

FL NAWGJ News



2026 • June ~ July • 2026

Celebrating FL NAWGJ Judges

Hi Judges!

Summer marks the beginning of Optional level testing and most judges are in some form of study mode. Here are some links and opportunities you should consider to help you with a successful and positive testing experience:

- Nawgj.org – check out their “Education” and “Judging Aids” sections for updated practice tests, resource materials and score sheets (Cookie’s sheet is very inclusive and completely awesome).
- Attend the Test Prep clinic in Tampa on July 26. This is for those planning to test levels 8, 9 or 10 (three separate sessions will be presented). The focus will be on practice judging with the new requirements and study of the new rules will be necessary before attending. If you haven’t registered yet, then contact Arika Hoyt (arikahoyt@gmail.com) ASAP. Hurry – rumor has it that the level 10 session is nearly full.
 - Level 8 Clinicians: Aimee Sparkman & Pam Koch
 - Level 9 Clinicians: Jen Boval & Sue Pusateri
 - Level 10 Clinicians: Susan Monahan & Susan Lomas

CPE was due May 31 and if you haven’t sent yours in yet, then you need to contact Kevn McNamara (kevn.kmm@gmail.com) and make a plan with her.

Voting begins on June 25 for the upcoming FLNAWGJ Board elections. More information is on page 10. Voting is a privilege, so please VOTE!

There are some great articles in this issue. A huge thank you to all our contributors! Feel free to let me know (susan_78726@hotmail.com) if there’s something you would like to share or read about. The next newsletter is due out on August 1.

*Happy reading & Good Luck to
all who are testing this summer!*



Happy Announcements

Katie JerabekJune 4
Meredith HaasJune 6
Amy DiuguidJune 7
Janet Durant.....June 8
Toyi GainleyJune 12
Elizabeth Simpson ...June 12
Elena LechnerJune 13
Sara MonahanJune 17
Nicole MillsJune 21
Jade HardinJune 25
Jill BosackJune 26
Loana CruzJune 27

Theresa Perry July 2
Eileen Kaye July 5
Karen Coursen..... July 11
Kelly Flagler July 11
Kevn McNamara July 11
Laly Sanz July 18
Ivelisse Medina July 21
Jeanette Ciesla July 27



The biggest U.S. gymnastics competition this side of the Olympics is coming to Tampa the next two years. The Southeastern Conference announced today that the 2027 and 2028 SEC Gymnastics Championships will be held at Tampa's Benchmark International Arena. Dates and ticket information will be released closer to the events. It's one of the most prestigious events in college sports, featuring Olympians and the best in collegiate gymnastics.

Thank You For Volunteering

We would like to extend a HUGE thank you to the following judges for the time they gave to come out and volunteer at 9/10 Regionals this past April in Bradenton. We appreciate all that you do and give to help FL NAWGJ be the best it can be.



Rose Casterline, Martina Castro Lazo, Yamelis Cruz, Sara Duggan, Janet Durant, Natasha Guida, Arika Hoyt, Maria Iankova, Samantha Isaacs, Tiffany Jennings, Katie Jerabek, Ivelisse Medina, Sara Monahan, Susan Monahan, Brenda Musall, Pamela Paredes Taylor, Susan Pusateri, Lidia Rosca, Jaime Rush, Roysi Sierra, Aimee Sparkman, Nikki Spinelli, Hope Spivey, Becky Stone, Kathy Stuenkel, Sophia Tracy, Alison Tripp, Nichole Wilder



Evelyn C (MR)



Hope S



Pamela P Patricia L Sophia T



Rose C Sharyn S



Sara D



Cookie B



Sara M



And an extra special thanks to our Volunteer Coordinator ~ Jill Bosack for making this all happen and look so seamless.

What You Need To Know

REGARDING GYMJAS

The SSL Security certificate for gymjas.com was replaced in early March. While laptop browsers seem to have accepted it as usual, some iPhones are showing a “connection not private” warning when trying to refresh the gymjas page in their tabs since the previous certificate expired.

Here are two ways to force it to make a new connection.

- Open a private tab to gymjas.com (New Private Tab) and it should force a new connection, retrieving the new certificate, and you should get to the site with no warnings.
- Alternatively, follow the warning message through to where it says “View Certificate”, then go to the website. After doing that once, it should pick up the new certificate.

