



NEWSLETTER

S u m m e r 2 0 1 6

Greetings Everyone;

On behalf of Region 6 –warm wishes are being sent to TEAM USA, and in particular Aly Raisman, for a successful competition at the 2016 Olympic Games. The Road to Rio was spectacular from start to finish. Now go out and show the world you are the best. **GO FOR THE GOLD!**

Alicia Sacramone Quinn was inducted into the 2016 USA Gymnastics Hall of Fame on July 9th in San Jose, CA. Alicia won 10 career World medals, the second highest total by a U.S. gymnast, and was captain of the silver medal team at the 2008 Olympic Games. Congratulations Alicia!

Don't forget – 2016 Region 6 Congress will be held August 5 – 7 in Providence, RI. The preliminary schedule is posted at <https://usagym.org/pages/education/courses/U310/6/>.

2016 Region 6 Congress has reached record numbers in registration. Unfortunately, registration has been closed and walk in registration is not available.

If you are attending the Congress Celebration on Friday, August 5th plan to wear colorful attire to celebrate a 'Night in Rio'.

Looking forward to seeing you at Region 6 Congress.

Warm Wishes,

Kathy



★ ★ ★ ★ ★
2016
USA Gymnastics
Region 6 Congress
August 5-7
Omni Providence
Providence, RI
★ ★ ★ ★ ★

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REGION 6

USAG WOMEN'S PROGRAM COMMITTEE

Web page: www.region6usagym.org

REGIONAL CHAIRMAN	KATHY OSTBERG region6usag@gmail.com	365 Spring Street Shrewsbury, MA 01545	(508) 735-3149 (cell)
REGIONAL TECHNICAL CHAIRMAN	PATRICIA PANICHAS panichas@aol.com	9 Sherman Lane Hamden, CT 06514	(203) 392-6082 (W) (203) 392-6093 (Fax)
REGIONAL JO PROG. CHAIRMAN	LARRY GOLDSMITH lgoldniag@aol.com	41 Brook Court E. Amherst, NY 14051	(716) 694-6557 (W)
REGIONAL Xcel COMMITTEE CHAIRMAN	DAVID AUGER dave@10-gymnastics.org	181 Great Road Stow, MA 01775	(978) 897-8184(Phone)

STATE CHAIRMEN

CONNECTICUT	LAURIE DEFRANCESCO ldfusagct@aol.com	25 Congress Ave Shelton, CT 06484	(203) 924-9257 (Home) (203) 231-4967 (Cell) www.ctusagym.com
MAINE	CAROL HAMILTON - BREWER decalgym.carol@gmail.com	822 Middle Rd Skowhegan, ME 04976	(207) 474-3222 (Phone) (207) 399-7444 (Cell) www.maine-gymnastics.org
MASSACHUSETTS	MICHELE ARCHER michele.archer@aol.com	P.O. Box 294 Ashburnham, MA 01430	(978) 866-0439 (Phone) www.mausagym.com
NEW HAMPSHIRE	SEANA RIOUX nhusag@comcast.net	19 Bartlett Rd Brentwood, NH 03833	(603) 770-6199 (Cell) www.nhusagym.org
NEW YORK	TINA FERRIOLA usagny@gmail.com	480 Greenwich Street New York, NY 10013	(917) 549-6934 (Cell) (212) 334-1179 (Fax) www.nyusag.com
RHODE ISLAND	KELLI DOORLEY RIWStateChair@gmail.com	3769 Old Post Road Charlstown, RI 02813	(401) 213-6645 (Phone/Fax) www.riusag.com
VERMONT	JILL G. VANDERPOT jillnlg@yahoo.com	94 Olcott Dr. White River Jct., VT 05001	(603) 252-6075 (Cell) (802) 295-2070 (Work) www.vermontgymnastics.com

USA Gymnastics Office: (317) 237-5050
(317) 237-5069 Fax
www.usagym.org

USA Gymnastics Membership: 1-800-345-4719

ATTENTION MEET DIRECTORS!

Meet Directors are responsible for adhering to all State / Regional and National reporting procedures. **Region 6 requires Meet Directors to send a copy of the Sanction Report [page 2] and \$1 / gymnast to the Regional Chairman.** Additional reporting procedures are at the discretion of the State Committee. Please refer to your State policies for additional information.

SANCTION PROCEDURES

Sanctions are required for all USA Gymnastics competitions, clinics, workshops, tours and exhibitions.

A request for sanction may be made by any USA Gymnastics Women's Professional member with Meet Director certification.

