





Summer 2015

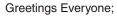




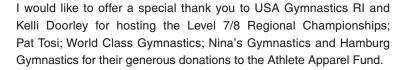








I would like to take this opportunity to Congratulate Daren Renna – the recipient of the '2015 Robert E. Miller Spirit of the Flame Award'. The Robert Miller* Spirit of the Flame Award is given by the USA Gymnastics Athletes' Council to recognize individuals in the sport of gymnastics who have demonstrated leadership, strength and determination in an extraordinary way. It also serves to celebrate both an individual's personal, as well as, athletic achievements. http://legacy.us-agym.org/spirit-of-the-flame/ this prestigious award will be presented at the Hall of Fame Luncheon on August 14, 2015 in Indianapolis, IN. Congratulations Daren!



Don't forget – the 2015 Region 6 Congress will be held August 7 – 9 in Providence, RI. The preliminary schedule is posted at https://usagym.org/pages/education/courses/U310/6/.

Do not miss this educational opportunity servicing the Women's Program; Men's Program; Officials; Business Owners and Recreational Staff. There is something for everyone.

Looking forward to seeing you at Region 6 Congress. Warm Wishes,





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REGION VI

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) 248-7999 (H) (203) 392-6082 (W) (203) 392-6093 (Fax)
REGIONAL JO PROG. CHAIRMAN	LARRY GOLDSMITH Igoldniag@aol.com	41 Brook Court E. Amherst, NY 14051	(716) 694-6557 (W) (716) 694-8961 (Fax)
REGIONAL Xcel COMMITTEE CHAIRMAN	DAVID AUGER dave@10-Ogymnastics.c	181 Great Road Stow, MA 01775 org	(978) 897-8184(Phone)

STATE CHAIRMEN

CONNECTICUT	LAURIE DEFRANCESCO Idfusagct@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.mainegymnastics.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	112 Crawley Falls Road 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) 334-3628 (Phone) (212) 334-1179 (Fax) www.nyusag.com
RHODE ISLAND	KELLI DOORLEY RIWStateChair@gmail.com	P.O. Box 5 Shannock, RI 02875	(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:

- Send 'Request for Sanction' to USA Gymnastics office with appropriate fees.
 Forms are available online at <u>www.usagym.org</u> .
 Sanction Fee - \$90.00
- Sanction Fee \$90.00 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 2015 - 2016 season are:

Xcel \$36.00Compulsory \$36.00Optional \$40.00

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 \$55 [Compulsory / Xcel] and \$60 [Optional]. 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, plagues recommended

*An increase in the Theme Meet entry / team fee is at the discretion of the State Administrative Committee [2015 - 2016].

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.*

-⊗-





RISING STARS TRAINING CAMPS



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

	RISING STARS Long Island	RISING STARS R.I.
WHEN:	September 26 & 27, 2015	October 24 & 25 2015
WHERE:	NewImage Gymnastics	Aim High Gym
	111 Wilshire Blvd	3355 S. County Trail

Brentwood, NY 11717 E. Greenwich, RI 401 886-7827

GUEST CLINCIAN:* Tammy Biggs TBD

WHO: Open to USAG compulsory and optional athletes [New Image Gym.]

Open to USAG optional athletes Level 6 and above [Aim High Gymnastics]

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
	Aim High		
	Saturday	12:00 - 4:00 PM	4:00 - 8:00 PM
1			

Sunday 9:00 - 1:00 PM 1:00 - 5:00 PM

DEADLINE: August 22, 2015

	RISING STARS Compulsories	RISING STARS Bright Raven
TENTENIA.	0 -4 -1 4 2015	N 1 0 2015

WHEN: October 4, 2015 November 8, 2015

Gymnastics and More

8 Micro Drive

12 Pixley Industrial Parkway

Woburn, MA 01801 Rochester, NY 14624

781 938-3669 585 247-0800

WHO: Open to USAG compulsory athletes Level 1 – 5 [Gymnastics & More]

Open to USAG compulsory & optional athletes [Bright Raven]

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

Bright Raven

Sunday 9:00 - 1:00 PM 1:00 - 5:00 PM

DEADLINE: September 19, 2015

^{*}Subject to change





2015 Rising StarsEntry Form





ADDRESS:						
TOWN / CITY:	STA	ATE	ZIP			
PHONE ()	CELL F	PHONE ()			
E-MAIL ADDRESS*		@			Safety	Background
COACH (ES) NAME			USAG # USAG # USAG #			Screen Exp
Athlete Name		USAG #	Athlete Name			USAG #
ng Stars Long Island □ g Island NY ember 26-27, 2015	Rising Stars RI E. Greenwich, RI October 24-25, 2015	V	Lising Stars Compulso Voburn, MA October 4, 2015	ries 🛚	Rising Stars B Rochester, NY November 8, 2	
entriesx \$11	0.00 =	#	of entries	x \$65.00	0 =	

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

SEND FORMS / FEES TO: Larry Goldsmith, RJOPC

41 Brook Court, E. Amherst, NY 14051

USE A SEPARATE FORM FOR EACH CAMP





Junior Olympic Update with Larry Goldsmith, Region 6 JO Chairman

Congratulations to our Level 9 Eastern National and Level 10 JO National competitors. Some highlights are:

