

FL NAWGJ News



2025 • October & November • 2025

Celebrating FL NAWGJ Judges

Hi Judges,

National/Brevet testing info and links are on page 7. Keep in mind that there is a moratorium on Optional level testing, effective December 31, 2025. Plan accordingly. You are encouraged to “test up” if eligible. The Practical Exam will be given one more time in FL on November 2, 2025, in Tampa, 1-3 pm. Please contact Patricia Lydon for more information. She will also consider hosting a practical exam in the Orlando area if there is interest.

Are you experiencing confusion about the proper uniform? If so, then check out this link: [Microsoft Word - Prof Attire January 2023.docx](#) . While apparel with our official NAWGJ patch is recommended, **judges are permitted to wear NAWGJ apparel with the “Leaping Lady” logo**. Many of our judges have this apparel and it is acceptable for us to wear it while judging. In addition, the official NAWGJ uniform jacket (or a Navy suit jacket) is required to be worn at all USAG state meets and above. See page 23 of the USAG R&P for more information.

Remember to keep GymJas updated as your availability changes. We’ve been experiencing a few issues with this. Most meets have been contracted, but things happen, plans change, and we need replacement judges all throughout the season. – many times, it’s last minute and we can only contact/contract you if you show as available.

We hope your season has started off great. Continue to prepare for each and every assignment. Feel free to submit any questions that you may have or any article ideas you think would make for a good read.

Happy Reading & Have A Great Day!!



Celebrating October & November Birthdays

Susan PusateriOctober 3

Mark Robbins.....October 7

Lisa Ennis.....October 10

Faith Willis.....October 17

Yamelis Cruz.....October 22

Debbie Hyde.....October 28



Cynthia Locrotondo.... November 13

Jenni Villegas November 13

Bethany Folsom November 16

Brittney Powers..... November 16

Evelyn Chandler November 19

Cynthia Vogler November 19

Glenn Aser November 21

Arika Hoyt November 22

Patricia Lydon November 23

Catherine Johnston November 25

Vicki Kramer November 25

Toni Rand..... November 29

Sherri Rush..... November 29



Need a new Start Value or Chief Judge Deduction book? Check out the NAWGJ Store Fun Stuff. Current price list here:

[Price List June 2024](#)

Judges' Cup 2025



THANK YOU to everyone who came out and volunteered at Judges' Cup a few weeks ago in Winter Haven. Thank you also to Lightning City Gymnastics and their wonderful staff. We appreciate you all! ❤️

Jill Andrews, Glenn Aser, Cookie Batsche, Bill Bevil, Jill Bosack, Jen Boval, Martina Castro Lazo, Yamelis Cruz, Kristi Dixon, Amy Diuguid, Michelle Eimmerman, Toyi Gainley, Meghan Gregory, Natasha Guida, Meredith Haas, Jade Hardin, Sara Harp, Melissa Huston, Debbie Hyde, Samantha Isaacs, Tracy Jakum, Tiffany Jennings, Cat Johnston, Beverly Kamp, Pam Koch, Vicki Kramer, Elena Lechner, Susan Lomas, Patricia Lydon, Shardae Lyles, Ivelisse Medina, Nicole Mills, Sara Monahan, Susan Monahan, Phyllis Niemi, Pamela Paredes Taylor, Jessica Peck, Brittney Powers, Tabatha Richardson, Cyndy Rodriguez, Jamie Rush, Sherri Rush, Kathy Stuenkel, Julia Thomas, Sue Tonietto, Jenni Villegas



And of course, we want to give a huge thank you to **SOPHIA TRACY** for organizing and managing the herd!



What Makes A Great Judge?



From A Meet Host Perspective

by

Sharyn Strickland

Director of Operations at USA Competitions

Meet Hosts, whether they are a business, a club, or a parent organization running the event, are very dedicated and work hard to make a successful, enjoyable, and profitable competition. A competition doesn't just magically take place one weekend. In the months, or in some cases, years leading up to an event, an incredible amount of organization, diligence, dedication, pride and preparation goes

into running the event successfully. Judges play a significant role in the success of an event. Therefore, a judge should provide, and a meet host should expect the same dedication to their role. **When you are hired to judge an event, you become part of the team.**

Great Judges Are:

- Well prepared
- Punctual
- Honest
- Collaborative
- Safe
- Professional (in appearance & behavior)
- Friendly
- Team-players
- Bonus points if they're fun



Judges can influence a client's experience at the event, sometimes even more than the staff does.

