



Get
Involved!
Nominate
Someone
NOW!!

Call for Nominations...

Regional Junior Olympic Committee Chairman

Regional Technical Committee Chairman

Nominations due by February 28th

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*.

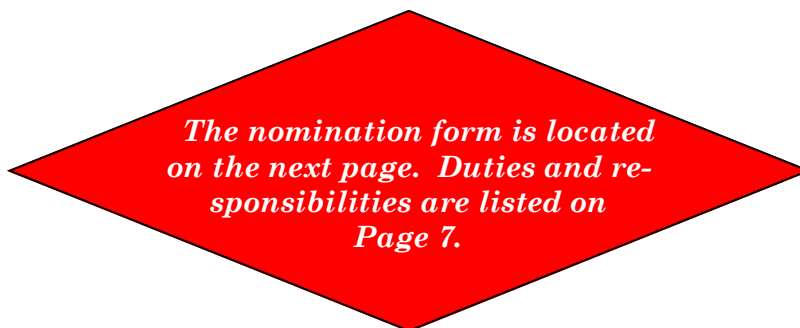
REGIONAL JUNIOR OLYMPIC COMMITTEE CHAIRMAN (RJOCC)

- Must have coached a gymnast who has qualified to Level 9 or 10 Regionals within the prior or current Olympic cycle and
- Is presently coaching at the Junior Olympic level.

REGIONAL TECHNICAL COMMITTEE CHAIRMAN (RTCC)

- The Regional Technical Committee Chairman (RTCC) must hold a current Brevet rating.

Term of Offices: 4 years beginning July 1, 2009



Election Procedure

Regional Junior Olympic Committee Chairmen and Regional Technical Committee Chairman are elected by the Women's Professional Members in their region.

Ballots and resumes for the candidates will be sent out using the February 2009 USAG Membership List. You must be a current member with USAG to vote.

Regional Junior Olympic Committee Chairmen and Regional Technical Committee Chairman 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. Run off elections will be announced on the Regional and National websites on March 31st.

In the case of a tie in the run-off election, the National Chairman of the respective committee will vote to break the tie. If only 1 nomination is received, the National Chairman for the respective committee will cast one vote and the nominee will be elected by acclamation.

VOTING ELIGIBILITY

In order to be eligible to vote, make sure that your address is current with USAG, that you know your personal user ID (professional member #) that you know your password (your 8 digit birthdate, unless you changed it), that your professional membership, background check and safety certification is fully processed and current by February 28th.

ONLINE VOTE

The elections will be run online through the USAG website from April 1st through April 15th.

NOMINATION FORM FOR REGIONAL JUNIOR OLYMPIC COMMITTEE CHAIRMAN

OR

REGIONAL TECHNICAL COMMITTEE CHAIRMAN

I nominate the following person(s) for:

Regional Junior Olympic Committee Chairman

Name of Nominee: _____

Address of Nominee: _____

City: _____ State: _____ Zip: _____

Home Phone: _____ Work Phone: _____

E-mail: _____

Regional Technical Committee Chairman

Name of Nominee: _____

Address of Nominee: _____

City: _____ State: _____ Zip: _____

Home Phone: _____ Work Phone: _____

E-mail: _____

Return Completed form to:

Jennifer Krause, 3 Atherton Island Stockton, CA 95204

Send e-mailed nominations to jenshipman@yahoo.com

Send faxed nominations to (209)464-5393

Mailed, faxed and e-mailed forms must be received by February 28, 2009

2008 JO CAMPS

Once again, we had 3 very successful Region 1 Camps. Thanks to all of the attendees and also to the great clinicians. A special thanks goes out to San Mateo Gymnastics, Arizona Sunrays and Team OC for graciously opening their facilities for these events. Those clubs who attended a camp will receive JO National apparel for any level 10 athlete(s) they have that qualifies to 2009 JO Nationals. There is a list on the Region 1 Website of those clubs. If you have any questions, please contact Dan Witenstein at dan@arizonasunrays.com.