When sanctioning a USA Gymnastics event, follow these steps:

1. Send 'Request for Sanction' to USA Gymnastics office with appropriate fees.
Forms are available online at www.usagym.org.
Sanction Fee - \$100.00
2. Post 'Certificate of Approval Form' at the competition site.
3. All coaches / officials must sign in and record their USA Gymnastics Professional number; Safety Certification and Background Screening expiration date.
4. Send completed Sanction Report Form; Coaches / Officials 'Sign In' form to USA Gymnastics Member Services.
5. Send a copy of the 'Sanction Report Form' [page 2] to the Regional Chairman with \$1 / gymnast. **Make check payable to USA Gymnastics Region 6.**
6. Follow State Committee reporting procedures.

USA Gymnastics Member Services
132 E. Washington St
Suite 700
Indianapolis, IN 46204

Regional Committee Chairman
Kathy Ostberg
365 Spring St
Shrewsbury, MA 01545

ENTRY FEES

In an effort to maintain affordable competitions for our athlete membership the Regional Committee has established maximum entry fees that may be charged for pre-sectional QUALIFYING events. The meet fees for the 2016-2017 season are:

- Xcel [Bronze - Silver - Gold] \$40.00
- Compulsory \$40.00
- Optional / Xcel [Platinum - Diamond] \$45.00

Competitions that are hosted within a gymnastics facility are considered **THEME MEETS**. The scheduling of THEME MEETS is at the discretion of the State Committee. These competitions **MAY NOT** exceed an entry fee of **\$60 [Compulsory / Xcel Bronze - Silver - Gold]** and **\$65 [Optional / Xcel Platinum - Diamond]**. In order to justify the increase in entry fee the meet director must adhere to the following:

- 1 judge panels are allowed for Levels 1 – 3 and Xcel
- 2 judge panels for Levels 4/5
- Awards must exceed recommendations in Rules and Policies
- Medals, trophies, plaques recommended

***An increase in the Theme Meet entry / team fee is at the discretion of the State Administrative Committee**

Meet Directors may charge a maximum team entry fee of \$25 / level.

This fee is optional and competing clubs are NOT required to participate in the team competition.

INVITATIONALS are competitions held in outside facilities and are not required to adhere to the state / regional entry fees. Invitational entry fees are at the discretion of the meet director. ***The State Committee determines if an Invitational may be used as a qualifying competition.***



A golden opportunity for young athletes to work with National and Regional Staff Members

	RISING STARS Long Island		
WHEN:	September 24 & 25, 2016		
WHERE:	NewImage Gymnastics, 111 Wilshire Blvd, Brentwood, NY 11717		
GUEST CLINICIAN:*	TBD		
WHO:	Open to USAG compulsory and optional athletes.		
COST:	\$110 for both days Registration will be accepted on a first come basis		
SCHEDULE:*	New Image	Session 1	Session 2
	Saturday	1:00 - 5:00 PM	5:00 - 9:00 PM
	Sunday	9:00 - 1:00 PM	1:00 - 5:00 PM

	RISING STARS R.I.		
WHEN:	October 15 & 16, 2016		
WHERE:	Aim High Gym, 3355 S. County Trail, E. Greenwich, RI		
GUEST CLINICIAN:*	TBD		
WHO:	Open to USAG optional athletes Level 6 and above.		
COST:	\$110 for both days Registration will be accepted on a first come basis		
SCHEDULE:*	Aim High	Session 1	Session 2
	Saturday	12:00 - 4:00 PM	4:00 - 8:00 PM
	Sunday	9:00 - 1:00 PM	1:00 - 5:00 PM

	RISING STARS Compulsories		
WHEN:	October 23, 2016		
WHERE:	Gymnastics and More, 8 Micro Drive, Woburn, MA 01801		
WHO:	Open to USAG compulsory athletes Level 1 – 5.		
COST:	\$65 / 1 session Registration will be accepted on a first come basis		
SCHEDULE:*	Gymnastics & More	Session 1	Session 2
	Sunday	8:30 - 12:00 PM	12:30 - 4:00 PM

RISING STARS TRAINING CAMPS

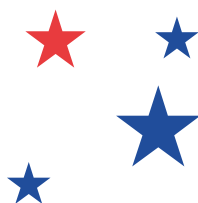
A golden opportunity for young athletes to work with National and Regional Staff Members

