

FL NAWGJ News



2025 • August & September • 2025

Celebrating FL NAWGJ Judges

Hi Judges,

The 2025-2026 season is now officially open and assigning will begin any day. Are you ready? It's very important that you do your availability ASAP if you haven't done so already and always remember to update it anytime your schedule changes. Here are a few special requests from your Assignors:

- ❖ If you are affiliated - please send your assignor (either Susan or Stephanie) a list of the meets that your club will be competing at this season. It's important to know this information in order to assign properly.
- ❖ If you are not yet compliant with CPE or your memberships, please do this as soon as you can. The longer it takes, the fewer judging opportunities you will have.
- ❖ Everyone should do their Safe Sport **now**.
- ❖ Please notify your assignor if you plan to accept an out-of-state contract. This helps with their planning and is also a professional courtesy.

There are **9 new** meets on the calendar this year and the first qualifier of the season is the weekend of August 30 in Orlando! **SAY WHUT?!**

Here is the link to the current USAG FL Qualifying Calendar: [5cda39da-e3a6-4742-a906-389c94e974d3.xlsx](#)

You can also see the Team FL AAU competition dates on their website at: [Team Florida Gymnastics | Meets](#)

Brush off those cobwebs and prepare well for each assignment.

Happy Reading!! 😊



Celebrating August & September Birthdays

Cyndy Rodriguez.....August 4
Meleeke JonesAugust 6
Pam KochAugust 8
DeeDee HinsonAugust 8
Nelena BeckAugust 13
Joan GnatAugust 14

Jennifer HellmichAugust 15
Susan LomasAugust 16
Alyssa JonesAugust 18
Kayla Teribery.....August 18
Rose CasterlineAugust 20
Sophia TracyAugust 22

Sofia Rizzo September 1
Jenny Dulcey September 2
Jaime Rush September 3
Marci Kaplan September 8
Nichole Wilder September 8
Jessica Peck September 13
Serena Albauer September 21
Anne Walker September 22
Alison Shaw September 26
Nikki Spinelli September 27
Alicia Sanchez..... September 29



Make sure to read all of the program minutes so you are fully aware of the updates, changes and clarifications.

All minutes are listed here:

Committee Minutes •
USA Gymnastics

Mentoring Matters



Aimee Sparkman
FL NAWGJ Mentor Chair

A Mentor is a trusted, experienced guide who supports new judges, much like a coach supports athletes. Effective mentoring involves mutual respect, open communication, and a willingness to share knowledge. The relationship should begin with setting clear expectations and goals and maintaining regular communication to ensure success. The Mentor must be willing to share knowledge, training and experience in a trusted and respected atmosphere. In turn, the individual receiving the mentorship must trust and respect the Mentor while being open and receptive to the process. Mentoring is a tool that we need to foster, nurture, and grow new judges as they enter this exciting journey.

With approximately 10-15 judges starting each year, Mentors are desperately needed so that no one person is overloaded. It's also helpful to have Mentors in different areas of the state so they can possibly attend some of the same competitions to deepen the relationship. The process may begin with a first meeting (either in person or online) where both parties can discuss their expectations. More detailed objectives can be defined and adopted as the relationship evolves. At the first meeting, start-up issues, expectations, and initial goals should be addressed. Ongoing communication is important to effectively maintain the mentor-mentee relationship. The closer the communication, the more likely the program will be successful.

Mentoring:

As a mentor, it is requested that you make a two (2)-year commitment. However, we all understand that circumstances may arise that could hinder this requirement.

Your duties will include:

- Assisting the new judge with practice judging. All new judges are required to practice judge two sessions prior to judging their first qualifier. This can be done at Judges' Cup, but additional practice judging would be beneficial.
- Reviewing the NAWGJ Handbook with them (currently being updated).
- Assisting and reviewing CPE information.
- Assisting with membership renewals.
- Assisting with uniform requirements and the purchase of new uniforms.
- Keeping in contact with the new judge 3-4 times per year.
- As the Mentor, you should be their first point of contact.
- Our goal is to make the new judge comfortable in becoming established in the judging community and, after their second year, to be self-sufficient in handling the assigning system, managing CPE, and renewing memberships.