5 OF THE GREATEST OLYMPIC GYMNASTS OF ALL TIME RANKED

From Simone Biles to Nadia Comaneci, this countdown explores the most iconic Olympic gymnasts ever. Featuring legends like Mary Lou Retton and rising star Sunisa Lee, discover how these athletes made history. Relive unforgettable Olympic moments, groundbreaking routines, and performances that redefined gymnastics forever in this must-watch sports countdown.

[5 of the greatest Olympic gymnasts of all time ranked | Watch](#)

GOING TO REGION 8 CONGRESS?

[Click here](#)

to view the preliminary list of lecture topics

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

Joyous News!!

Councilmember Susan Lomas Commitment Renewed

Article in the "Edgewater Exclusive" Newsletter

At the March 17, 2026, City Council meeting, Councilmember Susan Lomas took her official "Oath of Office" to begin her new term. In addition to her reelection, the Council voted for Councilmember Lomas to serve as the Council President Pro Tem. In this role, she will lead the meeting if the Council President is away, ensuring that city business continues to run smoothly for our residents.

Over the years, Susan has been a calm and thoughtful voice for our community. She is known for approaching every decision with care and preparation while keeping the best interests of neighbors at the heart of her work. She consistently shows a strong sense of duty to every person who calls Edgewood home. We thank Councilmember Lomas for her ongoing dedication and look forward to the work she and Council will do together. *(Susan Lomas is a National rated judge in the Orlando area.)*

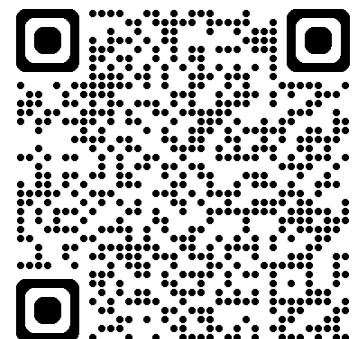


Kayla & Matthew Teribery are having a baby girl!! Due date is September 5, 2026. Her name to be announced.....soon. Congratulations!

(Kayla Teribery is a Level 10 judge in the Orlando area.)



Watch their beautiful
Facebook
announcement here



Judging & Impartiality



Judging – Is it hard to remain impartial?

By Robin Ruegg, Brevet Judge, NAWGJ Director of Finance

“Is it hard to remain impartial? Especially if you know in advance what a gymnast can do or if you have some kind of connection with them?” Both my neighbor Linda and a former elite and D1 gymnast Wendy asked similar questions.

As I think about the question of impartiality, it's quite low on my list of concerns as a gymnastics judge. I'm thinking about the specific rules, trying to jot shorthand legibly, calculating the Start Value, deductions and compositional errors quickly, inputting the scores correctly into the computer system and keeping the competition running smoothly. When I signal a gymnast to start, yes, I may recognize her, but as soon as she starts moving, I'm concentrating on the gymnastics she performs and notating the skills, deductions and stars. I use stars to notate a particularly well-done skill.

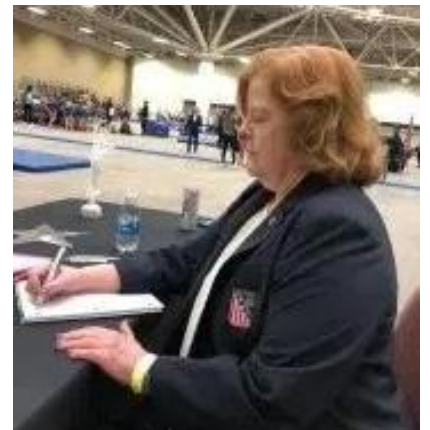
I am looking for exquisite gymnastics and that's where I'm biased - towards well-performed beautiful routines. Maybe it's decades of experience – I snap into judge mode and just judge. I don't necessarily remember names or clubs and as I often ask at the end of a meet, “Who won?” I am NOT tracking team scores or scores of particular gymnasts. Gymnasts earn their scores from me based on their performances. And frankly, if I cared who won, I should not be judging that competition.

