



NEWSLETTER

W i n t e r 2 0 1 5

Greetings Everyone,

It is hard to believe – but the championship season is on the horizon. USA Gymnastics Region 6 has been busy preparing for success. At the 2014 Region 6 Congress – coaches voiced their desire to offer a training situation for our up and coming athletes. The Region 6 Developmental Camp became a reality and two camps were held [November / January]. The objective of this camp was to create an opportunity for our region's strongest young Level 7, 8 and TOPS athletes and their coaches to work together in a centralized training situation to develop these athletes in preparation for levels 9 and 10, leading to a more successful showing from Region 6 at Easterns and J.O. Nationals.

Thank you to staff members:

Guest Clinician: Neil Resnick [USA Gymnastics National Staff / Boise State university]; Tammy Biggs [USA Gymnastics National Staff] and Jim Chudy [Coach of World Champion Chelsie Memmel].

Regional Staff: Christalle Auger [10.0 Academy]; Laurie DeFrancesco [Arena Gymnastics]; Brock Freehling [CT Gymnastics Academy]; Rodica Marcov [Marcov –Sharp Gymnastics]; Robert McElroy [Gymnastics Learning Ctr]; Patrick Palmer [MGC-Waltham]; Brian Pickard [Gymfest]; Tony Retrosi [Atlantic Gymnastics]; Jason Vonk [Yale University]; Juston Ziegler [Brestyan's Gymnastics].

Thank you to Brock Freehling and Al Notarnicola [Gold Medal Gymnastics – Huntington] for hosting these events

A special thank you to Marlyce Morace [Daggett's Gymnastics] for her commitment and dedication to USA Gymnastics Region 6. Her leadership made this initiative a reality.

Don't forget – the 2015 Region 6 Congress will be held August 7 – 9 in Providence, RI. EARLY BIRD registration is open at <https://usagym.org/pages/education/courses/U310/6/>. Do not miss this educational opportunity servicing the Women's Program; Men's Program; Officials; Club Owners and Recreational Staff. There is something for everyone.

Warm wishes for a happy, healthy and safe 2015.

Kathy

SAVE THE DATE
REGION 6
CONGRESS
2015

August 7-9

Omni Providence
Providence, RI

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REGION VI

USAG WOMEN'S PROGRAM COMMITTEE

Web page: www.regionusagym.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 lgoldniag@aol.com	41 Brook Court E. Amherst, NY 14051	(716) 694-6557 (Work / Fax)
REGIONAL Xcel COMMITTEE CHAIRMAN	DAVID AUGER dave@10-Ogymnastics.org	181 Great Road Stow, MA 01775	(978) 897-8184 (Phone)

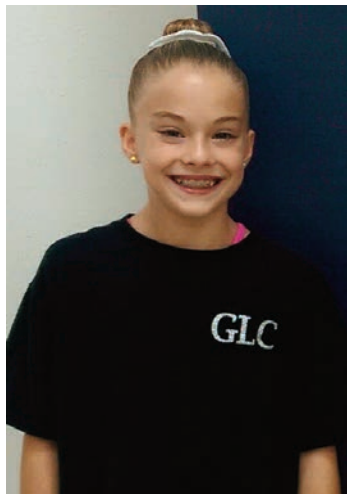
STATE CHAIRMEN

CONNECTICUT	LAURIE DEFRANCESCO ldfusagct@aol.com	25 Congress Ave Shelton, CT 06484	(203) 924-9257 (Home) (203) 231-4967 (Cell) www.ct-usagymnastics.com
MAINE	CAROL HAMILTON 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.massusag.com
NEW HAMPSHIRE	SEANA RIOUX nhusag@comcast.net	112 Crawley Falls Road Brentwood, NH 03833	(603) 770-6199 (Cell) (603) 642-7200 (Work) www.nh-usag.org
NEW YORK	TINA FERRIOLA usagny@gmail.com	105 Duane Street Apt #46B New York NY 10007	(917) 549-6934 (Cell) (212) 334-3628 (Phone) nyusag.com
RHODE ISLAND	KELLI STAMPS 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

