

GA-AAU NEWSLETTER



Summer 2010

Included in this Newsletter:

Co-Chair's Notes

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Conference Call Board Meeting Minutes – April 23, 2010

Conference Call PO Committee Meeting Minutes – May 3, 2010

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Technical Updates

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Co-Chair Notes:

For Invitational Competitions which might need to include a weekday Friday sessions may not be scheduled to begin prior to 4:30 PM without prior approval from the Co-Chairs. For Invitational Meets preceding a Monday Federal Holiday competition may be extended for that Monday, but this information must be included in the Pre Meet Invitation.

On behalf of the entire Board a huge THANKS extends to the 2010 State Meet Hosts, Ultimate Gymnastics and The Gym Nest for a job well done!

GA AAU Board Meeting Minutes

Ultimate Gymnastics, Jan 11, 2010

Members present: Cindy Furman, Contessa Marquis, Shannon Hageli, Becky Oppenheimer, Cynthia Davis, Laurie Marches, Kevin Robins, Eleanor Joubert, Denise Jessen, Jim Mousseau and Gretchen Connell.

Meeting called to order at 10:36 AM.

- I. Discussed L-4 VT situation for when the mat stack might not line up exactly flush with the height of the Table.

Motion made to allow matting to be 4 inches above or below the Table height with the additional up to 4 inch mat to be draped over at least the end of the Table onto the stacked mats.

Motion – Becky

Second – Cynthia

Passed

- II. Discussed L-4 UB front hip circle for when the athlete grabs the legs to facilitate the skill. Motion made to include the deduction of the value of the element if the hands leave the bar during the skill (grabbing the legs) to complete the skill.

Motion – Cynthia
Second – Everyone
Passed

- III. Discussed State Summer Clinic for the potential date of June 12-13, 2010. Need to confirm with GA USAG. From Becky - the next GA USAG Board Meeting is tentative to be around the 8/9/10 State Meet weekend, March 20-21.

The Co-Chairs strongly encouraged the Level Representatives to be available at the Summer Clinic. AAU needs to provide a minimum of 3 valuable sessions. Gretchen will compose a Survey to send to the Club Community for what they and their Staff would like to see offered at the State Clinic (Co-Chair's to proof/approve Survey prior to distribution.)

- IV. Discussed bringing back L-6 to the GA AAU Program. Decision that it is now too late to revive this level for this season for a viable State Meet. Gretchen will contact the Clubs for their input/interest for potential inclusion of this level again for next season. Decision to be made at the next Board Meeting pending Club Community responses.
- V. Discussed compulsory musical choices beyond this season. National USAG will be offering a choice of either the old or new music for the remainder of this Quadrennium. GA AAU will await the GA-USAG Board's decision.
- VI. State Meet contracts were reviewed and finalized.

Motion made to require on site Sports Trainers (or EMT's) at all State Meets

Motion – Cindy

Second – Becky

Passed

A. The MD, Sharon Kelly, for the L-4, 5 & PO State Meet was on hand to review the Contract and Facility set-up

B. Co-Chair, Denise Jessen, will be in touch with the 2/3 State Meet MD for Contract finalization

C. State Meet Directors to send (Co-Chair approved) State Meet packages to Gretchen for electronic distribution to the Clubs and for posting on the website

D. Team Awards for State Meets will be plaques with a space for team pictures

E. Georgia AAU will be donating 50 cents from every individual Surcharge fee to Breast Cancer Awareness (this officially began at the AAU Age Group Nationals in June of 2009.)

F. Surveys for State Meets

1. Gretchen will compose a Survey for Coaches and Judges to be distributed at the State Meets

2. Co-Chair approved Survey will be sent to the State Championship Meet Directors to have on hand at their State Meets

3. State Meet Directors will be responsible for collecting completed surveys for delivery to one of the two Co-Chairs

- VII. AAU Judges Sanction form for Meet Directors. Gretchen will provide an AAU Judges Sanction form for Meet Directors. These forms are to be signed by the MD and MR on site and returned to the Sanction Agent, June Seymour, along with meet results and payment. This form will also be posted on the GA AAU Website.

- VIII. AAU Coaches Sign up Sheet. Meet Directors will receive an official GA-AAU Coaches Sign up sheet to be available for signatures at all AAU Competitions. Coaches' name, AAU Membership number, affiliated Club and Safety Cert Expiration date must be indicated by All coaches attending the competition.

This form must be included in the meet results package with payment to the AAU Sanction Agent. This form will be made available on the GA-AAU Website.

- IX. Discussed potential for placement of Invitational Meet results on GA AAU website.

Gretchen will coordinate with the website administrator. State Meet results will be posted

on the GA-AAU website. Invitational meet results for posting on the GA-AAU website might be an option available.

