

FL NAWGJ News



September 2023

Celebrating FL NAWGJ Judges

CONGRATULATIONS
to these FL NAWGJ
judges for having
passed their exams
and moved up to the
next rating!!
You're awesome!



Kristi Dixon
Level 9
St. Augustine



Karen DeRuvo
Level 10
North Port



Happy Birthday

Marci KaplanSeptember 8

Anne Walker....September 22

Nichole WilderSeptember 8

Ali Shaw.....September 26

Jessica PeckSeptember 13

Nikki SpinelliSeptember 27

Serena AlbauerSeptember 21

Alicia Sanchez ..September 29



New Judge Meeting On Zoom

FL NAWGJ Mentoring Program

**Is holding a virtual meeting for all brand new,
1st year, 2nd year judges & their mentors.**

~ VIA ZOOM ~

Hosted by Susan Lomas, Mentor Chair

All FL NAWGJ members are invited to attend, though the primary focus of this meeting is geared towards our newer judges and their mentors.

Topics will include: protocols, guidelines, uniform requirements, CPE, assigning, contracts, practice judging and so much more.

Thursday, September 14, 2023

Begins promptly at 7:00 pm

Join Zoom Meeting

**[https://us02web.zoom.us/j/82212101155?pwd=REdnRWWhGYjl5NDNsWIF
TcUhqZGxPQT09](https://us02web.zoom.us/j/82212101155?pwd=REdnRWWhGYjl5NDNsWIF
TcUhqZGxPQT09)**

Meeting ID: 822 1210 1155

Passcode: 252074

Find your local number: <https://us02web.zoom.us/u/kbZ1UJOiCm>



What You Should Know



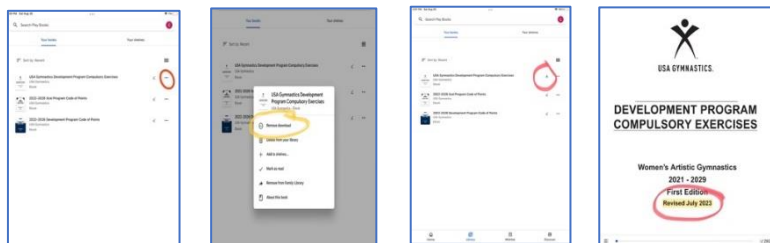
Clinic Corner by Arika Hoyt



Compulsory season is here! If you haven't done so, please take a moment to review the 2023-2024 changes outline in the [2324update.pdf \(usagym.org\)](https://www.usagym.org/2324update.pdf). All compulsory media has been updated to reflect changes. Please find your Compulsory replacement pages for your Large and Mini books here: [Compulsory Program • USA Gymnastics](#). If you are updating your eBook on Google Play, you will need to "REMOVE DOWNLOAD" and Re-download the eBook to your device. DO NOT "DELETE FROM YOUR LIBRARY"! If

you do delete from your library, you will need to repurchase Google Play eBook, as there is no way to recover the book.

Steps to Update Google Play eBook: 1. Go to Google Play Library. 2. Click three dots beside the book that needs updated. 3. Click Remove Download. 4. Click download arrow. 5. Finished: Revised July 2023.



As always, please feel free to reach out to me at arikahoyt@gmail.com with questions or comments.

Below is a highlighted list of changes to the 2021-2029 Development Compulsory Program. This is **not** a complete list; refer to the August USA Gymnastics Update, Committee Minutes, and/or replacement pages for complete knowledge of changes and updates.

1. Level 5 Bar dismount: Two options:
 - a. Flyaway = 10.0 SV
 - b. Tap swing forward with half turn (level 4 dismount) = 9.5 SV
2. No deduction for coach standing between bars throughout exercise.
3. No longer is a "junior board" permitted at any level. Level 1-3 may use an alternate (Trampoline type) springboard.
4. Athletes may choose a tuck or pike position entrance into backward roll progressions on floor exercise.
5. Shorts can be worn over OR under the leotard.
6. Coaches and Judges shall not wear earbuds on the field of play. Athletes may not wear earbuds while competing.



~ **ALOHA INVITE / FL JUDGES' CUP** ~

September 16-17, 2023

We NEED You – Come Have Fun With Us

Sign up [HERE](#) if you haven't already done so.

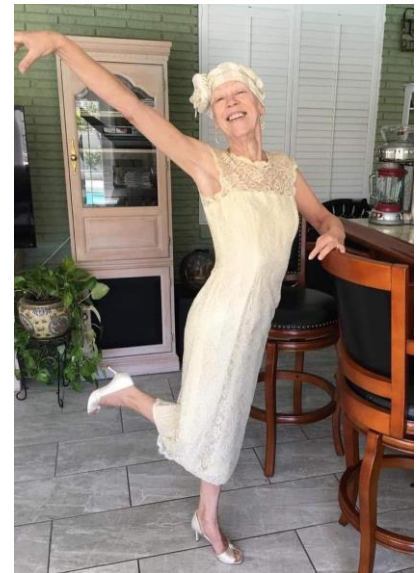
[CLICK HERE TO VOLUNTEER](#)

Tribute

Sadly, Diane Amos lost her battle with cancer and passed away recently in California where her family lived. She was a great gymnastics coach and a Level 10 judge. She coached Amy Chow from a young age and in the Olympics. Diane was also an assistant coach at Yale before moving to Florida. She started coaching at TBT in 2014 and coached many National Champions. Her dance & choreography skills were awesome! She was loved and admired by many gymnasts and coaches. Our sport lost a great one. We will miss her.

