSACHUSETTS	MICHELE ARCHER michelecm73@aol.com	67 June Street Leominster, MA 01453	(978) 466-1762 (Phone / Fax) <a href="http://www.massusag.com">www.massusag.com</a>
NEW HAMPSHIRE	HAVEN MILTON HavenNHSC@aol.com	PO Box 1344 Dover, NH 03821	(603) 742-1693 (Phone / Fax) (603) 749-1234 (W) <a href="http://www.nh-usag.org">www.nh-usag.org</a>
NEW YORK	PAUL SPADARO citygames@aol.com	Tribeca Bridge Towers 450 North End Ave. #20F New York, NY 10282	(212) 227-9792 (212) 227-9793 (Fax) <a href="http://www.newyorkstategymnastics.com">www.newyorkstategymnastics.com</a>
RHODE ISLAND	Kelli Murphy kelliscri@yahoo.com	92 Chestnut Ave. Cranston, RI 02910	(401) 383-7575 (Phone/Fax) <a href="http://www.riusag.com">www.riusag.com</a>
VERMONT	JILL G. VANDERPOT Jgumkow@aol.com	94 Olcott Dr. White River Jct., VT 05001	(802) 436-2875 (H) (802) 295-2070 (W) <a href="http://www.vermontgymnastics.com">www.vermontgymnastics.com</a>

**USAG OFFICE:** (317) 237-5050  
(317) 237-5069 Fax  
[www.usa-gymnastics.org](http://www.usa-gymnastics.org)

**USAG MEMBERSHIP:** 1-800-345-4719



# 2008 USA Gymnastics - Regional Championships

## Entry Form

### Level 9

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

#### COACHES ATTENDING COMPETITION

NAME \_\_\_\_\_ USAG # \_\_\_\_\_ SAFETY EXP \_\_\_\_\_

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 \$90. MAKE CHECK PAYABLE TO "USAG - REGION VI." **BANK OR CLUB CHECK ONLY.**



# 2008 USA Gymnastics - Regional Championships

## Entry Form

### Level 10

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

Address \_\_\_\_\_

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

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

#### COACHES ATTENDING COMPETITION

NAME	USAG #	SAFETY EXP
1. _____		
2. _____		

#### GYMNASTS ATTENDING COMPETITION

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

ENTRY FORM AND FEE MUST BE RETURNED TO YOUR STATE CHAIRMAN IMMEDIATELY FOLLOWING YOUR STATE CHAMPIONSHIPS. ENTRY FEE IS \$90. MAKE CHECK PAYABLE TO "USAG - REGION VI." **BANK OR CLUB CHECK ONLY.**



# 2008 USA Gymnastics - Regional Championships

## Entry Form

### Level 8

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

Address \_\_\_\_\_

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

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

#### COACHES ATTENDING COMPETITION

NAME \_\_\_\_\_ USAG # \_\_\_\_\_ SAFETY EXP \_\_\_\_\_

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

#### GYMNASTS ATTENDING COMPETITION

NAME	GRADUATING SENIOR	AGE GROUP				DATE OF BIRTH	USAG #	TEAM
		8-11	12-14	13-14	15+			
1. _____	Y / N	8-11	12-14	13-14	15+			Y / N
2. _____	Y / N	8-11	12-14	13-14	15+			Y / N
3. _____	Y / N	8-11	12-14	13-14	15+			Y / N
4. _____	Y / N	8-11	12-14	13-14	15+			Y / N
5. _____	Y / N	8-11	12-14	13-14	15+			Y / N
6. _____	Y / N	8-11	12-14	13-14	15+			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.**