CONGRATULATIONS 2014 TOPS TEAM MEMBERS



Annie Mills
Gymnastics Learning Center
Massachusetts



Maily Mohamed
Chelea Piers
New York



Wells Fischer
Arena Gymnastics
Connecticut



Rochester Gymnastics Academy
Back row: Mia Viola, Tessa Sutton, Leanne Desmond
Front row: Kiran Mruthyunjaya, Reese Borrell



**2015 REGIONAL CHAMPIONSHIPS
GENERAL INFORMATION**

www.region6usagym.org

LEVEL 9/10

DATE: April 17 – 19, 2015

HOST: USA Gymnastics Region 6
Region6usag@gmail.com

SITE: MassMutual Center
1277 Main Street
Springfield, MA 01103

ACCOMMODATIONS: Springfield Marriott
2 Boland Way
Springfield, MA 01115
Code: USA Gymnastics Region 6 Room Block
\$119.00++
1 800-228-9290 1 413-781-7111
ROOM BLOCK OPENS 4/1/15

Sheraton Springfield
Monarch Place
Springfield, MA 01144
Code: USA Gymnastics Region 6
\$139.00++
1 800-426-9004 1 413 781-1010
ROOM BLOCK OPENS 4/1/15

QUALIFYING CRITERIA: 34.00 at the State Championships
Injury Petitions: Rules and Policies p. 78
<https://usagym.org/PDFs/Forms/Women/injury2015.pdf>

FORMAT: Modified Capitol Cup

ENTRY FEE: \$100.00
www.meetmaker.com

DEADLINE: 4/1/15
Entries received after 4/1/15 is subject to a \$25 / gymnast fee
No entries accepted after 4/5/15

SCHEDULE:*

Friday	April 17	Level 10
Saturday	April 18	Level 9
Sunday	April 19	Level 9

***FINAL MEET SCHEDULE WILL BE DETERMINED 4/1/15**

EQUIPMENT: AAI

ADMISSION:

Day Pass	Adult \$15.00 / Senior & Student [12 and under] \$10.00
All Session Pass	Adult \$25.00 / Senior & Student [12 and under] \$15.00

REMINDER: if you have athletes qualify to Level 9 Easterns and/ or Level 10 Nationals, you must fill out Entry forms at Regionals, immediately following each session. You will need a separate club check per level.
NO PERSONAL CHECKS ACCEPTED

****Schedule is tentative and subject to change.***



**2015 REGIONAL CHAMPIONSHIPS
GENERAL INFORMATION**

www.region6usagym.org

LEVEL 7 & 8

DATE:	May 2 – 3, 2015	
HOST:	USA Gymnastics Region 6 / USA Gymnastics RI Region6usag@gmail.com	
SITE:	Providence Career Technical Academy 41 Fricker St Providence, RI 02903	
ACCOMMODATIONS:	<p>Omni Providence Hotel One West Exchange St Providence, RI 02903 Code: 2015 Region 6 Championships 1800 843-6664 Cut off 4/13/15 \$169.00 - \$189.00++ 1 mile from venue</p> <p>Hampton Inn & Suites 2100 Post Road Warwick, RI 02886 1 401 739-8888 1 800 426-7866 Code: UGA http://hamptoninn.hilton.com/en/hp/groups/personalized/WWRWHSHXUGA20150429/index.jhtml?WT.mc_id=POG Cut off 4/13/15 \$129.00 - \$149.00++ 9 miles from venue</p>	
EQUIPMENT:	AAI	
FORMAT:	Modified Capitol Cup	
AGE GROUPS:	Level 8 [8-11] [12] [13-14] [15+]	
QUALIFYING CRITERIA:	<p>NEW FOR 2015</p> <p>Level 7 Qualification will take place at the state championships. Top 7 gymnasts regardless of age group will qualify as the State Super Seven. An additional 56 qualifiers [All Stars] will be selected on a % of a % formula.</p> <p>Level 8 Qualification will take place at the state championships. Top 7 gymnasts regardless of age group will qualify as the <i>Super Team</i>. There is no bye squad in this session. The top 7 gymnasts in age group [8 – 12]; top 7 gymnasts in age group [13+]; will qualify as the state team. The 8th gymnast in each age division will advance to a Mixed State Team.</p> <p>An additional 56 qualifiers [All Stars] will be selected on a % of a % formula. Athletes in the All-Star session will compete on all-star teams.</p>	
ENTRY FEE:	\$100.00 www.Meetmaker.com	
DEADLINE:	4/ 1/ 15 [CT / MA / RI] 4/15/15 [NY/ VT / NH / MA – L 7]	
	Entries received after the deadline are subject to a \$25 / gymnast fee No entries will be accepted after 4/17/ 15	
ADMISSION:	Day Pass Weekend Pass	Adult \$15 / Senior & Student [12 and under] \$10 Adult \$25 / Senior & Student [12 and under] \$15
SCHEDULE	Saturday Sunday	Level 7 – All Stars Level 7 – <i>Super Seven</i> Level 8 - <i>Super Team</i> Level 8 - [13+] State Team Level 8 – [8 – 12] State Team Level 8 -All Stars

