



NEWSLETTER

W i n t e r 2 0 1 6

Greetings Everyone,

On behalf of Region 6 – CONGRATULATIONS TEAM USA, and in particular Aly Raisman; Mihai and Sylvie Brestyan on the Gold Medal performance at the 2015 World Championships. This event is the start of an exciting season that leads to the 2016 Olympic Games. The Road to Rio will make a few stops in the Region 6 area. First up is the 2016 AT & T American Cup [March 5th Newark, NJ] followed by the 2016 Secret U.S. Classic and Men's P & G Gymnastics Championships [June 3 – 5 Hartford, CT]. Information is available at USA Gymnastics https://usagym.org/pages/events/pages/premier_events.html.

I would like to take this opportunity to say 'thank you' to a special group of people that contributed their knowledge and expertise at the Region 6 Developmental and High Performance Camps. The goal of these camps was to provide training opportunities that will improve the performance of Region 6 at the National Championships.

Thank you to Regional Staff members Dawn Alban; Christalle Auger; Matthew Bond; Byron Knox; Patrick Palmer; Tara Pasiakos; Dave Tilley; Jason Vonk; Juston Ziegler. In addition to our Regional Staff – thank you to Dan Baker; Jim Chudy; JJ Ferreira; Alicia Sacramone-Quinn; Ryan Roberts; Gail Caspare and Pat Panichas. Thank you to Aim High Gymnastics; CT Gymnastics Academy; Gold Medal Gymnastics – Huntington for hosting these events. Last but not least – thank you to Marlyce Morace [Regional Camp Director] for making this vision a reality.

The J.O. Season is in full swing. Please review the procedures / criteria for meet registration; petitioning and qualification to the Regional Championships. Clubs are responsible for adhering to all published deadlines.

Best Wishes for a successful championship season,

Kathy

SAVE THE DATE
REGION 6
CONGRESS
2016

August 5-7

Omni Providence
Providence, RI



Attention

**Women's Artistic Gymnastics Judges
and Meet Directors:**

Effective January 1, 2016, the rate for mileage reimbursement for judges is \$.54 per mile to reflect the recent decrease in the IRS standard mileage rate for 2016.



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

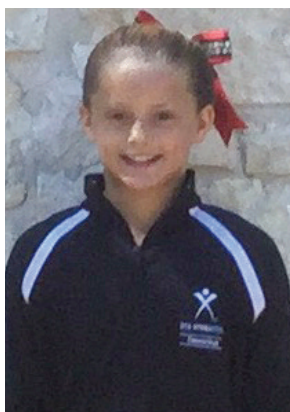
USA Gymnastics Office: (317) 237-5050
(317) 237-5069 Fax
www.usagym.org

USA Gymnastics Membership: 1-800-345-4719

CONGRATULATIONS 2015 TOPS TEAM MEMBERS



Anaya Rodriguez
Exper-Tiess Gymnastics - NY



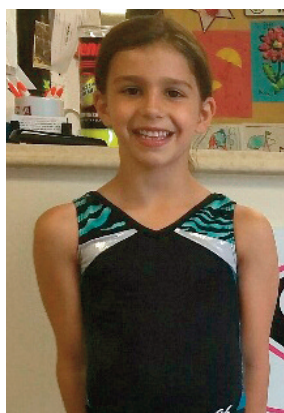
Wells Fischer
Arena Gymnastics- CT / ENC
of Paramus - NJ



