

FL NAWGJ News



2026 • April ~ May • 2026



Celebrating FL NAWGJ Judges

Hi Judges!

The regular season has now drawn to a close and all culminating competitions will be wrapping up within the next 6 weeks. It's been a wonderful season, full of exciting events and great camaraderie. This summer marks the beginning of a new optional cycle and most of us are preparing to test. Hopefully all those testing National/Brevet have registered to attend the Test Prep clinic in Winter Garden on May 31. And those testing 6-10 will attend the Test Prep clinic in Tampa on July 26.

Some things to keep in mind:

- CPE is **DUE** to Kevn McNamara (kevn.kmm@gmail.com) by May 31 but can be turned in now if it's complete.
- One of our judges recently experienced credit card fraud via "tap-to-pay" while checking into her hotel for the weekend. Fortunately, she was able to dispute the charges. Here's an interesting article to read if you want more information on what it is and how to better protect yourself. [FDIC Warns of Hidden ATM Skimmers and Tap-to-Pay Card Fraud in 2025](#)
- FL NAWGJ is hosting their annual membership meeting via Zoom on April 7 from 7:30-9:00pm. The link is on page 9. This is a great opportunity to hear the latest news and ask any questions you may have. We hope you can attend.

There are some great articles in this issue. A huge thank you to all our contributors! Feel free to let me know if there's something you would like to share. The next newsletter is due out on June 1.

Happy reading!



Celebrating April & May Birthdays

Sue Tonietto.....April 4
Brenda Musall.....April 12
Martha SantiagoApril 12
Natasha GuidaApril 13
Kristy Aldrich.....April 30

Inky CummingsMay 4
Michelle EimmermanMay 4
Samantha IsaacsMay 6
Tracy JakumMay 6
Jen BovalMay 10
Rosi SierraMay 11
Heather HochstetterMay 13
Cookie BatscheMay 18
Carol CurleyMay 18
Becky Stone.....May 22
Kristi DixonMay 24
Stephanie OvdiyenkoMay 26
Melissa Huston.....May 28
Karmin SoderstromMay 30
Kristen RoseMay 31



**JUDGES AT
MIAMI
GRIT
CLASSIC**



L-R: Vicki Kramer, Rosemary Lee, Sue Pusateri, Jenn Ynestroza, Glenn Aser, Susan Lomas, Barb Quackenbush, Arturo Padilla, Sophia Tracy, Phyllis Niemi, Pam Koch, Marci Kaplan (seated), Jessica Peck, Martha Santiago, Sara Harp, Heather Hochstetter, Melissa Huston, Laly Sanz, Jill Andrews, Patricia Lydon

Volunteer Opportunities



Dear Florida Judges,

We **NEED** your help! FL is hosting 9/10 Regionals in Bradenton (**April 10-12, 2026**) and as usual, we need lots of judges to volunteer in the auxiliary positions. Meals will be provided, and volunteer hours can be used for CPE, National/Brevet testing eligibility and service for the various National/Brevet categories. It is also a great way to watch some superb gymnastics for you will be on the floor of the meet assisting in a variety of tasks. Any time that you can give is greatly appreciated. Please click on the link below and sign up for all days, sessions and duties that you would be available to help with. If you have any questions or need additional information, don't hesitate to get in touch with me, Jill Bosack at jmbosack@gmail.com

Here is the link to sign up for Regional Level 9/10 Championships:

<https://www.signupgenius.com/go/5080F4EA8AC2BA1FF2-62029890-level>



An additional opportunity is available for Summer 2026. NAWGJ will be hosting an XCEL Training Camp on July 25-26, 2026, at Tampa Gymnastics and Dance. This is a fantastic opportunity to interact with the athletes and coaches in a non-competitive environment. I will be sending more clarification regarding leadership credit opportunities next month for this clinic.



Here is the link to sign up for NAWGJ XCEL Training Camp:

<https://www.signupgenius.com/go/5080F4EA8AC2BA1FF2-60079764-2026>

Thank you for all you do to make FL NAWGJ a fabulous organization!

Jill Bosack
State Volunteer Coordinator



So Much Fun



**Sam, Susan & Martha
Daytona Beach Open**

FANGIRL (noun)

1. a female fan, especially one who is obsessive about comics, movies, music, science fiction or Sam Mikulak.

