

From: nys gymnastics <lgoldny2-gmail.com@shared1.ccsend.com>
Sent: Tuesday, September 1, 2026 4:04 PM
To: barry.coss@gmail.com
Subject: Minutes from Committee



The Minutes from the Regional Congress meeting of the NYS Gymnastics Committee are as follows:

In attendance: Friday, July 24, 2026

Larry Goldsmith - State Chair (SC)

Barry Coss
Mary Bakke
Gail Caspare
Jamie Winkler
Val Stoughton
Al Drozdowski
Matt Towers
Dana Marion
Sharon Sparling
Gary Gregory
Robin Harper
Steve Swider

The topics included:

The SC handed out a spread sheet of debits and credits for each state meet and showed what the financials of NYS Gymnastics were. The state is doing well financially and will continue to pay for the entry fees for the Eastern Nationals and the Dev Nationals. (Region 6 has since decided that the Region will pay for all athletes in the Developmental National Championships).

The state chair talked about the senior gifts. The committee decided to give the seniors a blanket and a plaque. Matt Towers volunteered to take on this project.

- Restructuring the geographic map for committee members.
- Barry Coss and Matt Towers restructured the geographic map to allow the committee members to better represent and connect with the clubs in their area.
- Matt said the the map is not set in stone and can be modified. It allows the committee to bring back topics that the membership would like us to discuss - a greater chain of communication.
- A letter will be sent from all members of the board to their clubs in the geographic area that they represent.
- This concept is for coaches and club owners only - **not for parents and gymnasts.**
- The current positions on the board would not go away but remain, in addition to their geographic area.
 - Barry will create regional email groups, we already have the domain
 - SC will introduce members at state championships.

The board voted on this motion to accept the restructuring of the geographic areas of the state in order to allow for better communication between the committee and the coaches and gym owners.

Motion: Gail Caspare

Second: Val Stoughton

Passed

Members of the board had concerns for a new member that was asked by the state chair to be a non-voting member. The SC has the power to appoint members onto the board. The committee admires the person who is being discussed, but are concerned that he does not have a vote due to the fact that he was not voted onto the board by the membership. This topic will be discussed further in our next meeting. Our former committee member, AJ Banker has resigned as he has moved to Texas to take a job as an assistant college coach.

Val Stoughton, Western Representative, brought up the number of scores that are counted for the team score for the lower levels of gymnastics. It is currently - 3 scores count toward team score for all levels. A study was done by the SC that the placements were the same if 3 or 4 or 5 scores were counted. No change was made.

Equipment for the state meet was discussed. The SC spoke to Mat Goldsmith about providing AAI uneven bars for the Level 9/10 state meet. It is still a work in progress.

Steve Swider talked about the mat height for XCEL levels at the state meets.

The board has asked for regular scheduled meetings per month. They will be held the first Wednesday of each month at 10:00 AM. The first meeting will be on September 2nd.

Declaration dates were discussed - USAG has given us the option of keeping them or getting rid of them.

The board has voted to continue declaration dates for the DEV and XCEL Levels

Motion: Jamie Winkler

Second: Mary Bakke

Passed - The specific dates will be discussed at a later date.

Medals were discussed for each state meet. Barry Coss will tell the SC the number of medals needed per level and Larry will order them and have them shipped to the meet host gym.

Rotations at each state meet were discussed and Barry stated that he would put a randomized selection for each state meet rotations.

State meet schedules were discussed. The bids for each state meet are going out to the membership and are open until August 30.

We have a paid person who will track the competitive levels of each gymnast as they move through the program - from one level to another and one discipline (XCEL, DEV) to another. The board discussed fining the gyms who break the rules.

The SC will publish a checklist of reminders concerning the movement throughout the levels (as is published in the R & P)

Jamie Winkler or Gail Caspare will talk to the SC of Massachusetts concerning the above topic

The committee talked about the deadline for the state meet entries. There is a deadline for entries

The deadline will be the second week before the state meet at midnight -

Motion : Robin Harper

Second: Al Drozdowski

Passed



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