I would like to express my gratitude to the following judges who are currently Mentors: Susan Monahan, Susan Lomas, Tabatha Richardson, Amy Diuguid, Tiffany Jennings, Sue Pusateri, Kathy Stuenkel, Sue Tonietto, Jen Boval, Serena Albauer, Katie Jerabek and Evelyn Chandler.

If I accidentally missed you and/or you would be willing to mentor new judges, please email me at sparkmannawgj@gmail.com.

All Things NEW

Please give a nice warm welcome to these new judges who have joined our ranks. Say hello when you see them out on the floor or in the judging room. WELCOME ladies!



SAMANTHA ISAACS
Weston
Rated 4/5



SAVANNA PETERS
St. Petersburg
Rated 4/5



SHERRIE RUSH
The Villages
Rated 10



**PAMELA PAREDES
TAYLOR**
Boca Raton
Rated 10/FIG Brevet



**JENNI FARRI married
Tristan Villegas**

May 10, 2025

**You look beautiful Mrs.
Villegas! Congratulations
and we wish you both all the
best in the years to come.**



**CARRIE & JASON RAWLINGS are going
to be *Grandparents* in January 2026!
Yah and congrats! More pics to come....**

It's A Win-Win

2025 FLIPPING EDUCATION VIRTUAL CLINICS

SEPTEMBER 1, 2025
5pm - 8pm EST

COST: \$30.00

(Discount listed below for both clinics)

Apples in Autumn

Here are 3 juicy apples of knowledge for Fall Judging

What's New, What's Different

Linda Thorberg, Brevet Judge,
National Technical Committee Chair

Vaulting into Fall. Levels 1-5 – Are you doing it right?

Laurie Reid, Brevet Judge, Region 2 Technical
Committee Chair Vaulting into Fall.
Levels 1-5 – Are you doing it right?

Uneven Bars, Separating with Execution

Cookie Batsche, Brevet Judge,
Former NAWGJ President

You can sign up for Both clinics for **\$60!**

Registration directions at the
bottom of the page.



NOVEMBER 30, 2025
5pm - 9pm EST

COST: \$40.00

You can sign up for both for \$60. (4 hours CPE)

Let's Talk Turkey!

Here are some NEW Courses to fill you up!

Applying Bonus for Sapphire, Levels 9 and 10

Jane Caruso, Brevet Judge, Region 7
Technical Committee Chair

Keeping it straight on Xcel Judging

Megan Bankole, National Judge,
Region 4 XCEL Committee Chair

Composition Quiz, Are you getting it?

Linda Thorberg, Brevet Judge,
National Technical Committee Chair

Recognizing and evaluating skills correctly on BB and FX

Windee Weiss, National Judge,
Region 4 Technical Committee Chair

Register Here:

www.flippingedu.com

You will receive an email with the Zoom log-in when you register. **SAVE IT!**

If you have any questions please text Brant at 724-469-0410

Brant 724-469-0410

USA Gymnastics Women's Program is inviting applications for the role of 2029-2037 Compulsory Level 4 Balance Beam and Floor Routine Choreographer. This role is ideal for an individual who blends artistic creativity with a deep understanding of foundational movement, rhythm, and technique appropriate for developing compulsory athletes.

Application
Deadline: September 1,
2025

[Click here](#) for
qualifications and
submission
instructions.



2025 Espey's ~ July 16, 2025

Simone Biles was the big winner of the night, taking home two ESPY Awards for "Best Female Athlete" and "Best Championship Performance"!

That's our girl!