Now, I'm human. There are gymnasts I'm interested in—my neighbor's granddaughters, a club gymnast I worked with, a non-related gymnast who has my same unusual last name, my pastor's daughter. But I look up their scores or placement only after the meet is completed—I consciously don't want to care about how they do during their meet.

Decades ago, I helped coach a high school gymnastics team. I was also a certified high school judge at the time. Our team showed up at a few meets where they were short a judge which meant the meet would go extra-long. With permission from the opposing coach, I stepped in and judged the JV teams. And every time I judged, our athletes and their parents complained that I was overly tough on them and that I was too impartial because I didn't give our team better scores. I just laughed—how I saw their performances as a judge was different than how I saw them as a coach. As a judge I saw the flaws; as a coach I saw their improvement.

In every judges' meeting, at every level, the meet referee reminds us to judge what we see, not how the gymnast performed in another meet or what team she is from. As judges we take this seriously and do our human best to be impartial and fair.

So, is it hard to be impartial? I don't think so but, as with all sports officials, the gymnasts, coaches, parents and fans think that judges are biased when they, their gymnast or their team doesn't score as well as they had hoped. I think judges are given far too much credit in being able to consciously manipulate scores, favor a team or purposely cause a particular gymnast to win or lose a competition. We're not that smart! Our focus and perfectionism are on seeing the skills, writing them down with flawless shorthand, evaluating the performance and coming up with a score in less than 30 seconds.



FL NAWGJ Interview



In the Spotlight

by

Susan Lomas

Featuring
KRISTI DIXON



We are all familiar with Judges in our area. It's nice to learn about other judges living in our state. This addition, the SPOT LIGHT is on Kristi Dixon

Kristi is a Level 10 judge- originally from Waycross, Georgia, and now lives in St. Augustine. Kristi has been judging for 19 years, 14 years in Georgia (she took a 3-year break) and has now been judging in Florida for the past 5 years. What does she like about judging? "The kids. It has always been about the kids. They are the entire reason we do what we do—or at least, they should be. Children are phenomenal, and their innocence is so pure."

Kristi's favorite judging memory was when she was judging a state meet and a grandmother walked right onto the competition floor during a rotation to ask her why her granddaughter had scored lower than her teammates. What else could I do but tell her? And she was great about it! She started telling me that "kids just aren't made the same anymore," but added that if her granddaughter worked harder, she should still be able to make the Olympics. And hey, why not? Her favorite Olympic memory is Kerri Strug's legendary vault at the 1996 Atlanta Games. Her sheer determination, grit, and passion in that historic moment were incredibly inspirational.

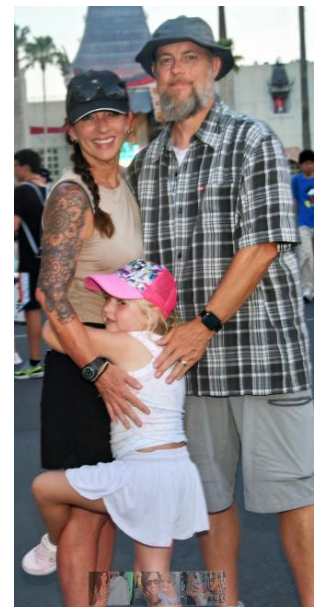
Kristi is now retired. She has two favorite ways to recharge. She is either completely content at home, curled up in a blanket with her husband, Kaelyb, and their dog, Dixie – or she is going full speed keeping up with her amazingly awesome grandbaby!

Some fun facts about Krist that her fellow judges may not know is 1) that she was a 1992 Olympic hopeful before sustaining a career-ending injury, and 2) a deeply meaningful piece of her life story is that her daddy has one of her kidneys.

Kristi would love to travel to Brazil. She is completely captivated by the idea of experiencing its vibrant culture, incredible energy, and breathtaking natural beauty. Specifically, she wants to explore the Amazon Rainforest.

Kristi has a unique hobby that is close to her heart: She loves rescuing old photographs found in their original frames at thrift stores or antique shops. It breaks her heart to see these pieces of family history thrown away, donated, or lost, so she brings them home and keep them preserved in their original frames. It truly feels like she is giving these forgotten families a home again!