- X. Discussed Scholarships for criteria. A link to the Nat AAU Scholarship program will be placed on the GA AAU website.
- XI. Senior Gifts:
 - A. Denise will check with National AAU Merchandising for gifts
 - B. Gretchen will contact Clubs for a list of graduating Seniors
- XII. Reminder from Co-Chair, Cindy Furman; for any Invitational Meet which might need to include a week day for their competition that any Friday sessions may not be scheduled to begin prior to 4:30 PM. For Invitational Meets preceding a Monday Federal Holiday Competition may be extended for that Monday, but this information must be included in the Pre Meet Invitation package.

The next Board Meeting will be held via conference call tentatively scheduled for Friday, April 23 at 11:00 AM.

Meeting adjourned at 12:40 PM

Sec Gretchen Connell

Board Meeting Minutes
Conference Call April 23, 2010

Parties dialing in; Laurie Marches, Becky Oppenheimer, Shannon Hageli, Contessa Marquis, June Seymour, Eleanor Joubert, Jim Mousseau, Denise Jessen, Gretchen Connell

Meeting Called to order at 12:05 PM.

- 1. State Clinic
 - A. Clinicians/sessions discussed for preliminary finalization
Motion to approve: June Seymour
Second, Laurie Marches
Passed
Denise and Gretchen to further chase loose ends for Clinician follow up
 - B. Clinicians may bring up to two athlete demonstrators for their specific sessions. Clubs may bring one athlete per session as a demonstrator/participant for hands-on spotting training. Athletes may be different for the specific session involved.
 - C. GA AAU will cover AAU Clinician fees at \$100 per clinical session. GA AAU will also provide additional financial support based on what GA-USAG and GA-NAWGJ will be contributing.
 - a) Snacks and lunch to be provided for Clinic Staff and participating coaches and judges.
 - b) Athletes to either bring a sack lunch or pizza may be provided pending input from GA-NAWGJ and GA-USAG.
- 2. State Meets 2011
 - A. Discussed moving qualifying date up by one week.
Motion made to move the qualifying, declaration and entry deadline for the 2011 State Meets to four weeks before the State Meet date.
Motion – Laurie Marches
Second – June Seymour

- Passed
- B. Discussed adequacy of Gate fees when an outside facility is used.
 Motion made to increase the gate fees for an outside State Meet facility to \$8.00 for adults, \$5.00 for children (5 to 18 years) and Senior citizens (60 and older.) Children 4 and under free.
 Motion – Contessa Marquis
 Second Shannon Hageli
 Passed
 Denise praised both State Meets Hosts for this year and that mention of this should be acknowledged in the Newsletter.
3. Discussed Floor Music.
 Motion made to allow both old and new compulsory music for the 2010-11 season.
 Motion – Denise Jessen
 Second – Laurie Marches
 Passed
4. Discussed producing an updated GA-AAU Compulsory DVD. Shannon proposed putting this training material on the GA-AAU website or perhaps as a link through You Tube. Denise will contact Liz Nichols to find out National AAU’s policy on this potential. Shannon can edit the video to put on a server as well as make a DVD. We will need athlete volunteers to film everyone in one place. Potential to accomplish this during the State Clinic discussed but not decided. A Secondary option would be to film this project at a specific club. Denise will be contacting Chris Calvert. Eleanor proposed that both versions of the floor music be included for the floor routines.
5. Discussed rule changes mid season.
 Motion made to not make rule changes after Sept 1 for all levels of GA-AAU.
 Motion - Denise Jessen
 Second – June Seymour
 Caveat by Becky Oppenheimer to retain the policy that GA-AAU will continue to follow USAG guidelines unless otherwise stated in the GA-AAU program material and that clarifications/updates (as distinguished from “changes”) and guidelines regarding unusual circumstances might still be needed during the course of the competitive season.
 Passed
6. Discussed reviving L-6.
 Motion made to bring back L-6 for this season to re-evaluate at the conclusion of 2010-11 for future seasons.
 Motion – June Seymour
 Second -- Jim Mousseau
 Passed
 Cindy Furman joined call at 1:06 PM
7. Discussed the current policy to mandate USAG Safety Certification for GA-AAU Coaches to participate at sanctioned events. National AAU is opposed to requiring members to join additional Federations to participate in AAU events. GA AAU may no longer mandate that Coaches be Safety Certified through USAG and such will be removed from the GA-AAU R & P. Clubs will now be strongly encouraged to have their competitive Staff become Safety Certified through the USAG. Future potential might be for GA-AAU to provide our own Safety Certification on line course in lieu of the USAG course. A recommendation will also be added to the GA-AAU R & P that clubs should take advantage of their local Red Cross First Aide and CPR training.
8. Board positions were solidified for this coming year.
9. Compulsory issues:
 A. Discussed dividing L-2 for State

Motion made to divide L-2 into Novice/Experienced for State to decide the qualification parameters at a later time.

