



NEWSLETTER

FALL 2019

Greetings,

Welcome back - the 2019-2020 season has arrived.

2019 was an election year for the position of Regional Administrative Committee Chairman. I was re-elected by acclamation and look forward to serving the Region 6 Membership. As previously announced - this will be my last term as RACC. It has been an honor to be a part of the Region 6 family and I look forward to passing the torch to the next leader.

The Region 6 Developmental Camps will wrap up soon and the Rising Stars Training Camps are on the horizon. Rising Stars Camps are the sole support of the Athlete Apparel Fund. The Region 6 Athlete Apparel Fund supports our gymnasts who qualify to the National Championships at their respective levels – J.O. National Championships – Eastern Championships. The Developmental / High Performance Camps provide training opportunities that will improve Region 6's performance at the National Championships. Thank you Marlyce Morace and Jamie Winkler for your commitment to Region 6 athletes.

In closing – USA Gymnastics Region 6 remains committed to providing a safe environment for the athlete membership. Thank you coaches – administrators – officials and club owners for having a positive impact on thousands of athletes.

Warm Wishes for a safe and successful season,

Kathy

**J.O. National Team Members
Nicole Riccardi and Talia Little**



2020
USA Gymnastics
Regional Congress
August 6-9
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 (Work) (203) 392-6093 (Fax)
REGIONAL JO PROG. CHAIRMAN	JAMIE WINKLER Region6jamie@gmail.com	6 Forest Ridge Rd Nyack, NY 10960	(914) 837-9136 (cell) (845) 398-1009 (Fax)
REGIONAL Xcel COMMITTEE CHAIRMAN	GAIL CASPARE gailregion6Xcel@gmail.com	27 Taconic Road Millwood, NY 10546	(914) 941-7957 (Home) (914) 837-0788 (Cell)

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 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) 692-5212 Fax
www.usagym.org

USA Gymnastics Membership: 1-800-345-4719



A Message from Gail Caspare – Region 6 XCEL Committee Chairman

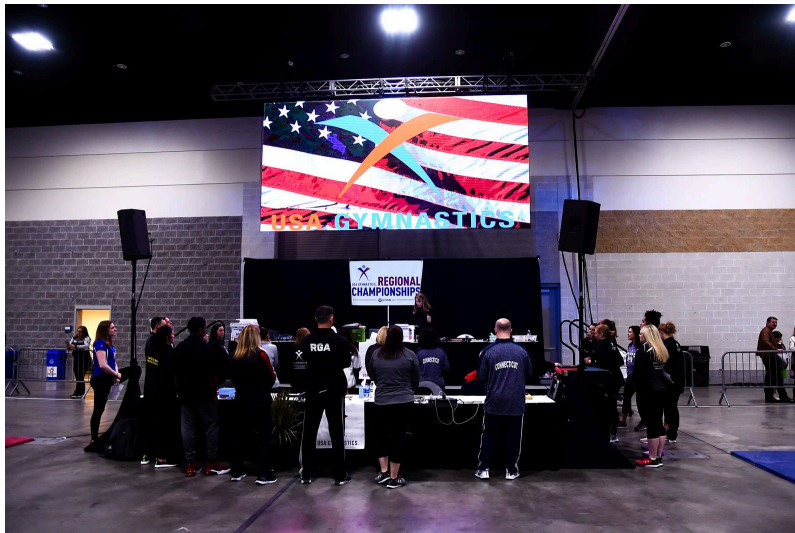
The following question has been asked with variations of the Divisions and Levels involved. The philosophy of the answer applies to all Divisions and Levels. Hopefully the following clarification will help with all such questions.

The question:

“An athlete competed in the Platinum Division last year. The year before she competed as a Level 5 gymnast. May she compete Level 6 this year?”

The answer is based on pages 79 and 80 of R & P and feedback from the National Xcel Committee and our Region 6 Technical Chair, Pat Panichas. If when the gymnast competed level 5, she achieved the Pre-requisite score at Level 5 to move to Level 6, she may compete Level 6 this year.

Page 80, B. in R & P says, “Athletes whose competitive experience has been in any system (including USA Gymnastics’ Xcel Program) must enter the Junior Olympic Program at Level 4.” This applies to gymnasts who never competed in the JO Program. If a JO gymnast competes in JO and then switches to the Xcel Program and then returns to the JO Program, she may use her previous JO scores for mobility to the next JO Level. She must have achieved the Pre-requisite score for mobility as listed on page 79 of R & P.



MEET DIRECTORS ADVERTISE YOUR 2021 INVITATIONAL!

The LED Wall will be available for Advertisements and Good Luck Messages at the 2020 Level 7/8 and Level 9/10 Regional Championships!

Contact region6usag@gmail.com for more information and a reservation form. A limited number of advertisements will be accepted.

RESERVE YOUR SPACE.