**Arianna Williams and
Reese Borrell**
Rochester Gymnastics
Academy - NY



Jayden Ecker
Gymnastics Unlimited - NY



Natalie Frank
South Shore Gymnastics
Academy - MA



Hailey Kriz
Gymnastics Learning
Center - MA



Jasmine Cawley
Maine Academy of
Gymnastics - ME



Allison Cucci
Victors Gymnastics - NY

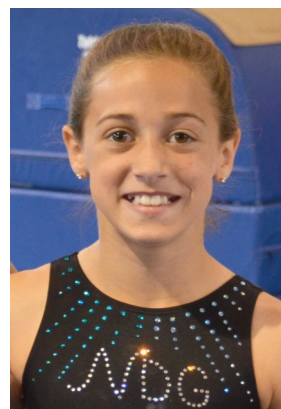
Missing Pictures

Lindsay Van Eyk
Brestyan's Gymnastics

Annalisa Newman-Achee
Chelsea Piers Gymnastics



Lea Philarom
Gymnastics Unlimited



Sarah Mauro
Next Dimension
Gymnastics - CT

Missing Pictures

Sofia Alves
Chelsea Piers Gymnastics

Jessica Reith
World Cup Gymnastics

USA GYMNASTICS REGION 6 BULLETIN BOARD

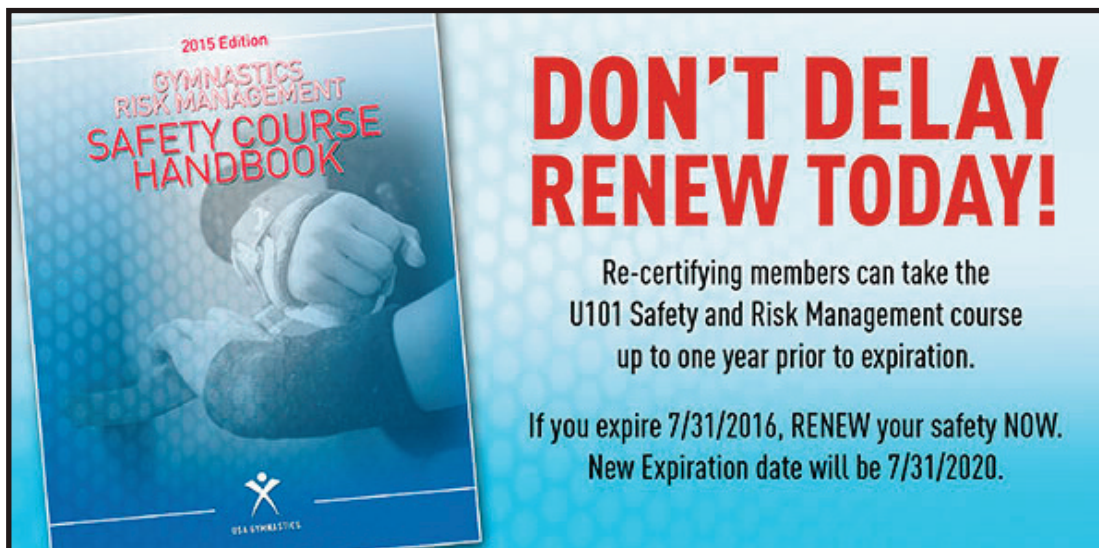


HARTFORD COUNTS DOWN TO RIO!

Secret U.S. CLASSIC
June 4 • Hartford, CT

P&G Hartford, CT June 3 & 5
U.S. Gymnastics Championships
Presented by **Gillette**

XL CENTER **USA GYMNASTICS**



2015 Edition
GYMNASTICS RISK MANAGEMENT SAFETY COURSE HANDBOOK

DON'T DELAY RENEW TODAY!

Re-certifying members can take the U101 Safety and Risk Management course up to one year prior to expiration.

If you expire 7/31/2016, **RENEW** your safety **NOW**.
New Expiration date will be 7/31/2020.



Explore Excellence
2016 USA GYMNASTICS

- PROFESSIONAL PKWY**
National Congress
July 7-10 • San Jose, CA
- COMMUNITY CT**
Region 3
June 18-19 • Dallas, TX
- INNOVATE BLVD**
Region 4
June 24-26 • St. Louis, MO
- TRADITION RD**
Region 5
Sept. 16-18 • Grand Rapids, MI
- DEVELOP DR**
Region 8
June 17-19 • Charlotte, NC
- SOLUTIONS PL**
Region 7
July 22-24 • Baltimore, MD
- SUCCESS AVE**
Region 6
Aug. 5-7 • Providence, RI

USA Gymnastics National Congress Trade Show San Jose • 2016
usagymnastics.org

USA GYMNASTICS Regional Congress

USA GYMNASTICS

STATE ADMINISTRATIVE COMMITTEE CHAIRMAN ELECTIONS

2016 is an election year for the position for State Administrative Committee Chairman

Nominations for State Administrative Committee Chairman must be in hand March 1, 2016. Form below:

1. State Administrative Committee Chairmen (SACC) shall be elected by the Professional members of the Women's Program in their respective states.
2. They shall serve for two (2) years and be elected in the spring on even- numbered years.
3. Elections to be completed by April 15th. Term of office to begin July 1st.