Level 9 Easterns

IR 1 - 2 nd	Place	Team
------------------------	--------------	-------------

Katie Finnegan, GMGC Huntington 1st AA, 1st V, 1st FX

JR 2

Hailey Vultaggio, GMGC Smithtown 2nd AA
Marigold Garrett, Elite Gymnastics 1st FX
Julia Dinitto, Rochester Gymnastics Academy 1st V

JR3

Olivia Queri, Rochester Gymnastics Academy 1st AA, 1st BB

Brooklyn Manna, Legends 1st V

JR 6

Jordana Albanese, GMGC Huntington 1st BB

SR 2

Cassidy Ryan, Connecticut Gymnastics Academy
1st AA, 1st BB
Mia Schlarbaum, Rochester Gymnastics Academy
1st V, 1st FX, 2nd AA

Ashlyn Wahl, Arena Gymnastics 1st UB

SR 5

Savannah Gigandet, Phantom 1st BB

SR 6 - 2nd Place Team

SR 8 - 2nd Place Team

Congratulations Level 9 – 1st Place Team Champions Junior 2

Team Members include: Hailey Vultaggio, GMGC Smithtown; Marigold Garrett, Elite Gymnastics Academy; Gianna Graver, GMGC Huntington; Grace Vaillancourt, Brestyan's; Julia Dinitto, Rochester Gymnastics Academy; Alyssa Corrigan, Brestyan's; Asta-Sollija Farrell, Chelsea Piers

Senior 2

Team Members include:

Cassidy Ryan, CT Gymnastics Academy; Mia Schlarbaum, Rochester Gymnastics Academy; Ashlyn Wahl, Arena Gymnastics; Clare Hampford, CT Gymnastics Academy; Scout Fronhofer, Aerials Gymnastics; Jenna Zakala, Valley Gymnastics; Emma Schultz, Gold Star

-

Level 10 JO Nationals

IR D

Nicole Biondi, 10.0 Academy 2nd FX



USA Gymnastics - J.O. Club of the Year

Each year the State Administrative Committee submits the selection for State J.O. Club of the Year. Congratulation to the following clubs:
Connecticut Gymnastics Academy – Connecticut
Maine Academy of Gymnastic s- Maine
Gym-Ken Gymnastics – New Hampshire
Rochester Gymnastics Academy – New York
Ocean State School of Gymnastics – Rhode Island
Regal Gymnastics Academy – Vermont

The Regional Administrative Committee selects the Regional Club of the Year. Congratulations to the 2015 Region 6 JO Club of the Year – Ace Gymnastics and Laura Tebo. Laura was a great coach and her contributions to the sport of gymnastics will long be remembered.

2016 J.O. NATIONAL CHAMPIONSHIPS

In 2016, the format for the Level 10 JO Championships will be changing. The idea is to allow more gymnasts to have a 'national level' experience. The NIT meet will no longer be held and Level 10 will add two age groups (JR/SR E & F). The age groups will be Junior /Senior A, B, C, D, E, F. This adds 28 additional athletes from each region. For this reason, the Region 6 Athlete Apparel criteria will be reviewed.

2015 RISING STARS

Rising Stars is the major fundraiser for the athlete apparel fund. The dates and location for this years Rising Stars are:

Rising Stars Long Island Saturday Sept 26 & Sunday, Sept 27, 2015

New Image, Brentwood, Long Island Guest Clinician Tammy Biggs \$110.00 per gymnast

Rising Stars Rhode Island Saturday Oct 24 & Sunday, Oct. 25, 2015

Aim High Academy, E. Greenwich, RI Guest Clinician: TBD \$110.00 per gymnast

Rising Stars Compulsories Sunday, Oct. 4, 2015

Gymnastics and More, Woburn, MA Level 2-5 \$65.00 per gymnast

Rising Stars- Working with the Judges and Coaches

-

Sunday, Nov. 8, 2015 Bright Raven Gymnastics, Rochester, NY \$65.00 per gymnast



Working Together for Nationals - this clinic is for all gymnasts who have qualified to the Level 9 Eastern and Level 10 National Championships. Coaches should submit a application with their gymnasts information and which championship she has competed in. Petitions are also accepted if there is room in the clinic. All applications for Rising Stars and Working Together for Nationals should be sent to: Larry Goldsmith, Region 6 JOCC, 41 Brook Ct., East Amherst, NY 14051

Working Together for Nationals

Date: Friday, Oct. 23, 2015 Aim High Academy, RI

5:00-9:00

Fee: \$65.00 per gymnast

After the JO National Championships in May the JO and Technical Committees meet to discuss and vote on policies and rules for the following year. One of the changes this year is Level 8 vaulting. The committees discussed at length the safety of athletes who were performing unsafe flipping vaults. Some of the rule changes to regulate this situation are:

For Level 8 Vault only:

- If the coach spots in the post flight, it will be a 1.00 deduction, instead of a void vault.
- The athlete may choose to attempt one or two vaults. If she decides to perform the second vault, she is declaring the score of the second vault as her final score.