*Schedule is tentative and subject to change



2015 XCEL REGIONAL CHAMPIONSHIPS

GENERAL INFORMATION

www.region6usagym.org

SILVER; GOLD; PLATINUM; DIAMOND

DATE: May 30 – 31, 2015

HOST: USA Gymnastics Region 6
Region6usag@gmail.com

SITE: Shrewsbury High School
64 Holden St
Shrewsbury, MA 01545

ACCOMODATIONS: Holiday Inn Express
110 Summer St
Worcester, MA
508-757-0400
855-914-9635
CODE: USA Gymnastics Regional Championship
<http://www.hiexpress.com/redirect?path=hd&brandCode=ex&localeCode=en®ionCode=1&hotelCode=ORHWR&PMID=99801505&GPC=GRC>
\$139.00++
Includes Breakfast
5.5 miles from venue

Doubletree Westborough
5400 Computer Drive
Westborough, MA 01581
508-366-5511
\$105.00++
12 miles from venue

EQUIPMENT: AAI

FORMAT: Modified Capitol Cup

QUALIFYING CRITERIA:

- Qualification will take place at the State Championships. States not hosting Championship events may determine the qualifying criteria.
- The top [7] gymnasts in each division will qualify as the state team. An additional 60 qualifiers [All Stars] will be selected on a % of a % formula. This formula will be determined using the State Xcel membership as of 2/1/15.

ENTRY FEE: \$85.00
Deadline to Register: Wednesday following the State competition
No entries will be accepted after 5/22/15
www.meetmaker.com

ADMISSION: \$10.00 Adult \$5.00 Senior / Student [12 and under]

SCHEDULE:

Saturday - Silver / Gold

Session 1	Silver	All Star
Session 2	Silver	State Team
Session 3	Gold	All Star
Session 4	Gold	State Team

Sunday – Platinum /Diamond

Session 5	Platinum	All Star
Session 6	Platinum	State Team
Session 7	Diamond	All Star / State Team

***SCHEDULE SUBJECT TO CHANGE**



MeetMaker

Online Gymnastics Meet Registration

New to your regional meet registration this year:

You will be required to have your USA Gymnasts club number in your profile You will have to have all gymnast and coaches USA Gymnastics numbers entered You will have to register atleast one coach with the first entry (Petitions not included) Your entry will not go through if

you do not have these filled in on the MY ROSTER and PROFILE screen

We welcome Region 6 to MeetMaker we hope to make your regional entry as easy as possible. We encourage you to fill out or edit your profile and roster now so it will save you time later.

MeetMaker is a 3 step process:

Step 1: Fill out a Gym profile (enter an organization number)

Step 2: Create a Gym Roster (can be downloaded from the USAG web site Gymnast and coaches)

Step 3: Go to the registration link for the meet you are entering and click the gymnast you want to enter.