2009 Dates

June 27-28 Nor-Cal * July 11-12 So-Cal * October 10-11 Las Vegas

If you are interested in having a 2009 Camp in your facility, please contact Jennifer Krause

2008 Region 1 Congress was a Success!!

Thank you to those of you who supported the 2008 Region 1 Congress. The reviews were great and I have some ideas to make it even better next year. I am also open to your ideas, please e-mail me at jenshipman@yahoo.com with comments and suggestions.. Region 1's share of the profit is \$26,832.00

2009 Region 1 Congress will be August 21-23

ATHLETE REGISTRATION:

All registration forms for Regional, Western, National, Elite and Tops events must be paid for with ONE club or Booster club check. Multiple checks from parents will not be accepted!!

Petitioning Procedures

INJURY PETITIONS

Petitions to State or Regional meets may be considered for injury, illness or family tragedy (e.g. death or natural disaster). There are no petitions to Westerns, J.O. Nationals or JO-NIT. Refer to page 49-50 of Rules & Policies for more specific information as well as the procedure.

*State Meet petitions go to your State Chairman.

*Regional Petitions are to be sent to Neela Nelson no later than 3 days following the state meet:

Neela Nelson, 4626 E. Everett Drive, Phoenix, AZ 85032, Fax: (602)992-3271

**Coaches must notify the RACC (Jennifer Krause) by fax or e-mail by the Monday following the State Meet of any athletes they intend to petition to Regionals.

Regional/Westerns/Nationals Judges Assignments

Level 9/10 Regionals:

Meet Referees: Neela Nelson, Piper White
 AZ: P. Evans, D. Grayson, R. Sumpter, D. Payne
 CA-N: P. Shipman, K. Lopes, J. Krause, J. Packwood
 CA-S: D. Porrazzo, J. Pilasch, T. Parsons, R. Calloway
 NV: L. Dmitriev
 UT: L. Fenton, H. Carmody, W. Atkinson

Westerns: D. Porrazzo, J. Pilasch, K. Lopes

Nationals: J. Krause, P. White, P. Evans, J. Packwood

Level 8 Regionals

Meet Referee: Mary Preece
 AZ: K. Brown, F. Earles, H. Patrick, D. Cullins
 CA-N: K. Stump, R. Apateanu, J. Geel, J. Cuthbertson
 CA-S: C. Lord, G. Iavarone, J. Leavitt, J. Bissonnette
 NV: C. Nolan, D. Jensen
 UT: K. Heddens, C. Bennion

Prep-Optional Program

Cassie Rice is spearheading the New Region 1 Prep-optional program. This is a program that is huge on the East Coast. It is for gymnasts that do not want to commit to practicing 5 days per week. It will benefit clubs by keeping kids in the program and the sport of gymnastics.

You can view the rules on the region 1 website. If you have any questions about the rules or the program, please feel free to contact Cassie Rice at Gymcats@gymcats.com.

Following are meets in Region 1 that are having a Prep-Optional session(s):

January 10th at GymCats

January 16-18 Lady Luck hosted by Brown's

February 6-8 Vegas Cup hosted by GymCats

February 13-15 Hard Rock Invitational hosted by Arizona Sunrays

February 20-22 Cactus Cooler hosted by Desert GymCats

March 6-8 Ah! Hosted by The Academy

Hopefully next year we will have more meets throughout the Region. If you are interested in hosting a Prep-Optional Meet, contact Cassie.

A big THANK YOU goes out to Cassie for taking the time to create the rules and getting this program started in Region 1.

Coaching Attire

"Coaches have a responsibility to dress in appropriate attire that reflects the best image of the sport"

USA Gymnastics has implemented a "dress code" for State Meets and above:

- Closed toe athletic shoes, Athletic warm-up pants or "Dockers style" pants (NO Jeans)
- Athletic or tailored shorts that are of a reasonable length (7" inseam). No holes, tears or short shorts.
- Collared shirts, business casual shirts or t-shirts with gym logo. (No spaghetti straps, low cut tops or midriff revealing shirts).
- No hats or visors.

