



## Newsletter, January 2023

Dear Members,

Happy New Year and I hope all is going well in the beginning of the competitive season. The dates for the Regional Championships are included below and I also wanted to review the dates and locations of the State Championships.

There are other clarifications listed which you should be aware of going into the competitive year.

Best of luck this season.

Sincerely,

Larry Goldsmith  
NYS Chair

### **State Championship Dates and Locations -**

**March 25-26 -- Level 9 & 10 – RGA to be held at the Gollisano Training Center, Rochester, NY**

**March 31- April 2 --- Level 7 & 8 – to be held at Bright Raven Gymnastics East, Victor, NY**

**April 21-23 ---Level 5, 6, XCEL Silver – CNY to be held at the ON Center, Syracuse, NY**

**April 28-30 -- XCEL Gold, Platinum, Diamond, Sapphire – Galaxy to be held at Rockland Community College, Suffern, NY**

**May 5-7 ---Upstate Level 2,3,4, XCEL Bronze – Niagara to be held at Koessler Athletic Center, Canisius College, Buffalo, NY**

**May 12-14 ----Downstate Level 2,3,4, XCEL Bronze – New Image to be held at the Pratt Recreational Building, Long Island University, Long Island, NY**

**Regional Dates -**

April 14-16 Level 9/10 Regional Championships

April 22-23 Level 7/8 Regional Championships

May 20-21 XCEL Regional Championships

Level 9 Eastern Championships - May 4-7 - Kissimmee, FL

DP Level 10 National Championships - May 9-14 - Oklahoma City

**Regional Congress -**

Region 6 Congress - August 10-13, 2023

If you are hosting a state qualifier -

You must send in a copy of the results with \$4 per gymnast to :

Larry Goldsmith  
NY State Chair  
41 Brook Court  
East Amherst, NY 14051

You must also send a copy of the sanction with \$2 per gymnast to:

Kathy Ostberg

**USA Gymnastics Region 6**  
**98 Washington Square, Unit #4**  
**Salem, MA 01970**

**Vault charts -**

Recommended for all sanctioned competitions that the coach may **display or verbally announce** the number of the intended vault to be performed. (Level 8-10 only)

Meet directors need to make sure that there are Vault charts available for the coaches to use at every sanctioned meet.

The 2023 **IRS Mileage reimbursement** is currently 65.5 cents/mile as of Jan. 1, 2023

**Judging Panels** - Qualification meets must follow the # of judges per panel as indicated in the R & P. If there is an emergency, the assignor must contact the RTCC, Pat Panichas, for approval to be used for qualification.

**R&P Changes**

[https://www.usagym.org/PDFs/Women/Rules/Rules%20and%20Policies/2022/update\\_010623.pdf](https://www.usagym.org/PDFs/Women/Rules/Rules%20and%20Policies/2022/update_010623.pdf)

- Lodging – p.43
- MR/CJ – If MR is also serving as a CJ - \$10 paid ONLY to the MR since she/her is serving in TWO capacities
  - At sanctioned local/sectional meets

**Graduating Seniors** - each of the graduating seniors receive a senior plaque from NYS Gymnastics which is presented to them at their State Championships. To allow us to order these plaques, please send the following information to Larry Goldsmith at [lgoldny2@gmail.com](mailto:lgoldny2@gmail.com)

**The information needed is:**

Gymnasts Name  
Level of competition  
Club

If she is a Level 9/10 graduating senior, you need to send the above info to [lgoldny2@gmail.com](mailto:lgoldny2@gmail.com), but you need to also send a picture of the gymnast, with her name, competitive level, club, and which college she will be attending to [barry.coss@gmail.com](mailto:barry.coss@gmail.com). RGA is hosting the Level 9/10 state meet and they plan on having a senior recognition video at the meet.

## Helpful Clinics -

*RECISION CHOREOGRAPHY PRESENTS*

### **PEAK SEASON CLINICS**

#### **WHAT IS THE FOCUS OF THESE CLINICS?**

**Clinicians, Judges, Coaches, & Athletes working together toward greatness.**

**Vault:** Defining and Improving Body Positions and Landing Positions

**Bars:** Pirouette Angles, Precision of Handstands, Dismount Body Positions, Landing Positions

**Beam:** Rhythm in Connections, Rhythm & Tempo Changes, Footwork, Posture/Body Line, Artistry, Dismount Amplitude, Direction, and Landing Positions

**Floor:** Footwork, Posture/Body Line, Artistry, Landing Positions/Choices in Tumbling, Reducing Turn Deductions, Leap/Jump Amplitude, and Body Positions.

**[Click Here - More Information](#)**