The reasoning behind this recommendation is that if an athlete does an unsafe first vault, the coach will hopefully choose an easier vault as a second counting vault, and not a repetition of the first unsafe vault. The goal of this rule is all about safety.

I wish everyone a safe and successful summer and look forward to seeing you at the Region 6 Congress.

Sincerely,

Larry Goldsmith
Region 6 JO Chairman

USA GYMNASTICS BUSINESS FORUM

USA Gymnastics Club Services invites Region 6 member club owners to attend a complimentary luncheon on Saturday, August 8 (during the lunch break). Registration is **FREE** and only available to member club owners attending Region 6 Congress.

Register online to reserve your spot today. Space is available for the first 50 club owners (1 person per club, please). If you are registered for Region 6 Congress please contact

Member Services with your name and member club number membership@usagym.org.







2015 USA Gymnastics Region 6 Judges Availability/Resume

Name:		Home #:			
Address:		Work #:			
		State:			
USA Gymnas	stics #:	Expiration Date:	Safet	y Exp Ba	ckground Exp
E-mail addres	SS	@		Cell	
		(M			
AVAILABLE	NOT AVAILABLE	NAME OF MEET		SITE	DATES
		Level 9 & 10 Regional Level 7 & 8 Regionals Level 9 Eastern Nation Level 10 JO Nationals	nals**	Springfield, MA TBD Virginia Beach, VA Fort Worth, TX	April 16-17 April, 29 - May, 1
*Please note to one of the		necessary on Thursday	y, Friday	and/or Monday if	you are assigned
Please indi	icate which clini	c(s) you have atten	ded:		
	2014 USA Gymnas	stics National Congress	(Pittsburg	gh, PA)	
☐ 2014 USA Gymnastics Region 6 Congress (Providence, RI)					
☐ 2015 USA Gymnastics National Congress (Indianapolis, IN)					
	☐ 2015 USA Gymnastics Region 6 Congress (Providence, RI)				
Please indi	icate which ever	ts you have volunte	eered fo	or:	
		Regional Championships	` .	•	
	2015 Level 7/8 Regional Championships (Providence, RI)				
	2015 USA Gymnastics Region 6 Congress (Providence, RI) 2014 Working Together for Nationals (E. Greenwich, RI)				
	0 0	(Location)		,	

This form must be sent to Pat Panichas, 9 Sherman Lane, Hamden, CT 06514. Panichas@aol.com Failure to respond by August 22, 2015 indicates you DO NOT wish to be considered for the above mentioned meets.





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CALENDAR 2015-2016

2015

AUGUST 7 - 9 12 - 16 18	USA Gymnastics Region 6 Congress USA Gymnastics Congress / P & G Championships State Chairman Workshop	Providence, RI Indianapolis, IN Indianapolis, IN
SEPTEMBER 19 26 & 27	National Gymnastics Day Rising Stars Long Island	Various Locations Brentwood, NY
OCTOBER 4 23 24 & 25 23 – Nov 1	Rising Stars – Compulsories Working Together for Nationals Rising Stars – Rhode Island Artistic World Championships	Woburn, MA E. Greenwich, RI E. Greenwich, RI Glasgow, Scotland
NOVEMBER 8 2016	Rising Stars Coaches / Judges	Rochester, NY
MARCH 4 5 19 - 20	Nastia Liukin Cup AT&T American Cup Level 9 /10 State Championships	Newark, NJ Newark, NJ Various Locations
APRIL 8 - 10 16 - 17 29 – May 1	Level 9/ 10 Regional Championships Level 7 / 8 Regional Championships Level 9 Eastern Championships	Springfield, MA TBD Virginia Beach, VA
MAY 7 – 8 21 - 22	J.O. National Championships XCEL Regional Championships	Fort Worth, TX TBD
JUNE 3 - 5 23 - 26	Secret Classic / P & G Championships M P & G Championships W / Olympic Trials M	Hartford, CT St Louis, MO
JULY 8 – 10	USA Gymnastics Congress / Olympic Trials W	San Jose, CA
AUGUST 5 - 7	USA Gymnastics Region 6 Congress	Providence, RI

NEW FOR 2016! LEVEL 7 & 8 REGIONAL CHAMPIONSHIPS QUALIFYING CRITERIA

Rio de Janeiro

Level 8

5 - 21

- Qualification will take place at the State Championships
- Top seven gymnasts regardless of age group will qualify as the 'Super Team'.

Olympic Games

An additional 112 gymnasts [All Stars] will be selected on a % of a % formula.

Level 7

- Qualification will take place at the State Championships
- Top seven gymnasts, regardless of age group, will qualify as the Super Seven State Team.
- An additional 112 qualifiers [All Stars] will be selected on a % of a % formula.

XCEL REGIONAL CHAMPIONSHIPS ELIGIBILITY

In the spirit of good sportsmanship, fairness to all athletes and competitive balance an athlete is not eligible to participate in the Regional Championships if they have competed in the J.O. State or Regional Championships in the same competitive year







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