Motion – Denise Jessen

Second – Laurie Marches

Passed

Cindy and Denise to look over L-2 State Meet stats to determine cutoff score

L-3/4 Experienced Division State Qualifications will remain the same.

- B. Discussed overtime issues for L-2/3 BB.

Motion made to add 5 seconds onto the L-2/3 BB routines?

Motion – Denise Jessen

Second – Laurie Marches

Passed

- C. Discussed repulsion/deduction requirements for L-3 VT.

Committee formed: L- 3 Rep (Laurie Marches,) Sanction Agent (Judge, June Seymour) and Gretchen Connell (M @ L.)

Committee will reevaluate the repulsion parameters for the L-3 VT event.

- D. Discussed adding the glide swing to the L-4 UB routine.

Motion made to add the glide swing out and back to the mount portion of the L-4 UB routine.

Motion – Becky Oppenheimer

Second – Laurie Marches

Passed

Shannon Hageli (L-4 Rep), June Seymour and Gretchen Connell will form a Committee for rewording this section of the GA-AAU Text and routine deductions material.

- E. Motion made to remove the running steps from the L-3 BB routine to replace with two coupe walks. Gretchen to update the Text and deduction cards for approval.

Motion – Contessa Marquis

Second – Laurie Marches

Passed

- F. Discussed L-4 VT and will continue to allow two vaults.

PO agenda items deferred to be discussed via Conference Call PO Committee Meeting at 10:30 AM, May 3. PO Committee: Becky Oppenheimer, June Seymour, Denise Jessen, Cindy Furman, Jim Mousseau and Gretchen Connell.

Meeting adjourned at 2:08 PM

Sec

Gretchen Connell

PO Committee Conference Call Meeting

May 3, 2010

Present in call room: Jim Mousseau, Denise Jessen, Becky Oppenheimer, Cindy Furman and Gretchen Connell

Meeting called to order at 10:37 AM.

1. Discussed current Prep Op Program at length
Decision to revamp the program for the 2010-11 season

Prep Beginners - USA Levels 1, 2 & 3 and AAU Levels 2 & 3
Prep 1 – USA and AAU Levels 3 & 4
Prep 2 – USA and AAU Levels 5 & 6
Prep 3 – USA and AAU Levels 6 and qualified USA Level 7 and above

Gretchen to update PO Requirement Chart for approval

Becky to update Program Material document

2. Motion made to add the underswing dismount as a choice to the L- 3 UB routine
Motion: Jim Mousseau
Second: Becky Oppenheimer
Passed
Gretchen to incorporate this change into the AAU Comp Text and Deduction Cards
3. Cindy and Denise will continue to review the L-2 State Meet results to provide the Qualifying score for the Experienced Division for next season.

Meeting adjourned at 1:45 PM

Sec Gretchen Connell

GA-AAU Board Meeting Minutes

June 12, 2010

Roswell Gymnastics

Meeting called to order at 1:03 PM.

Members present: Kevin Robins, Cindy Furman, Denise Jessen, Shannon Hageli, Contessa Marquis, Eleanor Joubert, Becky Oppenheimer, Liz Nichols, Gretchen Connell and Board affiliate, Sharon Doyle.

Opening comments resulted in the proposed following guidelines:

Board Members should be present to render a vote on any issues/topics.

Board Members with State Meet Bids in place for their affiliated Club should perhaps abstain from such votes.

1. A review of the Level 2 State Meet results was presented by Denise Jessen.
Motion made to set the qualifying score for the Experienced Division for the Level 2, 2011 State Meet to be 35 All Around twice prior to the qualification deadline.
Motion – Cindy Furman
Second – Denise Jessen
Passed
2. Discussed Level 6 State Meet qualifications. Motion made to set 29 AA as the L-6 qualifying score. Motion made to include for any athlete participating at the same compulsory level in both USA and AAU during the AAU season (Sept 1 through Aug 31) that if she meets the specific USA State Meet qualifications prior to the AAU State Meet qualifying date she will not be allowed to participate in that AAU State Meet. At any time during the AAU season once a USA athlete merits the USA State qualification she may no longer remain in that same level in the AAU program for the duration of that season.
Motion – Becky Oppenheimer
Second – Gretchen Connell
Passed
3. The 2011 State Meet bids were discussed.

Motion made to set the Level 4-6 and PO 1-3 State Meet for Roswell Gymnastics.

Motion – Becky Oppenheimer

Second – Contessa Marquis

Passed

Motion made to set and the Level 2/3 and PO Beginners State Meet for Gym Gold.