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 form 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 - \$140.00
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' 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 2019-2020 season are:

- | | |
|---|---------|
| • Xcel [Bronze - Silver] | \$45.00 |
| • Compulsory | \$45.00 |
| • Optional / Xcel / Gold / Platinum / Diamond | \$50.00 |

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 ***\$65 [Compulsory / Xcel Bronze - Silver]*** and ***\$70 [Optional / Xcel Gold - 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 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.***

Return to Regional Chairman w #1/gymnast



2016/2017 USA GYMNASTICS SANCTION REPORT FORM

EVENT DETAILS*All fields are REQUIRED.*

Event: _____

Event Location: _____ No. of participants: _____

Meet Director: _____ Sanction No.: _____

MEET DIRECTOR

I (Meet Director's name) _____, certify that (event name) _____ was conducted according to the USA Gymnastics Rules and Policies. I understand that failure to comply with the stated rules and policy and/or failure to return the sanction report form to USA Gymnastics may cause sanction to be revoked, future sanctions to be withheld, possible probation of Professional Membership, loss of secondary insurance coverage and/or other fines imposed. I understand that it is my responsibility as the Meet Director to verify that all athletes, coaches and judges that participated in the stated event were registered USA Gymnastics members in good standing on the date of the event. I understand that allowing participants onto the floor of a sanctioned event without current USA Gymnastics membership is a violation of sanction and may result in a fine, voiding of meet results, loss of sanctioning, fines, and/or possible probation of Professional membership. Furthermore, I understand that failure to comply with all USA Gymnastics rules and policies can cause loss of secondary insurance coverage which may open the meet director up to unwanted liability. I further certify that no person permanently ineligible for membership in USA Gymnastics were not associated with this event in any way.

Please note, if this is a men's/acrobatic/t&t event, please also reference the event competition rules for additional instruction.

Meet Director Signature: _____

MEET REFEREE

Please complete the required information below. Report any violation of the USA Gymnastics rules and policy to USA Gymnastics and state/regional chairman.

Meet Referee Name (printed) _____ Date: _____

Meet Referee Signature: _____

Pro. Mem. _____ Member Exp. _____ Safety Expiration _____ Background Expiration _____

Event Comments _____

IMPORTANT REMINDERS TO MEET DIRECTOR

- Sanction report form pages 1-4, as well as any other coach/judge sign in sheets must be returned to the National Office within 72 business hours of the conclusion of the event.
- Sanction Report forms may be faxed to: 317.692.5212 / emailed to membership@usagym.org / mailed to : 132 E. Washington St. Ste. 700 Indianapolis, IN 46204
- Meet Director should display the Certificate of Sanction during the entire length of the event in a visible location. Certificate of Sanction DOES NOT need to be returned to National Office.
- Meet Director should review the Accident Reporting Procedures included in sanction packet prior to the start of the event.
- In the event of an accident during the event, the Meet Director should provide the appropriate Incident/Accident report forms to the injured participant.
- In the event of an accident Meet Director is responsible for faxing/mailling a copy of the completed Incident Report form to American Specialties.



USA GYMNASTICS REGION 6 ATHLETE APPAREL FUND

The Region 6 Athlete Apparel Policy was revised in 2019. 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 2020 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 Camp are expected to provide a coach to work as a clinician for a minimum of two sessions at a Rising Stars Training Camp in addition to athlete or coach participation at the respective camp.
- Clubs that do not fulfill their Training Camp responsibilities will be charged for coaches' apparel.
- NEW 2020 - Athletes WILL NOT have the option to purchase Region 6 apparel

*USA Gymnastics requires coaches to be dressed in matching regional apparel while on the 'field of play'.

ATTENTION MEET DIRECTORS

PLEASE READ!

USA Gymnastics Region 6 - Meet Reporting Procedures

USA Gymnastics Region 6 requires Meet Directors to send a copy of the Sanction Report Form [see **SAMPLE**] and \$1 / gymnast to the Regional Chairman.

USA Gymnastics Region 6
Kathy Ostberg
365 Spring St
Shrewsbury, MA 01545

Make check payable to USA Gymnastics Region 6

Please *DO NOT* send

- Results
- Coaches Sign in Sheet
- Judges Sign in Sheet

Effective for the 2019 – 2020 Season - The \$1 / gymnast competition fee will be capped at \$1000.00. The discounted fee is only available when meet directors submit the appropriate paperwork and fee within 72 hours.



USA GYMNASTICS®

Women's Program Floor Exercise Music Approval Form

Complete the information in Section 1 of the form below and submit, along with a copy of the music, to your Regional Technical Committee Chairperson for approval.

Pat Panichas, panichas@aol.com

Section 1:

Music Title: _____

Club Name: _____

Coach Name: _____ Professional Member #: _____

Coach email: _____

Athlete Name: _____ Member #: _____

Date Submitted: _____

Section 2: For official use only.