If you filled out a Profile and Roster previously it is still in our system. You can upload and update your current gymnast and coaches roster right from the USAG web site. This will update gymnast levels and all expiration dates for coaches as well.

Create a Profile:

1. Click the "Sign Up a New Gym" link
2. Enter all the information in the profile page
3. In the Organization box click "Add New Organization" click the [arrow] and select USAG, then fill in your club number. Then click "SAVE"
4. Click the "Save" button on the bottom off the screen

Create a Roster:

1. From your MY GYM page click the "MY ROSTER" link
2. You can hand enter your gymnast or select the **IMPORT FROM USAG LINK**
3. To hand enter click the "ADD NEW GYMNAST" box (fill in all the information on this page)
4. Scroll down and enter your coaches on this page too.

Register:

1. Click the "MEETS" link on the top menu bar (the "MY MEETS" are for the meets you have already entered)
2. Select if this is a petition or a regular registration
3. Scroll down to the gymnast grid check the gymnast and coaches attending the meet (and any boxes that pertain to that gymnast), you can enter a gymnast to your roster on the "DIRECT ENTRY" section if you are missing a gymnast in your roster if know a gymnast is in your roster but not in the registration grid please check the level of that gymnast in the "MY ROSTER" page
4. Click the "CONTINUE" box at the bottom, Then enter your payment info; You will recive a registration email and you can see the entry in the MY MEETS link on your home page

Edit Gymnast and Coaches In Current Roster:

1. On the "MY ROSTER" page click the Edit link next to the gymnast you want to edit their level
2. Scroll down to the "Level Grid" Click the "EDIT" box next to their level and select the correct level
3. Click the "SAVE" button and the "SAVE" the gymnast to return to the ROSTER page
4. Do the same for your coaches (you can update the expiration dates here too).

WWW.MEETMAKER.COM

SUPPORT@MEETMAKER.COM

JASON@MEETMAKER.COM

TRACY@MEETMAKER.COM

Revised January, 2015



Injury Petition Form

Deadline – 3 days following the last qualifying meet

For State Championships: send your form to your State Administrative Committee Chairman
For Regional Championships: send your form to your Regional Technical Committee Chairman (or other designated person).

Note: Notify the RACC by the Monday following the State Meet of any athletes who intend to petition to Regionals.

Refer to Chapter Eight, pages 76-78 and page 85 in the current *Women's Rules and Policies* under specific meet information.

*If this form is incomplete, it may NOT be accepted. It is the responsibility of the coach to provide all necessary information.

Meet petitioning to: _____

Gymnast's Name: _____ USA Gym Number: _____

Birth Date: _____ Age and Level: _____

Coach's Name: _____ Coach's Cell Phone #: _____

Coach's USA Gym Number: _____ Coach's E-mail: _____

Gym Name: _____

Gym Full Address: _____

Gym Phone #: _____ Gym Fax #: _____

1. Photocopy Results of a minimum of one Sanctioned Meet:

Meet: _____ Date of Competition: _____

Scores – Vault: _____ Bars: _____ Beam: _____ Floor: _____ AA: _____

2. Licensed Medical Professional's written verification of illness or injury and release to return to gymnastics activity. Please specify the DATE of return to gymnastics activity.

IMPORTANT

2015 PETITION ENTRY PROCEDURE

Clubs must register petitioned athletes – online. This will be a separate registration from club entries. The RTC will ‘ACCEPT’ or ‘DENY’ the petition online. The gym will receive an e-mail indicating the status of the petition. Clubs will NOT be charged the entry fee until the petition has been accepted.