Criteria for nominations:

- Nominees must be USA Gymnastics Women's Program professional members for a minimum of two years in the state program in which they seek election
- Nominees must be at least 21 years old and be members in good standing.
- It is strongly recommended that the State Committee Chairman candidates have financial skills, organizational skills, communication skills, a working knowledge of the program and the willingness to fulfill the duties and responsibilities of the position.

Duties and responsibilities of the SACC:

The State Administrative Committee Chairman (SACC) is responsible for the overall organization of all designated qualifying events and programs within their State. The State Administrative Committee Chairman (SACC) shall work in close cooperation with the Regional Administrative Committee Chairman (RACC), Regional Junior Olympic Committee Chairman (RJOCC) and the Regional Technical Committee Chairman (RTCC) to effectuate State programs. Any problems that cannot be solved by the State Administrative Committee Chairman (SACC) should be submitted to the appropriate regional personnel.

For specific job responsibilities of State Administrative Committee Chairs,

Please see pages 23-26 of the Women's Operating Code found online at <https://usagym.org/PDFs/Women/Rules/operatingcode.pdf>.

Nomination form for State Chairman

Name of Nominee:

Address of Nominee: _____

City: _____ State: _____ Zip: _____

Phone: _____

Email: _____

Mail completed form to: Kathy Ostberg, 365 Spring St, Shrewsbury, MA 01545 or e-mail complete information to region6usag@gmail.com

Mailed and e-mailed forms must be in the hands of the *Regional Administrative Committee Chairman* – Kathy Ostberg no later than March 1, 2016. Any nominations received after this date will not be accepted.

ATTENTION OFFICIALS

Effective for the 2016 – 2017 Season

Officials that wish to be considered for the 2017 Level 9/10 and / or Level 7/8 Regional Championships are required to:

- A. Attend the 2016 USA Gymnastics Regional or National Congress.**
- B. Volunteer to work actively with the athletes at one of the following camps –**
- Working Together for Nationals [4 hours]
 - Rising Stars Judges and Coaches [upstate NY] [8 hours]
 - High Performance Camp [2 days - 8 hours / day]
 - Regional Developmental Camp [2 days - 8 hours / day]

The official must work a minimum of 8 hours to fulfill the requirement.

OR

Work a minimum of 3 sessions as an auxiliary official at one of the Regional Championships

Officials that wish to be considered for the 2017 Eastern Championships; JO National Championships are required to:

- A. Attend the 2016 USA Gymnastics Regional or National Congress.**
- B. Volunteer to work actively with the athletes at one of the following camps –**
- Working Together for Nationals [4 hours]
 - Rising Stars Judges and Coaches [upstate NY] [8 hours]
 - High Performance Camp [2 days - 8 hours / day]
 - Regional Developmental Camp [2 days - 8 hours / day]

The official must work a minimum of 8 hours to fulfill the requirement.



**CONGRATULATIONS TEAM USA!
2015 WORLD CHAMPIONS**



2016 REGIONAL CHAMPIONSHIPS
GENERAL INFORMATION
www.region6usagym.org

LEVEL 9/10

DATE: April 8 – 10, 2016

HOST: USA Gymnastics Region 6
Region6usag@gmail.com

SITE: MassMutual Center
 1277 Main Street
 Springfield, MA 01103

ACCOMODATIONS:

Sheraton Springfield
 Monarch Place
 Springfield, MA 01144
 Code: USA Gymnastics Region 6
 \$119.00++
 1 800-426-9004 1 413 781-1010
ROOM BLOCK OPENS 3/22/16

La Quinta Inn & Suites
 100 Congress St
 Springfield, MA 01104
 Code:
 \$95.00 ++
 1 413-781-0900
 Complimentary Parking / Breakfast
 Cutoff : 3/22/16