- If a judge goes out of their way to create a "magical moment" for an athlete or coach, that athlete/coach will remember that moment and associate it with our event.
- Conversely, if a judge is rude, unapproachable, or unkind to an athlete or coach, this negatively impacts our event.
- Even though we as the event organizer have minimal control over judges' actions, judges are seen as an extension of our event.

Though accuracy and consistency of scores is important, it isn't the only crucial role of a judge, from an Event Organizer's standpoint.

- How do they mesh with the other judges
- Are they friendly/approachable
- Are they reliable
- Are they principled
- Are they kind to the athletes
- Are they respectful to all staff and volunteers
- Do they have the best interest of the athletes in mind

Staying in your lane (coaches & judges).

- Don't time warm-ups unless you are requested to. This is a meet host job.
- Coaches should be calm and polite if they have a question, and judges should be courteous to the coach.
- Each person owns their behavior. If a coach allows their emotions to get the best of them, as sometimes happens, a judge's job is to remain professional and keep their emotions in check. Two wrongs don't make a right.
- Panel judges should let the CJ do their job. PJ's do not speak during an inquiry (written or in person with a coach) unless requested by the CJ.



When a problem arises, how does the judge handle it?

- Are they open to input/collaboration or are they closed off, unapproachable, unwilling to correct an error?
- A poorly or rudely handled inquiry can become the coaches' biggest takeaway experience from a meet, overshadowing all the efforts a dedicated team has put into the event.

Judges are very much part of the whole meet experience. If you have a themed event, or something unique about the competition, having officials that are willing to participate in all aspects of the event makes great fun for all involved.

New Judges ~ Welcome!

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!**



LOANA CRUZ
COLUMNA
Clermont
Level FIG Brevet



LIDIA ROSCA
Boca Raton
Level 4/5



KRISTEN ROSE
Jacksonville
Level 4/5



CHEYENNE
HARMAN
Port St Lucie
Level 4/5



CATHERINE
GLASSER
Estero
Level 4/5



MEGHAN
GREGORY
Clermont
Level 10



CARMEN
DURAN
Miami Gardens
Level 4/5



HEATHER
HOCHSTETTER
Stuart
Level 4/5



SARA DUGGAN
Vero Beach
Level National



PATRICIA MURRER
Sarasota
Level 7/8



JADE HARDIN
DeBary
Level 7/8



SAVANNAH WYNN
Lutz
Level 4.5

Professionalism



Shannon Miller

*7x Olympic Medalist | Motivational Speaker | Author |
Cancer Survivor | Health & Fitness Advocate |
shannonmiller.com*

Q: What's one thing people don't always realize about performing under pressure?

A: Pressure isn't always the enemy — it can be an opportunity. You've earned the opportunity to compete, to present, to lead. I learned to reframe those nerves into focus. Whether it was standing on the Olympic floor or walking into a high-stakes business meeting, I remind myself: pressure just means I recognize the moment matters, but I've worked hard to get to this point.

THE BEST WAY TO ACCEPT A JUDGING CONTRACT IN GYMJAS

Simply scroll down to the encircled bullet below called “Create a contract” and accept here. It completes the acceptance process in one easy **CLICK!**

Select one of the following functions:

- to display a full list of names with their contact information.
- Display detailed information (including address) for the following person.
- to display your own contact and membership information and make updates if required.
- to provide the dates you are available to be assigned.
- to see your current list of assignments and to reply to new assignments.
- to see available information about a meet.
- to see all assignments for the next 6 weeks.
- to see where all the judges live.
- to view the whole season of judging assignments.
- to generate and send contracts.
- Display the judge availability for the following weekend:
- to create or view documentation for insured professional activity.

Get Prepared

NATIONAL & BREVET TESTING 2026

Hopefully everyone that is eligible to test National or Brevet next year has prepared themselves by completing the necessary requirements. Submissions to Evelyn Chandler are being accepted now through November 1, 2025. If you miss this deadline, then the next opportunity won't come around again until 2030. Any and all questions should be directed to Evelyn, evelynr8tc@aol.com.



Please refresh yourself by reading this: [2630_examinfo.pdf](#)

All of the necessary forms can be found here: [2026-30 USA Brevet & National Judges Course • USA Gymnastics](#)

Phoenix to host 2026 Xfinity U.S. Gymnastics Championships, National Congress & Trade Show



The premier artistic gymnastics event in the country will head to Phoenix, AZ on August 6-9, 2026, USA Gymnastics announced recently. Read more about this exciting event here: [Phoenix to host 2026 Xfinity U.S. Gymnastics Championships, National Congress and Trade Show • USA Gymnastics](#)

Updated July 2025!