☐ Approved

☐ Not Approved

Pat Panichas, Region 6 RTCC

Date

Christy Naik, USA Gymnastics Women's Junior Olympic Program Director

Date



Rising Stars Training Camps

A Golden Opportunity For Athletes To Work With National And Regional Staff Members

RISING STARS – NEW HAMPSHIRE

WHEN: October 5 & 6, 2019

WHERE: A2 Gym and Cheer
16 Garabedian Drive - Unit B
Salem, NH 03079

WHO: Open to USA Gymnastics Optional Athletes – Level 6 and above

COST: \$110 / both days
Registration will be accepted on a first come basis

SCHEDULE:	New Image	Session 1	Session 2
	Saturday	1:00 PM – 5:00 PM	5:00 PM – 9:00 PM
	Sunday	9:00 AM – 1:00 PM	1:00 PM – 5:00 PM

Registration opens August 13, 2019 and must be completed through the USA Gymnastics Meet Reservation System <https://usagym.org/pages/post.html?PostID=18319>
Full payment is due 2 weeks from the date of registration. Send check – payable to USA Gymnastics Region 6 to: Galaxy Gymnastics - C/O JAMIE - 17 A. Greenbush Road South, Orangeburg, NY 10962

RISING STARS – LONG ISLAND

WHEN: October 12 & 13, 2019

WHERE: Apex Gymnastics
7 Flowerfield - #14
St. James, NY 11780

WHO: Open to Compulsory and Optional Athletes

COST: \$110 / Both Days
Registration will be accepted on a first come basis

SCHEDULE:	Session 1	Session 2
Saturday	1:00PM – 5:00 PM	5:00PM – 9:00 PM
Sunday	9:00AM – 1:00 PM	1:00PM – 5:00 PM

Registration opens August 13, 2019 and must be completed through the USA Gymnastics Meet Reservation System <https://usagym.org/pages/post.html?PostID=18319>
Full payment is due 2 weeks from the date of registration. Send check – payable to USA Gymnastics Region 6 to: Galaxy Gymnastics - C/O JAMIE - 17 A. Greenbush Road South, Orangeburg, NY 10962



Rising Stars Training Camps

A Golden Opportunity For Athletes To Work With National And Regional Staff Members

RISING STARS – COMPULSORIES

WHEN: October 20, 2019

WHERE: Sterling Academy of Gymnastics
15 Industrial Drive
Sterling, MA 01564

WHO: Open to USA Gymnastics Compulsory Athletes Level 1- 5

COST: \$65 / 1 session
Registration will be accepted on a first come basis

SCHEDULE:	Session 1	Session 2
Sunday	8:30 AM – 12:00 PM	12:30 PM – 4:00 PM

Registration opens August 13, 2019 and must be completed through the USA Gymnastics Meet Reservation System
<https://usagym.org/pages/post.html?PostID=18319>
 Full payment is due 2 weeks from the date of registration. Send check – payable to USA Gymnastics Region 6 to:
Galaxy Gymnastics - C/O JAMIE - 17 A. Greenbush Road South, Orangeburg, NY 10962

RISING STARS – ROCHESTER

WHEN: October 26 & 27, 2019

WHERE: Bright Raven Gymnastics
12 Pixley Industrial Parkway
Rochester, NY 14624

WHO: Open to Compulsory and Optional Athletes

COST: \$110 / both days
Registration will be accepted on a first come basis

SCHEDULE:	Session 1	Session 2
Saturday	1:00 PM – 5:00 PM	5:00 PM – 9:00 PM
Sunday	9:00 AM – 1:00 PM	1:00 PM – 5:00 PM

Registration opens August 13, 2019 and must be completed through the USA Gymnastics Meet Reservation System
<https://usagym.org/pages/post.html?PostID=18319>
 Full payment is due 2 weeks from the date of registration. Send check – payable to USA Gymnastics Region 6 to:
Galaxy Gymnastics - C/O JAMIE - 17 A. Greenbush Road South, Orangeburg, NY 10962

CALENDAR 2019 – 2021

SEPTEMBER

28 – 29 Regional Developmental Camp #2 Wallingford, CT

OCTOBER

5 – 6 Rising Stars – New Hampshire Salem, NH
 12 – 13 Rising Stars – Long Island St James, NY
 20 Rising Stars – Compulsories Sterling, MA
 26 – 27 Rising Stars – Rochester Rochester, NY

MARCH

27 – 29 Level 9/10 State Championships Various Locations

APRIL

17 – 19 Level 9/10 Regional Championships Springfield, MA
 25 – 26 Level 7/8 Regional Championships Springfield, MA

MAY

8 – 10 Level 9 Eastern Championships Battle Creek, MI
 15 – 17 J.O. National Championships XCEL TBD
 16 – 17 Regional Championships [tentative] Shrewsbury, MA

JUNE

25 – 28 2020 US Olympic Team Trials St Louis, MO
 2020 USA Gymnastics National Congress St Louis, MO

JULY

24 – Aug 9 2020 Olympic Games Tokyo, JPN

AUGUST

6 – 9 USA Gymnastics Region 6 Congress Providence, RI

MARCH

26 – 28 Level 9/10 State Championships Various Locations

APRIL

16 – 18 Level 9/10 Regional Championships TBD
 Level 7/8 Regional Championships TBD

MAY

7 – 9 Level 9 Eastern Championships TBD
 14 – 16 J.O. National Championships TBD



365 Spring St.
Shrewsbury, MA 01545

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