Hilton Garden Inn
 800 W. Columbus Ave
 Springfield, MA 01105
 Code:
 \$139.00 ++
 1 413-886-8000
 Complimentary Parking
 Cut off: 3/22/16

continued on next page



2016 REGIONAL CHAMPIONSHIPS
GENERAL INFORMATION
www.region6usagym.org

LEVEL 9/10

QUALIFYING CRITERIA:	34.00 at the State Championships Injury Petitions: Rules and Policies p. 78 <u>https://usagym.org/PDFs/Forms/Women/injury2015.pdf</u>		
FORMAT:	Modified Capitol Cup		
ENTRY FEE:	\$110.00 <u>www.meetmaker.com</u>		
DEADLINE:	3/23/16 Entries received after 3/23/16 are subject to a \$25 / gymnast fee No entries accepted after 3/25/16		
SCHEDULE:*	Friday	April 8	Level 9
	Saturday	April 9	Level 10
	Sunday	April 10	Level 9
	*FINAL MEET SCHEDULE WILL BE DETERMINED 3/23/16		
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.***



**2016 REGIONAL CHAMPIONSHIPS
GENERAL INFORMATION**
www.region6usagym.org

LEVEL 7 & 8

DATE: April 16 – 17, 2016

HOST: USA Gymnastics Region 6
Region6usag@gmail.com

SITE: Algonquin Regional High School
79 Bartlett St
Northborough, MA 01532

ACCOMMODATIONS: **Courtyard Boston Marlborough**
75 Felton Street
Marlborough, MA 01752
508.263.9145
Code: USA Gymnastics
2 night minimum required
Breakfast Included
Cut off 3/18/15
\$134.00 ++

Embassy Suites – Boston-Marlborough
123 Boston Post Road W
Marlborough, MA 01752
508.485.5900
http://embassysuites.hilton.com/en/es/groups/personalized/B/BOSMAES-USG-20160415/index.jhtml?WT.mc_id=POG
Code: USA Gymnastics
2 night minimum required
Breakfast included
Cut off 3/15/16
\$169.95 - \$189.95 ++

Best Western Royal Plaza
181 Boston Post Rd W
Marlborough, MA 01752
508.303.1788
Code: USA Gymnastics
Breakfast Included
Cut off 3/25/16
\$129.00 - \$149.00 ++

Hampton Inn & Suites – Boston / Marlborough
277 Boston Post Road W
Marlborough, MA 01752
508.787.9888
Breakfast Included

continued on next page



**2016 REGIONAL CHAMPIONSHIPS
GENERAL INFORMATION**

www.region6usagym.org

LEVEL 7 & 8

Holiday Inn - Marlborough

265 Lakeside Ave
Marlborough, MA 01752
508.481.3000
800.315.2621

EQUIPMENT: AAI

FORMAT: Capitol Cup

AGE GROUPS: Each session will be divided into 4 equal age groups

QUALIFYING CRITERIA: **NEW FOR 2016**

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.

Level 8

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

NOTE: There are no alternates accepted into this meet after April 4, 2016

ENTRY FEE: \$110.00
www.Meetmaker.com

DEADLINE: 3/23/16 [CT / MA / RI]
4/ 6/16 [NY/ VT / NH / MA - L 7]

Entries received after the deadline are subject to a \$25 / gymnast fee
No entries will be accepted after 4/9/16

ADMISSION: Day Pass Adult \$15 / Senior & Student [12 and under] \$10
Weekend Pass Adult \$25 / Senior & Student [12 and under] \$15

SCHEDULE:

Saturday	Level 8 - All Stars Level 8 - All Stars Level 8 - <i>Super Team</i>
Sunday	Level 7 - <i>Super Seven</i> Level 7 - All Stars Level 7 - All Stars

*** Final Schedule will be determined 4/6/16**



2016 XCEL REGIONAL CHAMPIONSHIPS

GENERAL INFORMATION

www.region6usagym.org

SILVER; GOLD; PLATINUM; DIAMOND

DATE: May 21 – 22, 2016

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
<http://www.hiexpress.com/redirect?path=hd&brandCode=ex&localeCode=en®ionCode=1&hotelCode=ORHWR&PMID=99801505&GPC=RCH>
 CODE: USA Gymnastics Regional Championships
 \$189.00 ++
 Includes Breakfast
 5.5 miles from venue