JUDGING A MEET

Approved by Marci Kaplan, Ethics Chair

- A. Preparation: Review your rules and event assignments before each meet. Carefully pack your bag or briefcase to include all the sheets, books, and supplies you need.
- B. Responsibilities: You are responsible for your own judging career, you must keep your required memberships and ratings current and take care of any required financial reporting (taxes, etc.) Be a responsible judge. Return contracts promptly, be prepared for your assignments, and be on time!
- C. Appearance: The uniform consists of a navy jacket, navy skirt, dress or pants and white shirt. Shoes should be comfortable and neutral in color.
- D. Behavior at Meets: Do not speak excessively to coaches during the competition. Keep conferences brief, and speak well of all gymnasts, coaches and other judges. Stay at your event until the session is completed. Eat or drink discreetly.
- E. Professionalism: This is essential on the judging panels. The Chief Judge leads the event and speaks on behalf of the panel during conferences. Panel Judges should respond only when addressed by the Chief Judge, regardless of rating. All judges are expected to respect roles, follow protocol, and act professionally.



Under the NAWGJ Code of Professional Responsibility

- CANON 1: A judge should assist in maintaining the integrity and competence of the profession of judging women's gymnastics.
- CANON 2: Judges should avoid even the appearance of professional impropriety.
- CANON 3: Judges should be well qualified in gymnastics, know the current rules and be thoroughly prepared to each assignment.
- CANON 5: Judges should be alert at all times, quickly and accurately produce scores and be prepared to support their score in a professional manner.
- CANON 6: A judge should not solicit meets for themselves or others.
- CANON 7: Judges should be completely unbiased and strive to always be objective. They shall not retaliate against participants, meet personnel or volunteers.
- CANON 9: There is no tolerance for any discrimination.

Click here for the complete list of NAWGJ Canons & Disciplinary Rules:

[72024-Code-of-Professional-Responsibility-Revised-July-2024.pdf](#)

FL NAWGJ Spotlight



Joan Moore Gnat is such an icon in the sport of gymnastics and after many, many years of competing, coaching and judging, Joan has decided to retire. Many of us will remember her as a mentor with a wealth of knowledge and a kind voice. She was fun to judge with, and you always walked away from that experience with a sense of awe. Joan is our friend, and we wish her all the happiness and good times life has to offer.

Here are some of the honors and accomplishments Joan has attained throughout the years:

- Brevet Judge
- 1970 & 1974 World Championship Team Member
- 1972 Olympian ~ Munich, Germany
- 4-time National AA Titles (only Joan and Simon Biles hold this record!)
- Hall of Fame ~ Philadelphia Sports
- Hall of Fame ~ Region 8 Gymnastics
- Hall of Fame ~ USA Gymnastics
- Gym owner of ACE Gymnastics (w/ hubby Ray)
- Coached ~ Brandy Johnson, Mohini Bhardwaj, Jeana Rice, Ashley Gnat



Watch these fascinating interviews and videos of Joan:

2025 Stick The Landing Podcast: [Stick The Landing Podcast - Special Guests: Ray & Joan Gnat](#)

2010 National NAWGJ: [2010: Interview with Judge and Olympian Joan Moore Gnat](#)

1972 Olympics – Floor: [Joan Moore 1972 Olympics Team Optionals FX](#)

More Routines in 1972: [1972JoanMooreUJ](#)

Collegiate News



DENVER – The University of Denver gymnastics team has added [Mary Rice](#) as an assistant coach, Joy S. Burns Head Women's Gymnastics Coach [Melissa Kutcher-Rinehart](#) announced on Thursday.

"We're incredibly excited to have Mary Rice join the Denver Gymnastics family," Kutcher-Rinehart said. "She's experienced, accomplished and knowledgeable, and will bring her passion and enthusiasm for the sport to our program. She is a dedicated, hardworking and thoughtful coach who can teach from the basics

all the way to the highest level. She'll complement (fellow new assistant coach) Megan Haught wonderfully as both of them know how to balance technical coaching with compassion, collaboration and communication, and will embrace our philosophy of character, teamwork and excellence. Together, Mary and Megan have fostered connections that will continue to move Denver Gymnastics forward."

