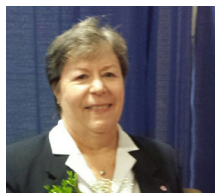


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2020 Green Flag Award Winner



Congratulations are in order for Lynda Carlson! Lynda was selected as both our State and Regional Green Flag Award winner!

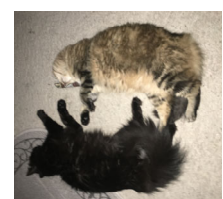
Lynda was nominated for the Green Flag award because of her longtime involvement in judges' education and training in southern Oregon. Denise Green, Regional Judging Director for Region 2 noted that her favorite comment from the nominations was that Lynda "has instilled the love of judging into so many people over the years and continues to inspire the southern Oregon judging community." Over the years Lynda has recruited and trained around 15 judges members of the Oregon judging community. Her ability to teach and help others learn is one of the reasons she has been such a great educator.



Lynda started her judging career in 1975, judging high school gymnastics while also coaching at the local junior high. She also coached at the Medford YMCA. She passed the Elite judging course, which gave her a National rating in 1997 after the rating systems were changed. Lynda has served on numerous boards over the years, including serving as the USAG State Chair and CPE coordinator, as well as serving on the NAWGJ Oregon education committee, southern judging rep and serving as a test administrator. She is now our historian/length of service award coordinator.



Lynda spent 31 years as a math teacher, educating middle school, high school and college students and she still subs occasionally, and also tutors a few students. She has a Bachelor of Arts in Mathematics from the University of Oregon and she is a huge Oregon Ducks fan. Lynda also has a Master's of Science in Mathematics from Southern Oregon University.



Lynda has been married to Larry Nolte for 32 years and has 2 stepsons and 4 grandchildren (3 in Texas and 1 in the Rogue valley). They have two cats, Neko and Savanna. Lynda is also a cancer survivor and is 5 years cancer-free!

Over the years Lynda has been a leader in the gymnastics community in southern Oregon. At times, she has been the only judge south of Eugene, which makes travel very difficult. Lynda's greatest joy in judging has been watching young girls turn into beautiful, strong women, many of whom have stayed in the sport over the years.

In recognition of her decades of dedication to the judging community, Oregon NAWGJ is proud that Lynda was selected as our Green Flag Award recipient. Lynda will receive a green flag pin as the State winner and a beautiful bracelet as the Regional winner. Congratulations Lynda!

Congratulations to our newest Level 9 Judge - Hannah Worrest!

Congratulations are in order for Hannah Worrest, who recently achieved her Level 9 rating!



Hannah competed for 7 years at Mismo Gymnastics in Montana, where she was a level 10 gymnast who competed at nationals twice.

After high school Hannah went to Montana State University and coached at Lone Mountain. Hannah coached mostly levels 4-6, but did a little upper level coaching as well.

After Hannah graduated with a degree in chemical engineering she moved out to Oregon (Bend) for a job in pharmaceutical manufacturing. Hannah started judging in 2019 after achieving her Level 4/5 - 8 rating because she “just couldn’t give up being around gymnastics!”

Oregon NAWGJ is happy to welcome Hannah to the Oregon judging community and we congratulate her on achieving her Level 9 rating!

Safe Return to Competition Guidelines and Reminders



As a reminder, the National Office of NAWGJ worked hand-in-hand with USAG to develop some best practices and tools for judges and meet directors in order to keep us safe as we slowly return to competition. NAWGJ has developed a judges safety kit, which is a document that contains best practices related to judging during the pandemic. Visit <https://nawgj.org/wp-content/uploads/2020/07/Safety-Kit-Flyer.pdf> for more information.



We also want to remind you that NAWGJ has also developed a checklist for Meet Directors. This “10 for 10” checklist is intended to serve as a point of dialogue between meet referees and meet directors in order to allow for communication between the meet referee and judges assigned to the meet. Visit the National NAWGJ website or copy and paste in this link to review the checklist for this upcoming competition year: <https://nawgj.org/wp-content/uploads/2020/07/Ten-for-10-Checklist-July-30-Update.pdf>

USA Gymnastics Oregon Updates for Judges

The USAG Oregon State Board met in November to discuss some of the challenges of the upcoming season. A few key items that they voted on affect our judges, including:

- One judge panels can be used for all sanctioned meets up through Level 5;
- All sanctioned meets will count as meets where the athlete can qualify for state (virtual or in-person);
- This year, the state has voted to have two-judge panels and a stand-alone meet referee for Optional State; we normally use 4-judge panels, but because of the pandemic, the state will have 2-judge panels for 2021. The state meet may also be held in-gym versus off-site. Remember that the USAG board votes/selects the judges for all State meets.



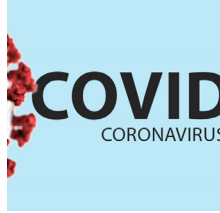
Currently, the plan for State meets are as follows:

Optional State (March 19th to 21st) – to be hosted by Athletic Edge

Xcel State (April 2nd – 4th) – The committee is currently taking bids for this meet and it can be in gym

Compulsory State Meet (April 23rd – 25th) – to be hosted by Athletic Edge

Judging During the Pandemic - Safety First



This winter our assigners will be working hard to try to ensure that meets are assigned as equitably as possible. Because of the pandemic, it will be important to limit overnight travel to the extent practical; we also expect fewer meets, so we will try to ensure assignments are as equitable as possible while honoring a club's request for specific judges. No clubs have asked to host virtual meets, yet and if they do, we will make sure you are comfortable judging via zoom or whatever platform they use before you are assigned.

Katrina (with Theo's help as needed) will be reaching out to judges who show as available to find out who is willing to judge a particular meet that has been scheduled. It is up to you as an individual judge to determine whether or not you want to accept an assignment, based on the information we have been given; remember we are all independent contractors and we are all responsible for our choices.

We ask that you pay attention to the state guidelines and really work with the club if you are the meet referee to ensure that our best practices and USA Gymnastics return to safe competition procedures are followed. If a club is holding a competition, it is assumed that they are doing so in compliance with any state or county mandates and safety procedures. Some clubs operate as youth programs and are following a different rule set than other clubs. Also note that the State's guidance continually evolves as the science is updated and metrics are changed.

It will certainly be a challenging year for all of us and it's been a huge challenge for our clubs. They are struggling to stay afloat and are trying to provide for a safe environment for our athletes. The few times I have been in a gym have shown me that they have never been cleaner and that our clubs are complying with all CDC guidance and recommendations for a safe facility.

Hopefully we can see our athletes return to the gym soon, with competitions resuming as soon as they are able to safely compete.

Other Notes:

- * The next opportunity for testing will be on Saturday, January 30, 2021 at Rigert Elite. Register for the test on USAG's website (you must be logged in to register for the exam).
- * Educational videos have been posted to the following google drive - check them out and download them for your use/practice: <https://drive.google.com/drive/folders/1R2bt9zD9ERCSrJVj-TJqetdFxi1kvOhs?usp=sharing>
- * Don't forget to check the NAWGJ website regularly for updates. Sign up for email updates so you don't miss all of the important info that is regularly shared!

NAWGJ-Oregon - find us at ornawgj.com
email: orsjdanderson@gmail.com
phone: 541-430-8783