Residence Inn Worcester
 503 Plantation St
 Worcester, MA
 2 miles from venue **508-753-6300**

Courtyard Worcester
 72 Grove St
 Worcester, MA
 4 miles from venue **508-363-0300**

Doubletree Westborough
 5400 Computer Dr
 Westborough, MA
 7 miles from venue **508-366-5511**

Courtyard Boston Westborough
 3 Technology Dr
 Westborough, MA
 7.5 miles from venue **508-836-4800**

continued on next page



2016 XCEL REGIONAL CHAMPIONSHIPS
GENERAL INFORMATION
www.region6usagym.org
SILVER; GOLD; PLATINUM; DIAMOND

EQUIPMENT:	AAI																						
FORMAT:	Modified Capitol Cup																						
QUALIFYING CRITERIA:	Qualification will take place at the State Championships. The top [7] gymnasts in each division will qualify as a state team. An additional [60] qualifiers, in each division, will be selected on a % of a % formula. The additional qualifiers will be determined using the State XCEL membership as of 2/1/16 .																						
ENTRY FEE:	\$90.00 Deadline to register: Wednesday following the State Championships \$25 late fee / gymnast for entries received after the deadline. No entries will be accepted after 5/11/16 www.meetmaker.com																						
ADMISSION:	Adult \$10.00 Senior /Student [12 and under] \$5.00																						
SCHEDULE:	Saturday – Silver / Gold <table><tr><td>Session 1</td><td>Silver</td><td>All Stars</td></tr><tr><td>Session 2</td><td>Silver</td><td>State Team</td></tr><tr><td>Session 3</td><td>Gold</td><td>All Stars</td></tr><tr><td>Session 4</td><td>Gold</td><td>State Team</td></tr></table> Sunday – Platinum / Diamond <table><tr><td>Session 5</td><td>Platinum</td><td>All Stars</td></tr><tr><td>Session 6</td><td>Platinum</td><td>State Team</td></tr><tr><td>Session 7</td><td>Diamond</td><td>All Star / State Team</td></tr></table>		Session 1	Silver	All Stars	Session 2	Silver	State Team	Session 3	Gold	All Stars	Session 4	Gold	State Team	Session 5	Platinum	All Stars	Session 6	Platinum	State Team	Session 7	Diamond	All Star / State Team
Session 1	Silver	All Stars																					
Session 2	Silver	State Team																					
Session 3	Gold	All Stars																					
Session 4	Gold	State Team																					
Session 5	Platinum	All Stars																					
Session 6	Platinum	State Team																					
Session 7	Diamond	All Star / State Team																					

***SCHEDULE SUBJECT TO CHANGE**



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

IMPORTANT

2016 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 [2015-2016] Rules and Policies, page 78, 81-83

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 2015 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!

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, 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.

Regional Report from Larry Goldsmith Region 6 JO Committee Chairman

This fall, the region hosted our annual clinics/workshops, “Working Together for Nationals” and the “Rising Stars” clinics. Four clinics were held this season: Rising Stars – Long Island [New Image]; Working Together for Nationals and Rising Stars – RI [Aim High]; Rising Stars – Compulsories [Gymnastics and More] and Rising Stars –Working with the Coaches and Judges [Bright Raven Gymnastics.]

Working Together for Nationals is a clinic where the gymnasts are invited by qualifying to the Level 9 Eastern National or Level 10 JO National Championships or by being petitioned into the clinic by their coaches. The goal of this clinic is to have the top gymnasts work with some of the top coaches and judges in the region (along with special guest Jim Chudy) to better prepare them for the National Championships.

The Rising Stars clinic is the main fundraiser for the region, and all gymnasts are eligible to enroll. It is a wonderful experience for gymnasts of all levels to work with excellent coaches from across the region. We had a tremendous turnout for all of these clinics and every clinic was sold out. If coaches are interested in their athletes attending one of these great clinics, they must get their entries in as soon as the information is released. Each entry is dated when received, and I can only allow a maximum number of athletes into the clinic to allow for a safe, learning experience.