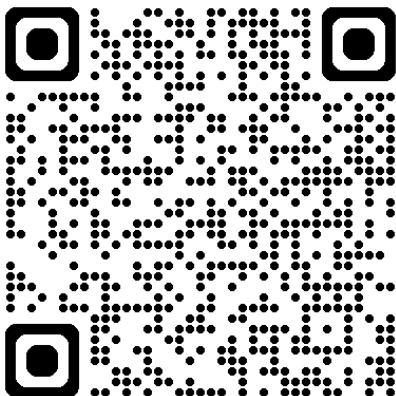
"The average fangirl, despite the implication of the name, is a grown-up."



Samuel Anthony Mikulak (born October 13, 1992) is an American gymnastics coach. A retired [artistic gymnast](#), he was a member of the [United States men's national artistic gymnastics team](#). He is a six-time U.S. national all-around champion (2013–2016, 2018–2019), the 2018 World bronze medalist on the horizontal bar, and a three-time Olympian ([2012](#), [2016](#), and [2020](#)). He is also an eight-time NCAA champion, winning the team, individual all-around, and several individual event titles at the 2011, 2013, and 2014 [NCAA Men's Gymnastics championships](#). In 2023, he started serving as a gymnastics coach at [EVO Gymnastics](#).

Just For Kicks – Fun Video

YOU GOTTA KICK HARD INTO YOUR HANDSTAND! 🤪🤪🤪



Check out this interesting short video that shows and explains some judging deductions on Platinum Floor.

The Best Of Everything

XCEL Training Camp

JULY 25-26, 2026

JUDGES INFORMATION

Xcel Training Camp offers an opportunity for judges to earn the following ALL in ONE, FUN weekend!

*Volunteer/Miscellaneous
Leadership (National Only)*

*Clinic
In-Gym*

Benefits:

- Judges can earn CPE, Misc. volunteer and in-gym credit
- Direct interaction with coaches & athletes
- All judges who attend one session receive FULL reimbursement of the Annual NAWGJ Membership Fee

A \$75 VALUE!!!

Judges Test Prep-FREE!

****CPE Clinic Credit****

Ready for testing? Test Prep for level 8-10 Sunday afternoon, please email interest to:

✉ arikahoyt@gmail.com

Coaches Workshop

****In-Gym****

Coaches attending will be offered a Q&A opportunity before the training camp on Saturday Morning



Tampa Gymnastics & Dance
17302 Commerce Park Blvd.
Tampa, FL 33647

Questions? Email or call.
Jill Bosack

✉ FLNAWGJtrainingcamp@gmail.com



813-545-7195



Sign Up Genius: 2026 NAWGJ XCEL Training Camp

Going Places



FL judges **Carlos Sanchez** and **Martina Castro Lazo** were invited

to assist at the “American Cup” on March 7, 2026 in Henderson, NV. For results, recaps and more photos go to: [2026 American Cup • USA Gymnastics](#)



(3rd from left) **Carlos Sanchez** & (5th from left) **Martina Castro Lazo**

FL Judges **Melissa Huston** and **Susan Lomas** judged a meet in Santiago, Dominican Republic this past February. Coaches and judges were treated to a tour of Santiago and a fun “meet ‘n greet” party in the Governor’s Square, complete with traditional island entertainment.



Melissa

Susan



FL NAWGJ Interview



by
Susan Lomas

Featuring
MEREDITH HAAS



We are all familiar with Judges in our area. It's nice to learn about other judges living in our state. This edition of SPOTLIGHT is on Meredith Haas.

Meredith is a Level 10 judge that moved to the Orlando area from York, PA in 2023. Welcome to Orlando Meredith! She has held her judging rating for over 6 years. What she likes best about judging gymnastics is the culture of professional standards we, as an association, place upon ourselves and the respect we receive from the entire gymnastics' community. She is honored to be part of our association. Also, after 30 years of coaching, she's happy to not have the responsibility of other people's children.

One of her favorite judging memories was meet Brandy Johnson and evaluating her gymnasts. Brandy has always been one of her favorite gymnasts. Her favorite Olympic memory is when the US women's team won their first Team Gold in 1996 on their home turf.