RISING STARS Xcel				
WHEN:	October 9 & 10, 2016			
WHERE:	10.0 Academy of Gymnastics, 181 Great Road, Stow, MA			
WHO:	Open to USA Gymnastics Xcel athletes - Silver – Gold – Platinum – Diamond			
COST:	\$65 / 1 session Registration will be accepted on a first come basis			
SCHEDULE:*	Xcel	Session 1	Session 2	Session 3
	Sunday	8:30 - 12:00 PM	12:30 - 4:00 PM	4:30 - 8:00 PM
	Monday	8:30 - 12:00 PM		

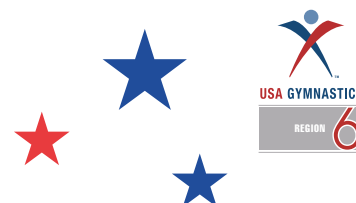
RISING STARS Bright Raven			
WHEN:	November 6, 2016		
WHERE:	Bright Raven Gymnastics, 12 Pixley Industrial Parkway, Rochester, NY 14624		
WHO:	Open to USAG compulsory & optional athletes.		
COST:	\$65 / 1 session Registration will be accepted on a first come basis		
SCHEDULE:*	Bright Raven	Session 1	Session 2
	Sunday	9:00 - 1:00 PM	1:00 - 5:00 PM

*Subject to change





2016 Rising Stars Entry Form



CLUB NAME: _____

ADDRESS: _____

TOWN / CITY: _____ STATE _____ ZIP _____

PHONE () _____ CELL PHONE () _____

E-MAIL ADDRESS* _____ @ _____

Safety Exp	Background Screen Exp
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COACH (ES) NAME _____	USAG # _____	_____	_____
_____	USAG # _____	_____	_____
_____	USAG # _____	_____	_____

Athlete Name	USAG #	Athlete Name	USAG #

Rising Stars Long Island ☐
Long Island NY
September 24-25, 2016

Rising Stars RI ☐
E. Greenwich, RI
October 15-16, 2016

#of entries _____ x \$110.00 = _____

Rising Stars Compulsories ☐
Woburn, MA
October 23, 2016

Rising Stars Bright Raven ☐
Rochester, NY
November 6, 2016

#of entries _____ x \$65.00 = _____

Make checks payable to USA Gymnastics 6 [bank or club check ONLY]

SEND FORMS / FEES TO: **Larry Goldsmith, RJOPC**
41 Brook Court, E. Amherst, NY 14051

Rising Stars Xcel ☐
Stow, MA
October 9-10, 2016

#of entries _____ x \$65.00 = _____

USE A SEPARATE FORM FOR EACH CAMP



USA GYMNASTICS REGION 6 ATHLETE APPAREL FUND

GOALS AND POLICIES

The Region 6 Athlete Apparel Policy has been revised. The Athlete Apparel Fund is solely supported by the funds generated from the Rising Stars Training Camps and individual donors.

Our goals are to raise funds to support our athletes and to provide training opportunities that will improve Region 6 performance at the National Championships. This goal can only be accomplished with the support of the Region 6 community.

THE FOLLOWING POLICIES WILL IMPACT THE 2017 JO NATIONAL / EASTERN CHAMPIONSHIPS

- Clubs with potential JO National / Eastern competitors are expected to provide a coach to work as a clinician for a minimum of two sessions at a Rising Stars Training Camp.
- Clubs that have athletes qualify to a Regional Developmental / High Performance Camp are required to work a minimum of two sessions at a Rising Stars Training Camp in addition to athlete or coach participation at the Regional Developmental / High Performance Camp.



Team coaching position Gym Like This!

Located in sunny West Palm Beach, Florida. Gym Like This is looking for a dedicated professional to join our coaching staff. This is a part time position with knowledge and experience up to level 10. Must be able to teach balance beam and floor. Choreography experience is a plus. Pay is commensurate experience and the amount of hours available. Please contact Rich at (561) 842-8488 or email a resume with references to gymlikethisrich@gmail.com

2017 USA Gymnastics Region 6 Judges Availability/Resume

Name: _____ Home #: _____
Address: _____ Work #: _____
City: _____ State: _____ Zip: _____
USA Gymnastics #: _____ Expiration Date: _____ Safety Exp _____ Background Exp _____
E-mail address _____ @ _____ Cell _____
Current Ratings held (2013-2018) _____ (Must hold a Level 10 or higher rating)

AVAILABLE	NOT AVAILABLE	NAME OF MEET	SITE	DATES
<input type="checkbox"/>	<input type="checkbox"/>	Level 9 & 10 Regionals	Springfield, MA	April 7-9
<input type="checkbox"/>	<input type="checkbox"/>	Level 7 & 8 Regionals	Springfield, MA	April 22-23
<input type="checkbox"/>	<input type="checkbox"/>	Level 9 Eastern Nationals**	Virginia Beach, VA	April 29-30
<input type="checkbox"/>	<input type="checkbox"/>	Level 10 JO Nationals**	Fort Worth, TX	May 5-7