PETITION RULES

These are found in the current [2014-2015] Rules and Policies, page 74, 78-79

Level 9 / 10 Regional Championships:

Coaches must notify their Regional Administrative Committee Chairman by e-mail NO LATER THAN the Monday following the State Championships of any athletes they intend to petition to their Regional meet. Region6usag@gmail.com

The following must be received by the RTCC [Pat Panichas] no later than [3] days after your state's Level 9 / 10 State Championships:

- PETITION FORM – completely filled out with CORRECT INFORMATION.
- Photo copy of one pre-state; current sanctioned competition at the level the athlete is petitioning – with a MINIMUM score of 35.00 AA.
 - If a gymnast competed at the 2014 Level 9/10 Regional Championships; Easterns or JO Nationals and scored a 35.00 and she is at the same level – those scores may be used.
- A written request from the coach stating the reason for the petition (reasons are illness, injury or personal tragedy).
- A Licensed Medical Professional's written verification of the illness or injury and **DATE of RELEASE** to return to gymnastics activity. **The release date must be prior to the Regional Championship.**

In order to meet the deadline: Attach/Scan all of the required paperwork listed above and submit via e-mail to

Pat Panichas

panichas@aol.com

If for some reason this is not possible then Express Mail [waive signature]

9 Sherman Lane – Hamden, CT 06514

Phone [203] 248-7999 or Cell (203) 215-8420

If you do not have the physician's note- please send all other material by the deadline and the physician's note ASAP!

REGION VI ATHLETE APPAREL FUND

THE REGION VI ATHLETE APPAREL FUND SUPPORTS OUR GYMNASTS WHO QUALIFY TO REGIONAL AND NATIONAL MEETS IN THEIR RESPECTIVE LEVELS – LEVEL 10 AND LEVEL 9. THE FUND PROVIDES APPAREL FOR NATIONAL QUALIFIERS. IN 2014 THE ENTRY FEE FOR JO NATIONALS WAS PAID THROUGH THE REGIONAL ACCOUNT.

THE POLICY REGARDING ATHLETE AND COACH'S APPAREL FOR THE JO NATIONAL AND EASTERN CHAMPIONSHIPS HAS BEEN REVISED. THE ATHLETE APPAREL FUND IS SOLELY SUPPORTED BY THE FUNDS GENERATED FROM THE RISING STARS TRAINING CAMPS AND INDIVIDUAL DONORS.

THE FOLLOWING POLICIES WILL IMPACT THE 2015 JO NATIONAL / EASTERN CHAMPIONSHIPS:

- EVERY CLUB WITH POTENTIAL JO NATIONAL / EASTERN COMPETITORS IS EXPECTED TO PROVIDE A COACH TO WORK AS A CLINICIAN FOR A MINIMUM OF **TWO** SESSIONS AT A RISING STARS TRAINING CAMP.
- ANY CLUB THAT DONATES \$500 **PRIOR** TO THE LEVEL 9/10 STATE CHAMPIONSHIPS WILL BE ELIGIBLE TO RECEIVE APPAREL FOR QUALIFIED ATHLETES AND THEIR COACHES.
- **ONLY PARTICIPATING ATHLETES RECEIVE APPAREL. SCRATCHES DO NOT RECEIVE REGION 6 APPAREL.**
- CLUBS THAT DID NOT VOLUNTEER AT A RISING STARS TRAINING CAMP WILL BE CHARGED \$150.00 PER ATHLETE. COACHES WILL BE CHARGED AN ADDITIONAL FEE FOR APPAREL.
- A HOTEL HAS BEEN RESERVED FOR THE 2015 JO NATIONAL CHAMPIONSHIPS. ROOMS HAVE BEEN BLOCKED FOR COACHES, ATHLETES AND FAMILY MEMBERS. ROOMS WILL NOT BE RELEASED UNTIL THE REGIONAL CHAMPIONSHIPS.
- THERE ARE NO SPECIAL HOTEL ACCOMMODATIONS FOR LEVEL 9 EASTERN QUALIFIERS.