Meredith lives in Apopka with her boyfriend, (father of her 30-year-old daughter) whom she says they have a "notebook-esque" story. She has 2 children and 2 grandchildren (so far) and a Boston Terrier named Magalita.

When not judging, Meredith is a Personal Health & Wellness Coach and Herbalife Independent Distributor, she makes the world healthier by providing personalized nutrition, education, weight management, and fitness guidance combined with Cellular Nutrition and a community of

support, encouragement, and accountability so you can reach your goals of living a healthy, active lifestyle.

A fun fact she shares was when Florida Gator's legend Trinity Thomas was 7 years old, she told Trinity's mother to put her in gymnastics! Trinity's mom had recruited her to help get a competitive cheer team started, and she instantly recognized Trin's talent.

After a busy or stressful week, she likes to either walk around her neighborhood or go and walk around Universal or Sea World to take in the sights and ride some rollercoasters. If her schedule allows, she might head to the beach to stand at the edge of the water and just listen to the waves crash. Her dream travel location is Bora Bora. She loves the blue green waters and serene views.



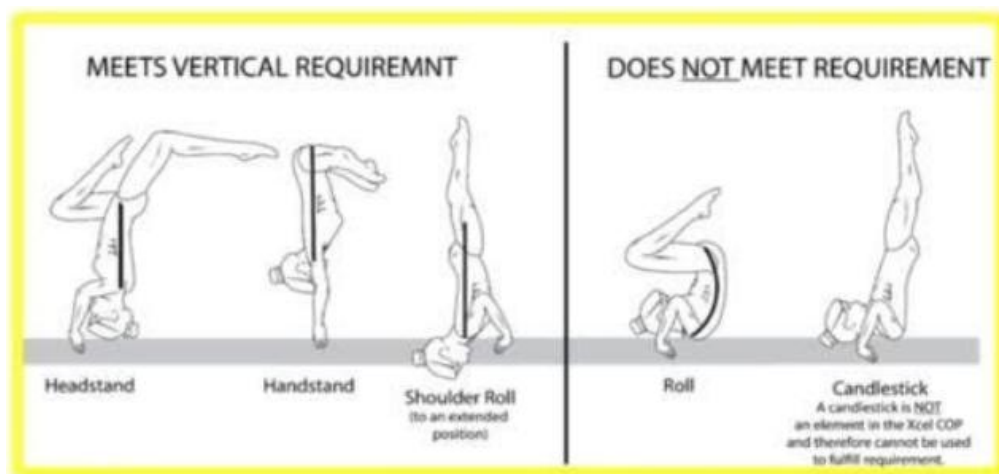
Did You Know?



Questions that were recently asked and answered.....

Q: Xcel Beam – Can someone explain a backward roll on beam done in the right way, passing through vertical.

A:



Xcel Code of Points



Q: Level 7 Floor – Can a cartwheel land on the knees and receive “A” VP credit?

A: Yes, this is considered a variation of the cartwheel.

Verified by Evelyn Chandler, Region 8 RTCC 2.7.26

Q: Xcel Floor – Is pushing off the floor with the hands out of a forward roll a deduction?

A: No, it is not a deduction.

Verified by Pam Kitchen, Region 8 XTCC 2.7.26

Q: Xcel Platinum Bars – Athlete jumps from low bar to high bar and performs a long hang pullover. Is this a Value Part and would it count as a 360° circling skill for Special Requirement?

A: No, a long hang pullover is NOT a Value Part and also does NOT fulfill the 360° circling requirement.

Verified by Pam Kitchen, Region 8 XTCC 2.14.26

Q: Level 6 Bars – Can the “cast” coming out of the clear hip circle count as the cast SR if it comes out above horizontal?

A: No

Verified by Evelyn Chandler, Region 8 RTCC 2.14.26

New & Exciting



To Florida Judging

Hi! My name is Josi Phillips and I just moved to Jacksonville from Bountiful, Utah. I have a National rating and this is my fifth cycle...I think? Haha! Not exactly sure anymore. I'm engaged to my fiancé of 5 years and I have 2 children.

I enjoy spending time with my dog and 3 cats, and I also enjoy hiking, golfing and spending time at the beach which is why we came. We are tired of cold snowy days! When I'm not judging, I'm teaching for



Josi Phillips

Concorde College as the radiologic technology program director and working as an MRI tech. My favorite color is pink and my superpower that I would wish for is being able to know the future. I'm excited to be a part of the Florida judging community!