** Many States had adopted the "dress code" for local meets, please check with your SACC to determine whether that has happened in your state.*

2009 Level 8-10 Regional Championships
will be hosted by Technique Gymnastics at
Cal Expo in Sacramento, CA



Elite Qualifier and Clinic December, 2008

2008 Region 1 JO Coach of the Year
 Congratulations to
Justin Howell from Airborne Gymnastics
 Justin was elected the 2008 Region 1 JO Coach of the Year!

New Qualification Process for Westerns

The top six (6) All Around athletes in each of the 16 age divisions from each of the four regions will compete as Regional Team members, provided they scored a 34.00 AA at the Regional Championships.

Jr. Olympic National Invitational Tournament (JO-NIT)

Gymnasts placing 8th, 9th and 10th in each of the eight age divisions from each of the eight regions will qualify to the Jr. Olympic National Invitational Tournament, provided that they achieve a minimum of 34.00 AA at the Regional Meet. Gymnasts who did not qualify to J.O. Nationals or the JO-NIT in the AA, but have won an event(s) at Regionals, will qualify in those events.

NEW JO RULES AND REQUIREMENTS Effective August 2010

You can find a preview of the changes for the 2009-2013 Women's Junior Olympic Code of Points on the Region 1 Website

I am happy to announce that Jeremy Edward Krause was born on May 27, 2008. He was 8 lbs 8 oz and 21 inches long.



Thank you to everyone that supported me along the way!

~Jennifer

USAG Region I		
Annual Financial Statement		
July 1, 2007 to June 30, 2008		
Beginning Balance		\$52,807.97
INCOME		
Membership Rebates	\$39,812.00	
State Meet Rebates	\$1,663.00	
Elite	\$2,550.00	
JO Camps	\$60,315.00	
Sale of Apparel	\$3,345.00	
Interest	\$51.82	
Other	\$1,955.81	
Income		\$109,692.63
EXPENSES		
Membership Rebates to States	\$23,879.40	
Elite	\$4,034.42	
JO Apparel	\$43,378.03	
JO Camp Expenses	\$23,610.47	
Office Expense/Website	\$3,165.67	
Senior Gifts & Board Gifts	\$1,543.83	
Board Travel	\$3,684.78	
Congress/Judges Clinic	\$343.90	
Western Fee/Hall of Fame Table	\$600.00	
Bank Fees	\$166.00	
Expenses		\$104,406.50
Ending Balance		\$58,094.10

The above financial statement represents a full competitive year. As of January 14th, the account balance is \$120,612.31

DUTIES AND RESPONSIBILITIES

REGIONAL JUNIOR OLYMPIC COMMITTEE CHAIRMAN (RJOCC)

The Regional Junior Olympic Committee Chairman (RJOCC) is responsible for the following:

- A. Attend the meetings of the National Junior Olympic Committee (NJOC).
- B. Serve as:
 - Chairman of the Regional Junior Olympic Committee
 - A member of all Regional Committees
- C. Provide a minimum of one (1) Regional training camp per year for the gymnasts and coaches.
- D. Assist with the Regional clinic or congress and competitions when called upon by the RACC.
- E. Submit a financial report to the RACC for reimbursement of travel, phone and postage expenses.
- F. Be prepared to represent the views of the region at annual meetings by the use of surveys and observations.
- G. Support the regional teams at Junior Olympic Nationals and investigate and pursue financial support or donations for regional apparel.
- H. Act in conjunction with the Regional Technical Committee Chairman on petitions and element evaluations.
- I. Recommend topics, content, and presenters for Regional Congress.
- J. Establish a Regional Junior Olympic Committee.
- K. Submit a written report to the Regional Administrative Committee Chairman of their activities in the region i.e., clinics, training camps, etc.