Her advice to new judges is to never be afraid to ask questions. "I think as a new judge, you often feel an immense pressure to know everything right away to prove yourself. You don't! The minute we stop wanting to learn is the minute we need to rethink our positions. Most judges are more than happy to share their experiences and knowledge. That collaborative spirit is exactly how the next generation will carry on and lead this sport that we all love so much."



Did You Know?



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

Q: Level 10 Floor – for the upcoming cycle – if a routine has no “D” Salto, would judges deduct 0.20 under “Specific Composition” AND 0.20 off the Start Value under “Composition Credit” (CC) as well?

A: Yes, this is correct.

COP Pages: Floor ~ 25, C & Floor ~ 39, VI. A. 1.

Verified by Evelyn Chandler, Region 8 RTCC 5.4.26



Q: Optional written exam – will the questions involving skills be written out AND include the corresponding shorthand?

A: Just written (no shorthand). At least that’s how I submitted mine.

As responded by Evelyn Chandler, Region 8 RTCC 5.7.26

Q: When will the minutes be posted with the 2026-2027 updates?

A: We had our Tech Committee meeting May 11-13, so the minutes should be out in June.

As responded by Evelyn Chandler, Region 8 RTCC 4.28.26

Amazing gymnastics saves | Compilation

Check out this fun video that shows some daring saves and “original choreography”.



FL NAWGJ Election Information & Timeline

FL NAWGJ State Committee (SC) elections are now underway. Each position is a 2-year term and there will be 10 positions on the upcoming ballot. Here they are:

1. Assignor #1
 2. Assignor #2
 3. Assignor #3
 4. Assigning Administration Assistant
 5. Clinic Chair
 6. Ethics Chair
 7. Event Coordinator
 8. Media Specialist
 9. New Judge Mentor Chair
 10. Secretary
- Will be able to vote for 2 candidates and the top 3 vote getters will be elected to these positions.

Please contact Patricia Lydon at patriciasjd@icloud.com if you have questions or need more information on any of these positions.

Timeline:

- May 25: All eligible candidates (must be a NAWGJ member for a minimum of 1 year) should have received an application packet from the RJD.
- June 10: Candidate Application form is due to the VP & RJD. Failure to respond by the deadline indicates that the candidate does NOT wish to run for an office.
- June 25 – July 10: Voting Begins
 - Any NAWGJ voting member must meet the criteria for eligibility to vote 90 days prior to the date voting begins (March 25).
 - The SC members, meeting the criteria, shall be elected by the NAWGJ membership in their respective state, from a slate eligible voters.
- July 10: Voting Ends
 - The VP notifies the RJD, who, in turn, will notify the candidates.
 - The SJD sends election results to the state membership.
- July 15: Newly elected SC members assume office.

PLEASE VOTE & GOOD LUCK TO ALL CANDIDATES



NEW Skill Values For 2026 ~ 2027



Click here to view in usa-gym.org if you want to print:

[26changedvalues.pdf](#)

2026-2030 Development *Code of Points*; elements that have changed in Value

UB		
Element	New Value	Old Value
#5.403 HS on HB-swing down forward (back facing LB) in reverse grip, backward swing, release and ½ (180°) turn in flight between the bars to catch LB in hang (Ejova)	"E"	"D"
BB		
Element	New Value	Old Value
#2.201 From Cross position-jump with a ¼ (90°) turn to Split jump in side position	"B"	"C"
#2.202 From Cross position jump with a ¼ (90°) turn to staddle-pike jump or side-split in side position - (180°) leg separation	"B"	"C"
#2.202 Straddle-pike jump or side split jump in side position - (180°) leg separation with ¼ (90°) turn to finish in cross position	"B"	"C"
#2.302 From Cross position jump with ½ (180°) turn to staddle-pike jump or side-split in cross position - (180°) leg separation	"C"	"D"
#2.207 Sissonne, take off from both legs, land on one leg (legs in a diagonal position with 180° leg separation; front leg a minimum of 45°)	"B"	"A"
#9.306 Salto backward tucked, piked, or stretched with 2/1 (720°) twist dismount	"D"	"C"

USA Gymnastics News



U.S. OLYMPIC TEAM TRIALS GYMNASTICS

JUNE 16-19, 2028 • LOUISVILLE, KY

Louisville will be the final stop on the journey to LA28 when it hosts the 2028 U.S. Olympic Team Trials – Gymnastics.