Rice has spent more than a decade coaching professionally, most recently serving as a full-time team coach for Level 9 and 10 gymnasts at Brandy Johnson's Gymnastics in Clermont, Fla., since June 2020. She began her coaching career at Sun Country Gymnastics in Gainesville, Fla., in 2012, teaching athletes from beginner levels up to Level 10. In total, she has seen nearly 50 of her athletes compete at the USA Gymnastics Development Program National Championships and seven of them qualify for the prestigious Nastia Liukin Cup – including two all-around silver medalists. Fifteen of her gymnasts received Division I athletic scholarships as well.

Additionally, Rice is a USAG Level 10-rated judge, has served as a beam and floor choreographer, and developed conditioning programs at both Brandy Johnson's and Sun Country.

"I am so excited and grateful to be joining the DU family," Rice said. "To have the opportunity to be a part of such a historically successful program led by one of the most tenured head coaches in the NCAA was something I could not pass up. I am thrilled to be able to contribute my knowledge, passion and energy to Pioneers gymnastics, and I can't wait to get started."

Rice twice graduated from the University of Florida, first with a bachelor's degree in applied physiology and kinesiology in 2011 before receiving her master's degree in exercise physiology in 2014.

The University of Denver gymnastics team finished the 2025 season ranked No. 13 nationally and reached its sixth consecutive NCAA Regional Final after tying with No. 4 Utah for first place and upsetting then-No. 13 Stanford in the NCAA Second Round. Denver was just three tenths from a team berth to the NCAA National Championships, placing behind only eventual NCAA runner-up UCLA and NCAA finalist Utah.

Congrats Mary! This is awesome and we wish you all the best in Denver!!



Special Olympic Volunteers Needed



Jill Bosack
State Volunteer Coordinator
FL NAWGJ
jmbosack@gmail.com



Special Olympics

Special Olympics has some volunteering opportunities coming up for local, regional and state games. We need judges to come help with scoring these wonderful athletes and encourage you to join us – all ratings are welcome. You will have the opportunity to earn volunteer hours for CPE in addition to bringing smiles to the kids. Please contact Jill to sign up or if you need more information:

Sunday, September 21, 2025

Local Qualifier
Temple Terrace Gymnastics
Temple Terrace, FL
* Usually in the morning, approx. 4 hrs

Saturday, October 4, 2025

Regional Championships
In conjunction with Our Planet
Invite 2025 (meals provided)
8:00 am - 12:00 pm
Wiregrass Ranch Sports Complex
Wesley Chapel, FL

Friday/Saturday, November 14-15, 2025

Florida State Games 2025
Both Days, approximately 9:00 am - 4:00 pm
(meals provided & will check regarding lodging)
Disney Wide World of Sports, Kissimmee, FL



Bar Judges and Meet Refs need to be observant of this. As per the new rule effective August 1, 2025:

“Recommendation for Levels 4-10 at all sanctioned competitions to require front Uneven Bars slider to be fixed on the FIG (F) setting.” *Motion Approved*

If not at this setting, a -.30 CJ deduction for incorrect apparatus specs applies.

(Submitted by Sara Monahan)



What You Should Know

Report a Professional Development Activity

What is an Activity Report in GymJas and why should I fill one out?

(This can be found on your GymJas homepage. It is the LAST bullet.)

Fill out this form to report an activity related to your professional development as a NAWGJ gymnastics judge in case a report is needed for General or Professional Liability Insurance documentation.

- This form must be submitted within one week of the day the activity is conducted and is used for in-gyms, mock meets, judging critiques, etc.
- Do not submit for activities that are not related to your professional development as a member of NAWGJ (e.g. coaching, choreographer, other non-judging activities).
- **You do not need to submit a form for NAWGJ-contracted meets.**
- If more than one judge is participating in an event/activity, each judge must submit an individual form.

FL Judges' Cup / Aloha Invite

Mark your calendar for September 13-14, 2025, and join us at the Advent Health Center in Winter Haven. We need you! Register today.