Thank you to the gym hosts of our clinics - Cheri Jackson (**Aim High Academy**), Jen and Dan Scannell (**Gymnastics and More**) and Robin Thomas Harper (**New Image**). A special thank you to Kathy King (**Bright Raven Gymnastics**), for this was the 18th year that they have hosted the Rising Stars clinic at their gym! They have opened their gyms to the hundreds of gymnasts involved with these Regional clinics. They are hard-working, professional and dedicated to the sport of gymnastics.

Thank you to the coaches and officials who have volunteered their time at the following clinics:

Rising Stars- Long Island

Barbara Tiess, Caryl Crasa (**Expertiess**), Wei Zhu, Kevin Budney, Amanda DiPaolo, Robin Thomas Harper, Melanie Schaeffer, Peter Neu (**New Image**), Coaches from (**Nina's**), Chris McClain, James Jackson (**Chelsea Piers**), Wayne Thoden, Paul Fusco (**Nastics**), Jaclyn Povnansky (**Richmond**), Oskar Romero (**Gold Medal -Huntington**), Jack Smith, Daniel Miranda, Mike Moran (**NYC Elite**), Steve Darrigo (**Phantom**) Matt Towers, Danielle Guidi (**GMGC-Rockypoint**), Sara Harper, Rachel Bracato (**GMGC Smithtown**), Jason Ross (**GTC Simsbury**), Galina Petrouniak (**Galaxy**), Brian Blake (**GymNest**), Beth Whalen, Bill Smith (**Kennett**) **Judges:** Diane Preves, Cynthia Drew, Christina Rinaldi, Rene Breines, **USA Gymnastics National Staff Members:** Tammy Biggs and Ivan Ivanov.

Working Together for Nationals – Aim High Gymnastics

Blaine Jefferson (**NEGX**), Marlyce Morace (**Daggetts**), Tony Retrosi (**Atlantic**), Jim Chudy, Jamie Winkler (**Galaxy**), Patrick Palmer (**Mass Gym Center**) **Officials:** Pat Panichas, Gail Caspare, Mikki Geenty, Katy Basu and Jen Thaler

Rising Stars – Rhode Island

Blaine Jefferson (**NEGX**), Ricky Harris and Steve McSparrin (**Aim High**), Sharon Cochardo (**Blaze**), Keith Boccaccio (**NE AirTime**), Cheri Mencke and Lou Datillo (**NHAAGS**), Matt Yellis and Cori Cunningham (**Atlantic**), Laurie DeFrancesco (**Arena**), Jacqui Olsen (**GLC**), Marlyce Morace (**Daggetts**), Nicole Kelleher and Janie Murakovskya (**NESA**), Rett Ware and Alex Watts (**SSGA**), Danielle Lee (**Roots**), Melinda Small (**Somersault**), Jamie Winkler (**Galaxy**), Gail Caspare, Stephen Darrigo (**Phantom**), Patrick Palmer (**Mass Gym**), Chad Buczak (**Metro South**), Casey Fillmore (**Dearys Gymnastics**), Cara DiPerna (**Nashoba**), Rodica Marcov (**Marcov/Sharp**),

Rising Stars – Compulsories

Nicole Butterworth and Nigel Morrow (**10.0 Academy**), Jason Watkins (**Cape Cod Gymnastics**), Andrea Toth (**Brestyan's**), Brock Freehling (**CGA**), Jacqui Olsen (**GLC**) Brandon Hutchinson (**Gymnastics at Brentwood**).

Rising Stars – Working With Judges and Coaches

Ami Sabari, Eric Quaal, Steve Swider (**World Class**), Lauren Gresens (**CNY**), Youlia Coss, Mitko Dimitrov (**RG**), Christy Jamison, Meghan Haberer (**Orchard Park**), Keith Stumpf (**Stumpfs**), Matt Bond (**Valley**), Sharon Hirsch (**Greater Buffalo**), AJ Baker (**Victor's**), David and Kara Rine (**GSA**), Carl Jagamenni (**Bright Raven**) **Officials:** Val Stoughton, Jim Burton, Carol Goldsmith, Jeanne DeKeyserling, Karen Gurnett, Sarah Jane Clifford, Linda Bowser, Chris Bagneschi, Jackie Brummer, Jo Piehler, Lia Fisch, Sharon Sparling, Terry Cayea, Laurie Sherman, Corrine Meyers.