THE FOLLOWING CLUBS HAVE FULFILLED THEIR REGIONAL OBLIGATION:

10.0 Academy; Aim High Gymnastics; All Star Gymnastics – CT; APEX; Arena; Arnold's Gymnastics; Atlantic Gymnastics; Blaze; Brestyan's Gymnastics; Cape Cod Gymnastics; CT Gymnastics Academy; Chelsea Piers; CNY; Daggett's Elite Gymnastics Academy; Excel – NY; Exper-Tiess; Farmingdale Gymnastics; Galaxy; Gym Learning Center; GMGC-Huntington; GMGC-Rocky Point; Greater Buffalo; Gym-Ken; Gymnastics and More; Gymnastics Village; Jungle Gym; Kennet; Le-Studio; MGC Waltham; Mid-Island; Nastics; NE Airtime; NEGX; New Image;NHAAG; Niagara; NYC Elite; Nina's; Off the Wall; Orchard Park; Phantom Gymnastics; Rochester Gymnastics Academy; Richmond Gymnastics; Roots; South Shore Gymnastics; Stumpf's; Valley; Victors; Walker's; World Class

Questions??? Contact region6usag@gmail.com

REGION VI

ATHLETE APPAREL FUND CONTRIBUTION

NAME _____

CLUB _____

ADDRESS _____

AMOUNT _____

Make checks payable to:
USAG VI – Athlete Apparel
Please mail your contribution to:
Kathy Ostberg – 365 Spring St – Shrewsbury, MA 01545

USA Gymnastics Region 6 Developmental Camp



BULLETIN BOARD

Judges' Mileage Reimbursement For 2015

Attention Women's Artistic Gymnastics Judges and Meet Directors:

Effective January 1, 2015, the rate for mileage reimbursement for judges is \$.57 per mile to reflect the recent increase in the IRS standard mileage rate for 2015.



USA GYMNASTICS®

WEBINARS

Women's TOPs Program

Date: Feb. 4, 2015

Time: 1:00 p.m. ET

2015 USA Gymnastics

Success is a Team Effort

Region 1
August 21-23
San Jose, CA

Region 2
June 19-21
Portland, OR

Region 3
June 13-14
Colorado Springs, CO

Region 4
June 12-14
Cedar Rapids, IA

National Congress
August 13-16
Indianapolis, IN

Region 6
August 7-9
Providence, RI

Region 7
June 26-28
College Park, MD

Region 8
June 19-21
New Orleans, LA

USA Gymnastics
National Congress
Trade Show
Indianapolis • 2015
esgymcongress.org

USA GYMNASTICS®
Regional Congress

USA Gymnastics Region 6 Congress - Registration Open

<https://usagym.org/pages/education/courses/U310/6/>

CALENDAR 2015 - 2016

2015

MARCH

6	Nastia Liukin Cup	Arlington, TX
7	AT & T American Cup	Arlington, TX
28 – 29	Level 9 / 10 State Championships	Various Locations

APRIL

17 – 19	Level 9 / 10 Regional Championships	Springfield, MA
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MAY

2 – 3	Level 7 / 8 Regional Championships	Providence, R.I.
8 – 10	Level 9 Eastern Championships	Kissimmee, FL
15 – 17	J.O. National Championships / NIT	Des Moines, Iowa
30 – 31	XCEL Regional Championships	Shrewsbury, MA

AUGUST

7 – 9	USA Gymnastics Regional 6 Congress	Providence, RI
12 – 16	USA Gymnastics National Congress	Indianapolis, IN
		P & G Championships

2016

MARCH

18 – 20	Level 9 / 10 State Championships	Various Locations
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APRIL

8 – 10	Level 9 / 10 Regional Championships	Springfield, MA
23 – 24	Level 7 / 8 Regional Championships	Springfield, MA
28 – May 1	Level 9 Eastern Championships	TBD

MAY

5 – 8	J.O. National Championships	TBD
TBD	XCEL Regional Championships	

JUNE

3 – 5	Secret U.S. Classic / Men's P & G Championships	Hartford, CT
23 – 26	Men's Olympic Trials / Women's P & G Championships	St Louis, MO

JULY

8 – 10	Women's Olympic Trials	San Jose, CA
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365 Spring St.
Shrewsbury, MA 01545

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