Florida NAWGJ Annual Meeting via Zoom

All members of FL NAWGJ are encouraged to attend.

Tuesday, April 7, 2026

7:30 - 9:00 pm

Topics to be covered:

- Summer 2026 Testing
- Summer Clinics
- CPE
- Florida Assigning Updates
- State & Regional assignment procedures
- 2026-28 Florida Board elections
- Budget & Membership Report
- More.....



[Join our Cloud HD Video Meeting](https://us02web.zoom.us)
us02web.zoom.us

HOPE TO
see you
THERE

We hope that you can join our call, but if you can't, a video recording of the meeting will be available for future viewing.

Now You Know!



Coordinator

Continuing Professional Education

Kevn
McNamara



Hey judges – scan this QR code to read more about CPE – Why it's important? When is it due? How to fill out your form. And much more. You can also get the updated form at this link. Simply click on the link and then scroll down to **Judging Accreditation Forms**

Forms • USA Gymnastics



Gymnastics legend Simone Biles makes career decision after 2026 Winter Olympics

- **Career Move:** Simone Biles announced she is joining the Laureus movement as an Ambassador, marking a new chapter in her career focused on athlete wellness and social impact.
- **Global Influence:** Biles has been recognized internationally, winning Laureus Sportswoman of the Year four times, and uses her platform to advocate for mental health, inclusion, and youth empowerment.
- **Youth Engagement:** During the 2026 Winter Olympics in Milan, she visited young athletes at Polisportiva Garegnano gym, emphasizing her commitment to creating opportunities for girls and young women through sport.

Read more here: [Gymnastics legend Simone Biles makes career decision after 2026 Winter Olympics](#)

USA Gymnastics statement on the Swiss Federal Supreme Court decision in favor of Jordan Chiles and USAG.

We are pleased the Swiss Federal Supreme Court recognized the flaws in the initial process and that Jordan's case can now be heard inclusive of all relevant evidence. USA Gymnastics will continue to support the efforts of Jordan and her team to retain her bronze medal in the 2024 Olympic women's floor exercise. We look forward to a fair arbitration that includes the clear evidence proving the inquiry into Jordan's score was filed well within 1 minute as required by FIG rules.

USA Gymnastics recognizes and thanks the Swiss-based firm of Schellenberg Wittmer and the U.S. firms of Jenner & Block and Rubinstein ADR for their work with USAG in our collective advocacy for Jordan.

The Swiss Supreme Court press release can be found [here](#).



A Message from President & CEO Kyle Albrecht

In his first message to the USA Gymnastics Community, President & CEO Kyle Albrecht offers reflections on his first few weeks on the job and a glimpse into the path forward for the organization, in 2026 and beyond.

[A Message from President & CEO Kyle Albrecht on Vimeo](#)



[USA Gymnastics announces streaming schedule for 2026 season](#)

View the USA Gymnastics 2026 livestreaming schedule that includes competitions, camps and podium trainings throughout the country.



Calendar & Upcoming Events

- April 5 Easter
- April 7 FL NAWGJ Annual Membership Meeting
- April 10-12 9/10 Regionals in Bradenton (need volunteers!)
- April 10-12 Xcel Bronze, Silver, Gold State Meet in Gainesville
- April 17-19 6, 7, 8 Regionals in Atlanta, GA
- April 18-19 2026 CATS Beach Blast
- April 30 – May 30 Level 9 Eastern Nationals in Savannah, GA
- May 1-3 Xcel G, P, D, Sa Regionals in Savannah, GA
- May 1 **Deadline** to register for FL State Clinics
[USA Gymnastics Florida](#)
- May 7-10 DP Nationals in Oklahoma City, OK
- May 31 FL NAWGJ National/Brevet Test Prep Clinic in Clermont
- May 31 **Deadline** to submit CPE to Kevn McNamara



Shay – Best Beam Beast!

Sara Monahan's fur baby.



~ Mark Your Calendar ~ Upcoming Events in 2026

- ❖ June 1, 2026: Deadline to submit judge's State Meet Availability
- ❖ June 14, 2026: FL State Clinic at LaFleur's Largo
- ❖ June 26-28, 2026: Region 8 Congress & Testing in Duluth, GA