Read more here: [Louisville to host 2028 U.S. Olympic Team Trials – Gymnastics, become Gymnastics City USA 2028 • USA Gymnastics](#)



USA Gymnastics announces 2027 Nastia Liukin Cup Series invitationals



2027 Florida meets that are Nastia Liukin Invites

- [Presidential Classic](#), Orlando, FL, Jan. 15-17
- [Sand Dollar Invitational](#), Kissimmee, FL, Jan. 22-24
- [Magical Classic](#), Orlando, FL, Feb. 12-14

Full list of Invites here: [USA Gymnastics announces 2027 Nastia Liukin Cup Series invitationals • USA Gymnastics](#)

Nastia Liukin website: [Nastia Liukin Cup](#)



[2026 U.S. Classic](#)
July 17 - 18, 2026
Hartford, CT



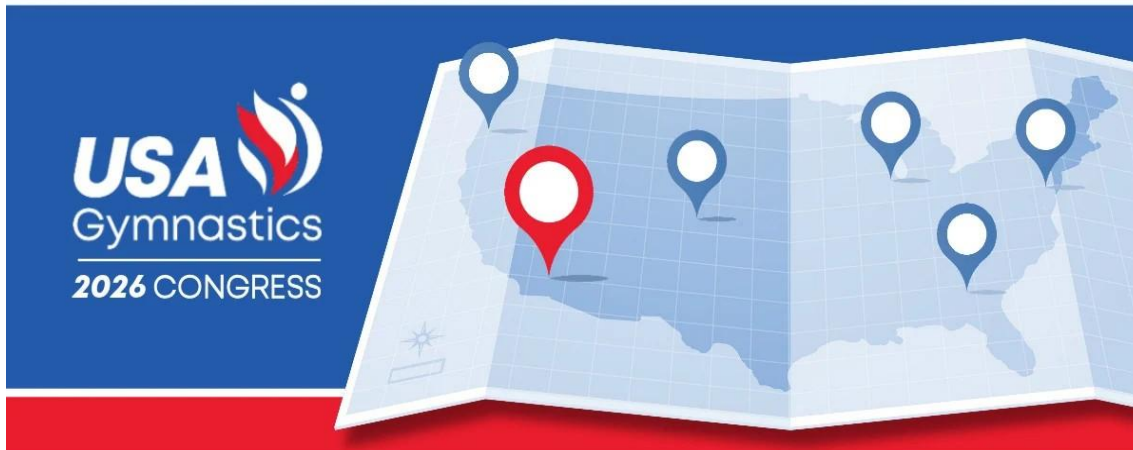
[2026 Xfinity U.S. Gymnastics Championships](#)

August 6 - 9, 2026
Phoenix, AZ

Calendar & Upcoming Events

June 1 Judges – State Meet Availability Form DUE TODAY
June 14 FL State Clinic at LaFleur's Largo, L6-10 updates
June 26-28 Region 8 Congress in Duluth, GA
June 28 National/Brevet testing in Duluth, GA **Good Luck All!!**
July 4 Happy Independence Day
July 11 FL State Clinic @ Harbor City in Melbourne, L6-10 updates
July 12 FL State Clinic @ Harbor City in Melbourne, Xcel, L6-8
July 17 Regional Training Camp @ TBT in St Petersburg, L6,7,8
July 25-26 FL NAWGJ Training Camp @ Tampa Gym & Dance
July 26 FL NAWGJ Test Prep @ Tampa Gym & Dance, L8,9,10

Get inspired this summer at a
USA Gymnastics Congress near you!



National Congress August 7-9 Phoenix, AZ	Region 2 July 11-12 Redmond, WA	Region 3 June 13-14 Highlands Ranch, CO	Region 4 & 5 June 19-21 Lombard, IL	Region 6 & 7 July 24-26 Bethlehem, PA	Region 8 June 26-28 Duluth, GA
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~ Mark Your Calendar ~ Upcoming Events in 2026

- ❖ August 1, 2026: Testing opens for Levels 6-10
- ❖ August 1, 2026: Renew all memberships & update GymJas availability
- ❖ August 8, 2026: National Congress & Championships, Phoenix, AZ