The Rising Stars is really a great experience for the gymnasts. It should not be missed. The application and information for these clinics is available in the summer newsletter. If you would like your athletes to attend Rising Stars, please get your entries in early, as the clinics fill up quickly.

I wish you a safe and happy holiday season and a successful competitive year.

Sincerely,

Larry Goldsmith
lgoldniag@aol.com
 Region 6 JO Chairman

ATTENTION MEET DIRECTORS

Effective for the 2015 – 2016 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 REGION 6 ATHLETE APPAREL FUND

The Region 6 Athlete Apparel Fund supports our gymnasts who qualify to the National Championships in their respective levels – J.O. National Championships – Eastern Championships.

The policy regarding athlete and coaches apparel has been revised. The Athlete Apparel Fund is solely supported by the funds generated from the Rising Stars Training Camps and individual donors. Our hopes 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 2016 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.
- ***NEW – Athletes that qualify to a Regional Developmental or High Performance Camp are required to participate in the camps or the club must provide a coach to participate at said camp.***
- Only participating athletes are eligible to receive apparel.
- Clubs that did not fulfill their Training Camp responsibilities will be charged for athlete / coaches apparel.
- The Region will not secure a hotel for the JO National / Eastern Championships. All reservations must be secured through NTS.

The following clubs have fulfilled their regional Athlete Apparel obligations:

10.0 Academy; Aim High Academy; Arena Gymnastics; Atlantic Gymnastics; Blaze Gymnastics; Brestyan's Gymnastics; Cape Cod Gymnastics; Chelsea Piers Gymnastics; CNY Gymnastics; Daggett's Gymnastics; Exper-Tiess Gymnastics; Kennett Gymnastics; Galaxy Gymnastics; Gymnastics Learning Center; Gold Medal – Huntington; Gold Medal-Rocky Point; Gold Medal-Smithtown; Gymnastics Sports Academy; GTC-Simsbury; Gym Ken; Gymnastics at Brentwood; MGC-Waltham; Marcov Sharps Gymnastics; Metro South Gymnastics; NH Academy Artistic Gymnastics; Nashoba Gymnastics; Nastics; NE Airtime; New Image Gymnastics; NE Gymnastics Express; NE Sports Academy; Nina's; NYC Elite; Orchard Park; Phantom Gymnastics; Richmond Gymnastics; Roots Gymnastics; Somersault Gymnastics; South Shore Gymnastics; Stumpf's Gymnastics; Victors Gymnastics; World Class Gymnastics

QUESTIONS???? Contact region6usag@gmail.com

CALENDAR 2016 - 2017

2016

MARCH

4	Nastia Liukin Cup	Newark, NJ
5	American Cup	Newark, NJ
18 – 20	Level 9 / 10 State Championships	Various Locations

APRIL

8 – 10	Level 9/10 Regional Championships	Springfield, MA
16 – 17	Level 7/8 Regional Championships	Northborough, MA
28 – May 1	Level 9 Eastern Championships	Virginia Beach, VA

MAY

7 – 8	J.O. National Championships	Fort Worth, TX
21 – 22	XCEL Regional Championships	Shrewsbury, MA

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 USA Gymnastics National Congress	San Jose, CA
--------	--	--------------

AUGUST

5 – 7	USA Gymnastics Region 6 Congress	Providence, RI
5 – 21	Olympic Games	Rio de Janerio, Brazil

2017

MARCH

17 – 19	Level 9/10 State Championships	Various Locations
---------	--------------------------------	-------------------

APRIL

7 – 9	Level 9/10 Regional Championships	Springfield, MA
22-23	Level 7/8 Regional Championships	Springfield, MA
27 – 30	Level 9 Eastern Championships	TBD

MAY

6 – 7	J.O. National Championships	TBD
-------	-----------------------------	-----

AUGUST

USA Gymnastics Region 6 Congress	Providence, RI
----------------------------------	----------------



365 Spring St.
Shrewsbury, MA 01545

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