

COUSAG Committee Meeting 2024
When: February 19, 2024
Zoom Call 11:30 am- 12:30 pm

- Committee Members in Attendance
 - Amanda Webb- State Chair
 - Allie McNeil
 - Eric Pung
 - Stephanie Sodden
 - J.A. Dominguez
 - Rich Villareal
 - Stacie Beckwith- SJD

NEW:

- 1) Discussion on State Meets for 2024/2025 and calendar

Level 2-5 DROP AND FALL DROP BACK DATE: October 20, 2024

Level 2-5 State Meets and Last Qualifying Weekends

Level 3/4/5 Last Qualifying Weekend- November 9/10, 2024

Level 3/4/5 State Meet - November 22/23/24, 2024

Level 2/ (B/S Fall) Last Qualifying Weekend- November 23/24, 2024

Level 2/ (B/S Fall) State Meet- December 7/8, 2024

Fall Bronze/Silver State Meet and Qualifying Weekend

Fall Bronze/Silver Last Qualifying Weekend- November 23/24, 2024

Fall Bronze/Silver State Meet- - December 7/8, 2024

Spring Xcel Bronze and Silver State Meets and Last Qualifying Weekends

Spring Silver and Bronze Last Qualifying Weekend- May 17/18, 2024

Spring Silver and Bronze State Meet- May 30, June 1, 2025

Amanda to get the Regional dates from RAC Meeting on 2/28. She will send the proposed state dates to the committee soon after and then get state meet bids out by the end of that week. All Meet bids and State meet bids will be due 3/15.

- 2) Discussion on upcoming State Meets
 - a) Follow up on the IES forms and score forms

REMINDERS:

- Athlete verification
- IES form submission

Links to forms are hyperlinked below and can also be found at cousag.com

[STATE MEET GYMNASTS SCORE VERIFICATION 2023/2024 \(DP AND XCEL\)](#)

- Enter all athletes who have met the qualification score (whether it is an AA minimum or just the fact that they competed an AA- see chart on COUSAG for qualification requirements)
- This needs to take place at a minimum of two weeks prior to each Level's State Meet. If you know before hand, please enter them beforehand.

[LEVEL 4 to 6 MOBILITY 2023/2024](#)

- If you plan on having athletes move from Level 4 to Level 6, based on the newest change in R&P for Level 4 to 6 Mobility, use this form to track the 2 meets that the AA score was met.

[XCEL STATE MEET IES SCORE VERIFICATION 2023/2024](#)

[DP LEVEL 6/7/8 STATE MEET IES SCORE VERIFICATION 2023/2024](#)

All forms can also be found on www.cousag.com

- 3) Update from Rich- College Bound- Back under Region 3 starting now. Will be at WOGA in Dallas. Stay tuned for more details on College Bound and other Region 3 camps.
- 4) Level 6 State Shirts- no national logo on it.
 - a) Level 6 tshirts for \$20 or less for Level 6 All star
 - i) Motion - Stephanie
 - ii) Second- Allie
 - iii) Passed unanimously
 - b) Allie to begin design work

OLD:

Level 6-10 State 2024 sessions, will run as follows:

Friday- 9/9/10

Saturday- 8/8/6

Sunday- 7/7

Levels will run youngest to oldest

Motion: Eric

Second: Allie

Passed unanimously

***This decision was based on numbers pulled for the state on 10/20/2023 and should numbers per level change closer to the state meet, there could be some modifications.*

Level 3/4/5 State 2023- running 5, 4, 3, youngest to oldest

Optional/Upper Level Xcel Clinic 2023

NAWGJ and COUSAG are working on a final schedule and location, as of now, the date is set for Nov 12, 2023. Details to follow soon.

Athlete/Coach of the Year

Discussion of bringing back Compulsory and Optional coach of the year, along with Level 8, 9 and 10 athlete of the year, with the addition of Xcel coach of the year and Platinum, Diamond and Sapphire athlete of the year.

Motion: Stephanie

Second: JA

Passed unanimously

MANDATORY SCORE REPORTING FOR SANCTIONED MEETS-

Discussion was had, that after the COUSAG State Committee had done away with the score reporting system, we are no longer following through with Rules and Policies, so need to have a new way to report. It was suggested that all meets are to be uploaded to myusagym beginning 1/1/2024.

[CLICK HERE](#) TO SEE INFORMATION ON THE PROGRAM

If a club is hosting a meet that they want to be a State qualification meet, they must upload to myusagym.

Motion: Stephanie

Second: Allie

Financials: Discussion took place of what the yearly budget looks like and what can we do for the state. Currently all education opportunities/clinics that the state has run have been at no charge to those who have attended. We do have a surplus, so the committee will submit suggestions on how we want to move forward in contributing to the state.

RECAP

- **LEVEL REPS**
 - 9/10 Level Rep- ERIC
 - 6/7/8 Level Rep- ALLIE
 - 5 Level Rep- JA

- 3/4 Level Rep- STEPHANIE
 - PLATINUM/DIAMOND/SAPPHIRE- TREVOR
 - GOLD- ALICIA
 - BRONZE- STEPHANIE- TREVOR FALL
 - SILVER- STEPHANIE- TREVOR FALL
-
- Alicia motions that Platinum/Diamond starting the 2023/2024 season will have a 33.00 AA to qualify for the state meet once during the current season at a sanctioned meet.
 - Trevor seconds
 - Passed unanimously
 - Trevor would like to motion to have grand champions for top 3 teams with a 3 out score for Spring Bronze and Silver State Meets.
 - JA Second
 - 1 no, 1 abstained, 1 yes
 - Passes