[CLICK HERE TO VOLUNTEER](#)

For more information, contact Sophia Tracy at sarg00@yahoo.com

Upcoming Practical Test



All levels of the practical judging test will be offered September 13, 2025, at the FL Judges Cup in Winter Haven, FL Please register below no later than September 6, 2025:

[USA Gymnastics | Judging Exam Registration](#)

Judges On Vacay



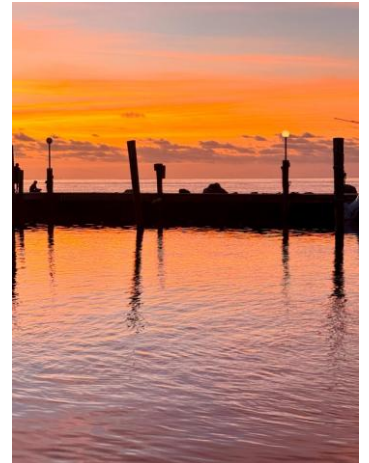
JEANETTE CIESLA went to Hawaii

[\(20+\) Facebook](#)

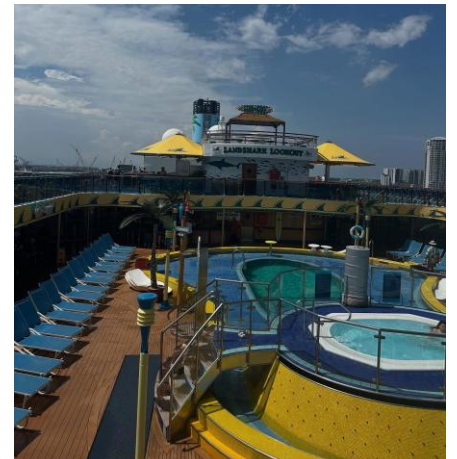


TIFFANY JENNINGS went to The Keys

[\(20+\) Facebook](#)



CARRIE RAWLINGS
went on a cruise to
Cozumel, Mexico



Gymnastics Potpourri



'It's been a gift!'

Gymnastics great Ashleigh Gnat leaving LSU staff after 5 seasons.

Read full article here:

(Submitted by Jessica Peck)

[LSU gymnastics great Ashleigh Gnat leaving coaching staff | LSU | nola.com](#)



OFFICIALLY HUMAN
BEHIND THE STRIPES

[Sports Fans on Vimeo](#)

(CLICK & WATCH)

**Want to see the
new allowable
Silver dismount?
#8.008**

Check it out here:

<https://www.facebook.com/share/v/1L8xx6Du66/>



“It’s a small world!”

Look who connected with each other across the country in Ketchikan, Alaska! Cyndy Rodriguez, who was taking in the sights on an Alaskan cruise, met up with DeeDee Hinson, who’s calling the town home for the season while her husband, Jon, captains boat excursions. The day’s adventures included Jon’s duck boat tour, the Lumberjack Show, Creek Street and some local eats.

Calendar & Upcoming Events

August 1.....2025-2026 Season officially opens

August 8-10National Congress, New Orleans, LA

August 26**National Dog Day**



NEW Meet



August 30-31 *OMG Invite, Orlando, Orlando Metro Gymnastics*

September 1**Labor Day**



September 1Nat'l / Brevet Eligibility forms can be sent to Evelyn

September 13**All levels of the Practical exam - Judges' Cup**

September 13-14**Judges' Cup / Aloha Invite, Winter Haven**

September 13-14Panama City Beach Cup, Edgewater Gymnastics

September 19-21National Training Camp, Auburn, AL

September 19-212025 Penguin Invite, Park Avenue

September 19-21Daytona Beach Bash, ACE Gymnastics



September 20-21*Empower Her Invite, Estero, Premier Gymnastics*

September 20-21Harvest Moon Invite, Lake Mary, Meet Expectations



~ Mark Your Calendar ~ Upcoming Events in 2025

- ❖ October 17-19, 2025: L8-10 Regional Training Camp, Orlando Metro
- ❖ November 1, 2025: National/Brevet Eligibility Deadline and DUE to Evelyn
- ❖ December 5-7, 2025: L 1/2/5/B/S State Meets, Winter Haven, LaFleurs Largo
- ❖ December 12-14, 2025: Level 3-4 State Meet, Bradenton, TBT