REGIONAL TECHNICAL COMMITTEE CHAIRMAN (RTCC)

- A. Attend the meetings of the National Technical Committee.
- B. Serve as the chairman of the Regional Technical Committee and as a member of all Regional Committees.
- C. Serve as the USA Gymnastics Women's program technical consultant for the States and Region and answer any correspondence in that regard, with copies sent to the appropriate regional/national personnel.
- D. Act as a technical advisor to the Regional Junior Olympic Committee.
- E. Assist with Regional Clinic/Workshops
- F. Actively participate in the training of judges, gymnasts and coaches in the technical aspects of the rules and regulations.
- G. Assist other regional personnel with the format for Regional Competitions.
- H. Recommend topics, content and presenters for Regional Congress.
- I. Notify the Junior Olympic Program Manager of qualifiers to the National Junior Olympic Championships.
- J. Consult with the International Elite Committee in regards to the evaluation of new elements performed by Elite athletes.
- K. Submit competition results for all regional elite meets to the Women's Program Director/Athlete Development.
- L. Keep a record of active status for all Brevet judges.
- M. Select a regional Junior Olympic Technical Assistant, if deemed necessary.
- N. Select a committee of two or three of the most highly rated judges to serve as the Regional Technical Committee.
- O. Make interim decisions on element evaluations for the Jr. Olympic program, in conjunction with the Regional Junior Olympic Committee Chairman.
- P. Serve as Meet Referee for Regional Championship competitions.
- Q. Dispense information of a technical nature to the membership through the office of the Regional Administrative Committee Chairman.
- R. Coordinate decisions on petitions for Regional Competitions in consultation with the RJOCC and the State Administrative Committee Chairman or the Regional Pre-Elite Committee Chairman and notify petitioner and meet director of approval or denial.
- S. Approve the assignment of an affiliated judge on a one-judge panel or the assignment to a competition of a judge who does not have the proper rating.
- T. Submit recommendation for judges for Junior Olympic National competition to the National Technical Committee Chairman and the JO Program Manager.
- U. Verify the Continuing Professional Education for all judging recommendations within the Region.
- V. In consultation with the Regional Pre-Elite Committee Chairman, assign judges for Regional Pre-Elite Competitions.
- W. Submit a financial report to the Regional Administrative Committee Chairman for reimbursement of travel, phone and postage expenses.
- X. Administer a National Judges' Exam, if necessary, for retest.
- Y. Conduct a Test Administrators Workshop, if necessary, within the region.

Region 1 Board

Regional Administrative Committee Chairman

Jennifer S. Krause

3 Atherton Island

Stockton, CA 95204

Ph: (209)464-6393

Fax: (209)464-5393

jenshipman@yahoo.com

Regional Technical Committee Chairman

Neela Nelson

justahopin@aol.com

Junior Olympic Committee Chairman

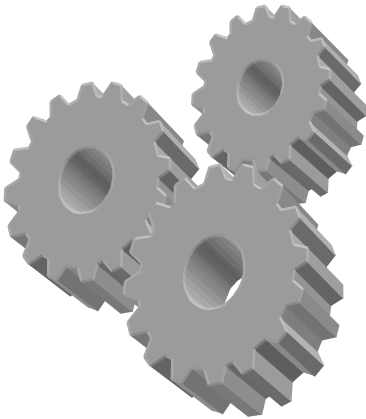
Dan Witenstein

dan@arizonasunrays.com

Regional Pre-Elite Committee Chairman

Jack Carter

jcarter453@aol.com



State Administrative Committee Chairmen

Arizona: Debby Farrelly (azdynamics@aol.com)

Nor-Cal: Perry Siu (norcalchair@gmail.com)

So-Cal: Carol McIntyre (ownerlady@aol.com)

Nevada: Jill Enrietta (jill@gymcats.com)

Utah: Cathy Bennion (cbennion@usagutah.com)

2009 REGIONAL CALENDAR

February 27, 28	Pre-Elite, HOPES compulsories & Elite Qualifier Spirit of the Flame, Santa Clara, CA	
April 17-19	8-10 Regional Championships	Sacramento, CA
May 9-10	Level 9 Westerns	Bartlesville, OK
May 15-17	J.O. Nationals	Seattle, WA
June 27-28	Region 1 Camp	Nor-Cal
July 11-12	Region 1 Camp	So-Cal
July 12-15	USA Brevet Judges Course	Indianapolis, IN
July 15-18	National Course-1st timers	Indianapolis, IN
July 19-22	National Course	Indianapolis, IN
August 13-16	National Congress	Dallas, TX
August 21-23	Region1 Congress	Santa Clara, CA
October 10-11	Region 1 Camp	Las Vegas, NV

www.region-one-gymnastics.org