Here is a YouTube video of Diane teaching a session at Region 8 Congress in 2017.

[FLEXIBILITY TRAINING - PART 1 - YouTube](#)



IMPORTANT LINKS



- ❖ **PRACTICAL EXAM:** To view and/or to register online for currently scheduled in-person Practical Exam sessions / locations, [click here](#).
- ❖ **FL NAWGJ JUDGES' CUP:** [CLICK HERE TO VOLUNTEER](#)
- ❖ **FL NAWGJ WEBSITE:** [NAWGJ Florida - Gymnastics Judges, Gymnastics](#)
- ❖ **USAG MINUTES:** [Committee Minutes • USA Gymnastics](#)
- ❖ **NAWGJ MEMBERSHIP RENEWAL:** [\(nawgj.org\)](#)
- ❖ **TEAM FL AAU:** [Team Florida Gymnastics](#)
- ❖ **AAU MEMBERSHIP:** [Amateur Athletic Union \(AAU\) \(aausports.org\)](#)



Welcome Newcomers!

Ivelisse Medina – new 4/5 rated judge in Orlando

Gymnastics is my passion and I always wanted to be a gymnast, but there were problems in my country (Puerto Rico). As time passed, I became the mother of a girl and she, like me, loves this sport, that's when I returned and decided to continue learning and reinforcing my knowledge in this wonderful sport. I started as a volunteer, then became a Team Coach at Gymnastics USA in Winter Garden. The next step was to become a judge to educate myself and learn.



Joy Roberts – new 4/5 rated judge in Gainesville

Hello. I am currently in school for Psychology, with the plan on specializing in Sports Psychology. I'm from Gainesville, FL and I was a gymnast for 11 years growing up. I am excited to be in the position to be able to come back into the fold of gymnastics as a judge. I want to be able to give back to the gymnastics community and help the next generation on their rise to success.

Michelle Eimmerman – new 4/5 rated judge in Weston

I have been a competitive gymnast for 9 years now. I have begun my senior year of high school and I am currently training for my senior season as a level 9 gymnast. I learned judging shorthand by teaching myself at home a couple of years ago. When my coach, who is also a judge, discovered that I could write out the shorthand for my teammates' routines at the gym, he encouraged me to start formally studying judging. Judging has been a great way for me to stay involved in the sport while coming back from knee surgery. I hope to start judging more when I begin my college education along with coaching competitive gymnastics.



Julian Douglas Lowell

Sharyn Strickland's 7th grandbaby!
Born August 2nd and weighing in at
a little over 9 pounds (ouch!)
Absolutely Adorable!



National Judges' Cup 2024



FL NAWGJ is hoping to send 2 judges to National Judge's Cup in 2024. This is an all-expense paid trip and duties include judging, timing, assisting with awards and whatever else is needed. This is a great way to experience a large out-of-state competition, meet judges from across the country and represent Florida. All ratings are encouraged to apply, and eligibility requirements are listed below.

When: January 5-7, 2024

Where: Tinley Park Convention Center, Tinley Park, IL

Check out the official NJC site here for more information: [Gymnastics Meet | National Judges Cup \(gymnasticsjudgescup.com\)](https://gymnasticsjudgescup.com)

Application Deadline: October 1, 2023

The FL NAWGJ Board of Directors will review all applications received and make the final decision. Selected Candidate(s) will be notified no later than October 20, 2023

Requirements to Apply:

- 1) Must have actively judged a minimum of 2 consecutive years
- 2) Must have judged at least 2 meets each season
- 3) Must have attended at least 2 FL Judges' Cups within the last 5 years

2024 National Judges Cup - Application - Google Forms

(click here to apply)



Interesting factoids about Tinley Park, IL

- [In 2009, BusinessWeek named Tinley Park as the best place in America to raise a family](#)
- The village was established in **1853** and was called Bremen at the time. [It was renamed Tinley Park in honor of the village's first railroad station agent, Samuel Tinley Sr., in 1890](#)

Calendar & Upcoming Events

September 1 ALL judges must be compliant (memberships/CPE)

September 4 Labor Day



September 10 Last day to register for Practical testing at Judges' Cup

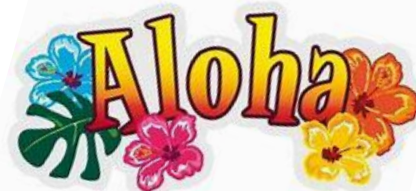
September 12 & 13.. Flipping Education Virtual Clinics @ 7 pm

September 14 New Judge virtual Zoom meeting (info on page 2)



September 16-17 National Training Camp, LSU

September 16-17.....FL Judges' Cup
Wiregrass, Wesley Chapel
Practice Judging & Testing



September 22-24 Penguin Invite, Park Avenue

September 23-24 Daytona Beach Bash, ACE Gymnastics

September 23 First Day of Fall



~ Mark Your Calendar ~ Upcoming Events in 2023

- ❖ October 13-15, 2023 – Regional L8-10 Training Camp, Metro Orlando
- ❖ November 4, 2023 – Brush Up Clinic @ Sun Country in Gainesville
- ❖ November 17, 2023 – Brush Up Clinic in Tampa (or Dec 3)
- ❖ November 19, 2023 – Brush Up Clinic @ Twisters in Coconut Creek
- ❖ November 26, 2023 – Brush Up Clinic in Orlando
- ❖ November 26, 2023 – Brush Up Clinic in Ft. Myers