



Dear Members,

The Fall gymnastics season will soon be here and I hope you are enjoying the last few weeks of summer. After National and Regional Congress there is quite a bit of information to share with you. Please make sure that you read the minutes on the USAG website from the various committees that met in May.

I have included the competitive schedule for this year. If you would like to host a State Championship meet, please fill out the form which is on the state website and email it to me. Please be aware that we are only holding state meets in venues that are not private gyms. I also included the schedule for 2027 so that you can know the dates ahead of time if you are looking to book a venue for 2027. The levels will be added after this years state meets to adjust for the new numbers this year.

Sincerely,

Larry Goldsmith

NYS Chairman

2026

- March 27-29 – **Level 6-10** - Suffolk Community College – New Image
- April 2 - Passover
- April 5 – Easter
- April 10-12 – Level 9/10 Regionals
- April 17-19 – Level 6-8 Regionals
- April 17-19 – **Level 5 & XCEL Silver**
- April 24-26 – **XCEL G/D/P/Sapp**
- April 24-26 – **USAIGC States**
- May 1-3 - Level 9 Easterns
- May 8-10 – DP Nationals
- May 1-3 – **Upstate Level 2/3/4/XB**
- May 1-3 – **Downstate Level 2/3/4/XB*** this meet may be held on May 1-3 or May 8-10 depending on college graduations.
- May 15-17 – XCEL Regionals

2027 –

Tentative – dates only – levels will be determined after the 2026 season numbers

- March 19-21 – **Level 6-10 State Meet**
- March 28 – Easter
- April 9-11 – Level 9/10 Regionals
- April 16-18 – Level 6-8 Regionals
- April 16-18 – **NY State Meet**
- April 22 – Passover
- April 30-May 2 – **NY State Meet**
- May 7-9 – Level 9 Easterns
- May 7-9 – **NY State Meet**
- May 14-16 – DP Nationals
- May 14-16 – **NY State Meet**
- May 21-23 – XCEL Regionals

Minutes from NY State Gymnastics Committee Meeting in Warwick, Rhode Island,
August 15, 2025

In attendance -

- Larry Goldsmith – State Chair
- Barry Coss
- Gary Gregory
- AJ Banker
- Matt Towers - Zoom
- Jamie Winkler
- Sharon Sparling
- Val Stoughton
- Dana Marion
- Mary Spadaro
- Robin Harper
- Al Drozdowski - Zoom
- Gail Caspare
- Steve Swider - Zoom

This year at **XCEL Regionals** there will be a change for the number of XCEL Silvers that will compete. There will only be a state team competition (there will be no All-Star competition).

Next year - 2027, there will not be XCEL Silver athletes in the XCEL Regional Championships, but a larger number of Gold, Platinum, Diamond and Sapphire athletes. The reason is that many coaches feel that higher level athletes should be in the regional championships and not as many lower level athletes.

Dev Program Change - Update on Bar Spreader rule for upcoming 2025-26 Season

In May the DEV committee set a rule that the spreader must remain FIXED at all sanctioned events. However the committee in August voted to **allow the spreader to be set at whatever is best for the Athletes for 2025-26 Season**

State Board Meeting -

1. Motion by Gary Gregory: To raise the qualifying score for the NY State meet to 33.00 AA for XCEL Bronze, Silver, Gold for 2025-2026 season
 - Second: Dana Marion and Steve Swider
 - Passed Unanimously

2. After much discussion and an effort to include more teams in the team awards - Motion by Barry Coss to change the number of athletes counting for team score to 3 athletes. This applies to all levels.
 - Second: Sharon Sparling
 - Vote: yes- 10, abstain - 2. Passed

3. The **declaration date again is February 17th**. If a gymnast competes after this date at a higher level, she must compete at that higher level at the state meet. A gymnast is allowed to try to compete at a higher level before this time and then move back to her previous level before this date.

4. **Senior Gifts** - Due to the complexities of getting a gymnast's name on the senior plaque and the concept of how the athletes actually use the gift - the board discussed changing the senior gift. Motion by Gail Caspare: To change the senior gift from a plaque to an embroidered blanket, that they could use and take to college with them.
 - Second: Val Stoughton and Al Drozdowski
 - Vote: yes - 12, opposed - 1 Motion Passes

5. **Paul Spadaro Scholarship** - The state board will be awarding a Paul Spadaro Scholarship to a gymnast from NY in the memory of our former NY State Chair.

A committee was formed to set up the scholarship and all of the regulations and benefits of it. The committee is: Mary Bakke Spadaro,

Robin Harper, Val Stoughton and Jamie Winkler.

6. **Letter to State Board** - The board received a letter from downstate assignor Pat Tosi asking about the rules of how many judging officials are required at local and state qualifying meets. Gail Caspare is making a chart which will be published in the next newsletter.

7. **Finances** - The state chair presented a spread sheet with the expenses and income from the 2025 state meets. NY Gymnastics is doing well financially and will continue to give back to the gymnasts, coaches and judges of New York State.
 - **Giving back to NY Gymnastics** - NYS Gymnastics donated money to Region 6 to sponsor a lunch for the coaches at the Level 9/10 Regional Championships for a cost of \$1400.
 - We also paid for the entry fee for Level 9 Easterns and Level 10 Nationals for all NY gymnasts competing in these meets. The cost was \$13,200.00.
 - We also had 16 judges (4 judge panels) at four of our state championships (Level 8/9/10, L 6/7, XCEL G/Level5, XCEL P/D/Sapphire.) A four judge panel is really beneficial for the gymnasts and offers the judges an opportunity to judge more state championships.
 - NY Gymnastics also paid for the mileage of a judging official from upstate NY to the XCEL Regional Championships at the request of the RTCC.

8. **Sad News - these two respected coaches have recently passed away .**
 - **Bob Rine** - Bob was the former owner of Rines Gymnastics and has coached at all levels for many years. He coached girls gymnastics and boys gymnastics (Dan and Dennis Hayden). He is the father of David Rine (Gymnastics Sports Academy). Bob dedicated his time and energy to working with children, bringing joy, guidance, and encouragement to every young life that he encountered

- **Don Aldrich** - Don was the founder of North Country Gymnastics. He coached gymnastics for over 30 years. He coached many levels of athletes with one of his most successful athletes being his daughter Aaron. Don's kindness, hard work and passion for helping others created a lasting impact that will continue to live on through the countless children he inspired.
9. Rising Stars 2025 - This is a major fund raiser for the region and a great opportunity for the gymnasts to attend a clinic with very knowledgeable coaches. Each club attending Level 9 Easterns and Level 10 Nationals must send a volunteer coach to help with the clinic. If not, then the club will be charged for the gymnasts and coaches apparel. Click below to see the locations and dates of this years Rising Stars Clinic. [Rising Stars 2025](#)

10. **Congratulations to our NY State Clubs of the Year and State Service winners!!**

- The NY XCEL Club of the Year is **Rochester Gymnastics Academy**
- The Dev Club of the Year is **Galaxy Gymnastics**. They are also the Regional Club of the Year
- The State Service Awards were given to:
 - **Sharon Sparling** - Member of the NY State Board for over 30 years and the USAG status coordinator since its inception.
 - **Val Stoughton** - Member of the NY State Board for over 30 years and the NAWGJ assignor for 35 years.

Election Buddy - this is the voting platform that we use to vote for the judging officials who will be judging the state championships. It will be sent out to all active members on Sept 23- Oct 8. Please vote during this time period for the judges that you would like to be on the state meet