Motion – Becky Oppenheimer

Second – Contessa Marquis

Passed

(Note each Co-Chair abstained from the vote where it regarding her affiliated club.)

4. Liz Nichols readdressed the issue for GA AAU to require USAG Safety Certification in addition to AAU Membership for Coaches to be allowed to participate in Sanctioned competitions. The National AAU policy requires only that all participants have a current AAU membership. Liz will be addressing this through the AAU Legal department. For now GA-AAU will not be requiring coaches to be Safety Certified through USA in order to participate in AAU sanctioned events.

Meeting adjourned at 1:50 PM

Secretary,

Gretchen Connell

State Championships 2011

The Levels 4/5/6 & Prep Op 1/2/3 State Meet will be held April 1-3, 2011 hosted by Roswell Gymnastics.

The Levels 2/3 & Prep Op Beginners State Meet will be held April 15-17, 2011 hosted by Gym Gold at an outside facility TBA.

All qualification/deadline and declaration dates will be by 4 weeks prior to the State Championship.

For all compulsory levels the qualifying score will be 29 AA to be achieved once prior to the qualification date.

Levels 2/3 & 4 will be subdivided into the Novice and Experienced Divisions for the State Championships **only**. Athletes at these levels scoring an AA of 35 or higher twice prior to the qualification date **must** be placed in the Experienced Division at State.

Qualification to State for Prep Op Divisions will be for the athlete to have participated on at least one event at a Sanctioned competition prior to the qualification deadline date.

Sports Trainers (or EMT's) must be provided at all State Meets.

Gate fees for State Meets utilizing an outside facility may not exceed \$8.00 for adults, \$5.00 for children (5 to 18 years) and Senior Citizens (60 and up.) Children 4 and under free.

Gate fees for on site State Meets will remain the same as listed in the GA-AAU R & P.

Technical Updates:

General:

For any athlete participating in both the USA and AAU programs at the same compulsory level during the AAU season (Sept 1 through Aug 31) if she meets the specific USA State Meet qualifications prior to the AAU State Meet qualifying date she will not be allowed to participate

in that AAU State Meet. At any time during the AAU season once a USA athlete merits the USA State Meet qualification she may no longer remain in that same level in the AAU program for the duration of that season. Such USA athletes may continue to participate in the AAU program at a higher compulsory level or in the GA-AAU PO Program.

Vault:

Level 4 and Prep Op 1; The mat stack behind the Vault Table may be 4 inches above or below the height of the Table with the required additional matting of up to 4 inches to be draped over at least the end of the Table onto the stacked mats. The additional up to 4 inch matting may cover the entire vault table but must extend beyond the end of the table onto the stacked mat arrangement.

Bars:

Level 3; An underswing dismount will be added as a choice along with the pike sole circle dismount

Level 4; Front hip circle; The specific deduction for the value of the element will be taken for when the hands leave the bar during the skill (grabbing the legs) to facilitate the completion of the skill.

Level 4; The glide swing return to stand will be performed prior to the back hip pullover as part of the mount sequence.

Beam:

Level 2/3; Five seconds will be added to the Level 2 & 3 beam routines.
35 seconds/ Time, 25 seconds/Warning.

Level 3; The running steps will be replaced by two coupé walk steps.

Floor:

All compulsory levels may continue to choose between the “new” and “old” music.

Prep Op:

The Prep Op Program for 2010-11 has been revised;

Prep Beginners - USA Levels 1, 2 & 3 and AAU Levels 2 & 3

Prep 1 – USA and AAU Levels 3 & 4

Prep 2 – USA and AAU Levels 5 & 6

Prep 3 – USA and AAU Levels 6 and qualified USA Level 7 and above

The Compulsory and Prep Op material for the 2010 and 2011 season has been revised and can now be downloaded from the GA-AAU website at

<http://www.gaaau.net/gymnastics%20girls.htm>.

Compulsory Video:

The 2005 GA-AAU Compulsory Levels 2-4 DVD is now outdated. A new (updated) video of these routines will be filmed on July 10 to provide this footage via a link through the GA-AAU website at <http://www.gaaau.net/gymnastics%20girls.htm>. Notification will be sent to the AAU Clubs Electronic Group once this link is established for use.

Safety Certification:

GA AAU will no longer require USAG Safety Certification in order for coaches to participate in Sanctioned events. This parameter has now been removed from GA-AAU Coaches Sign-in Sheet as posted on the GA-AAU Website. Host clubs will still need to provide this form at competitions to return to the Sanction Agent in the post meet package. Though GA AAU will no longer mandate USAG Safety Certification for coaches to participate at AAU competitions, it is strongly suggested that Clubs maintain this requirement for your staff as a benefit to your Gyms to maintain the quality of Safety for the athletes.

Gretchen Connell
GA-AAU Secretary