Please note that travel may be necessary on Thursday, Friday and/or Monday if you are assigned to one of these meets.*

Please indicate which clinic(s) you have or will be attending:

- ☐ 2016 USA Gymnastics National Congress (San Jose, GA)
☐ 2016 USA Gymnastics Region 6 Congress (Providence, RI)
☐ 2016 Regional Congress _____ (which region)

This form must be sent to Pat Panichas, Panichas@aol.com. Failure to respond by July 27, 2016 indicates you DO NOT wish to be considered for the above mentioned meets.

Please indicate which you are available to volunteer. Requirements for Regional and National Assignments are available ***USA Gymnastics Region 6 WINTER NEWSLETTER***

http://region6usagym.org/sites/default/files/Newsletter_Winter%202016_Final.pdf

Have volunteered:

2016 Level 9/10 Regional Championships [Springfield, MA]

Number of Sessions _____

2016 Level 7/8 Regional Championships [Northborough, MA]

Number of Sessions _____

Other _____

Available: These will be assigned and are working camps.

<input type="checkbox"/> July 23	Regional Developmental Camp	Level 7/8	CGA, CT
<input type="checkbox"/> July 24	Regional Developmental Camp	Level 7/8	CGA, CT
<input type="checkbox"/> August 7	High Performance Camp	Level 9/10	MA
<input type="checkbox"/> August 8	High Performance Camp	Level 9/10	MA
<input type="checkbox"/> September 17	Regional Developmental Camp	Level 7/8	Roots , MA
<input type="checkbox"/> September 18	Regional Developmental Camp	Level 7/8	Roots, MA
<input type="checkbox"/> October 1	High Performance Camp	Level 9/10	CGA, CT
<input type="checkbox"/> October 2	High Performance Camp	Level 9/10	CGA, CT
<input type="checkbox"/> October 14	Working Together for Nationals	Level 9/10	Aim High, RI
<input type="checkbox"/> November 5	Regional Developmental Camp	Level 7/8	CGA, CT
<input type="checkbox"/> November 6	Regional Developmental Camp	Level 7/8	CGA, CT
<input type="checkbox"/> November 6	Rising Stars – Coaches & Judges		Rochester, NY

2016 Olympic Trials Hall of Fame

Region 6
is in the
HOUSE!



RIO BOUND!

Sylvia Brestyan - Aly Raisman- Mihai Brestyan



2016 HALL OF FAME!

Alicia Sacramone Quinn



OLYMPIC TRIALS!

Officials

CALENDAR 2016-2017

2016

AUGUST

5 – 7	USA Gymnastics Region 6 Congress	Providence, RI
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SEPTEMBER

17	National Gymnastics Day	Various Locations
24 – 25	Rising Stars – Long Island	Brentwood, NY

OCTOBER

9 – 10	Rising Stars – XCEL	Stow, MA
14	Working Together for Nationals	E. Greenwich, RI
15 – 16	Rising Stars – Rhode Island	E. Greenwich, RI
23	Rising Stars – Compulsories	Woburn, MA

NOVEMBER

3	Kellogg's Tour of Champions	Rochester, NY
5	Kellogg's Tour of Champions	Hartford, CT
6	Kellogg's Tour of Champions	Brooklyn, NY
6	Rising Stars – Upstate NY	Rochester, NY
12	Kellogg's Tour of Champions	Bridgeport, CT
13	Kellogg's Tour of Champions	Boston, MA

2017

MARCH

3	Nastia Liukin Cup	Newark, NJ
4	AT & T American Cup	Newark, NJ
18 – 19	Level 9 / 10 State Championships	Various Locations

APRIL

7 - 9	Level 9 / 10 Regional Championships	Springfield, MA
22 – 23	Level 7/8 Regional Championships	Springfield, MA
27 – 30	Level 9 Eastern Championships	TBD

MAY

5 – 7	J.O. National Championships	TBD
20 - 21	XCEL Regional Championships	Shrewsbury, MA

AUGUST

4 – 6	USA Gymnastics Region 6 Congress	Providence, RI
17 – 20	USA Gymnastics National Congress / P & G Championships	Anaheim, CA



365 Spring St.
Shrewsbury, MA 01545

PRESORTED FIRST CLASS U.S. POSTAGE PAID HUDSON, MA PERMIT NO. 6