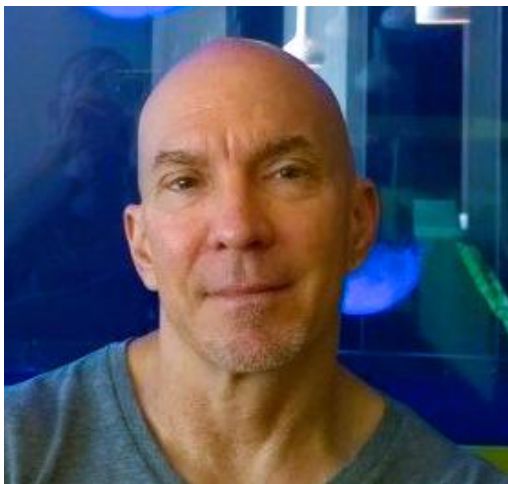
Love these composition cards by
Deanna Hanford!

Click here for the whole set:

[Lev-8-10-Compo-Cards-All-Events-DH-8.2025.pdf](#)

FLOOR LEVEL 10 COMPOSITION			
4 SALTOs not up to competitive level ↑ 0.2 Each missing salto in formula = additional 0.05			
0.0	D	D	D A
Expected	D	D	C B
0.05	D	D	C A
0.10	D	C	C B
0.15	D	C	C A
0.20	No D or E saltos or less than above		
3 SALTOs includes the 0.05 deduction			
0.05	D	D	D
0.10	D	D	C
0.15	D	D	B
(see 7.101) A 1-foot take-off will NOT be considered a salto for SR or Composition. Will appear as an aerial or side salto.			
LAST SALTO in connection or isolated ↑ 0.1			
0.0	E = D	C B C--C	
Expected		DIRECT INDIRECT	
0.05		C A C--B	
		DIRECT INDIRECT	
0.10	C or less	C--A	
		INDIRECT	
DANCE not up to competitive level ↑ 0.20			
0.0	C C C	D D = E D	
Expected			
0.05	C C B	D C = E C	
0.10	C C	D B = E B	
0.15	C B	D = E	
0.20	C	B B or less	
↑ 0.10 Insufficient use of the Floor Exercise (Spatially - Floor Pattern)			
0.10	Failure to perform Salto in 2 different directions: BWD & FWD/DWD		
0.10	Overuse of Dance elements of salto shape More than 2 each: Vault / Turn or Straddle		
0.20	Lack of a turn on one foot, minimum B		
0.30	Lack of a C-salto (L10) (in addition to lack of SR)		

The Next Chapter



Dear Florida Judges



I hope everyone has had a wonderful Summer and a nice break from judging. I have spent a number of weeks in Maine, and it has certainly provided some much needed time for rest and reflection.

After 25 years as a Florida judge, I have moved back to my hometown of Amarillo Texas. The decision to do so was not made easily, but it is working out in the best way imaginable. I have been so fortunate to be part of a vibrant and extraordinary judging community, and I will miss you greatly as I enter this new chapter in my life.

I will continue judging in West Texas, where there is a need for additional judges. I am excited to make new friends and to continue to contribute to the sport that I so dearly love. I look forward to seeing many of you when our paths cross, which is part of the incredible adventure of being a judge in our sport.

Take care, stay true to the strong tradition of excellence in our sport, and always judge from the heart!

Mark Robbins ❤️



These are the routines with the highest difficulty score on each event at the 2025 U.S. Classic on June 19, 2025.

All video footage & thumbnail picture credit to USA Gymnastics Contents:

[00:00](#) - [00:45](#) – Vault [00:45](#) - [02:36](#) - Bars
[02:36](#) - [10:20](#) – Beam [10:20](#) - [18:03](#) – Floor

Click below to watch the entire clip:

[Most Difficult Routines at the 2025 US Classic](#)



New Ratings



These judges have passed their recent tests and upgraded their ratings. This is a great accomplishment, and we are proud of you! Congratulations!



**KAYDEN
McNAUGHTON**
St. Petersburg
Level 7/8



JULIA THOMAS
Tampa
Level 9



**ROYSI
SIERRA**
Orange City
Level 9



**TRACY
JAKUM**
Palm City
Level 10



**JENNI
VILLEGAS**
Jacksonville
Level 10

UPDATE August 13, 2025: We (USAG) have reviewed the concerns raised and have been in communication with the DP committee on voting to reverse this rule change to reflect what is currently issued in the R&P. For the 2025-2026 season, there is NO REQUIREMENT FOR THE FRONT SLIDER TO BE FIXED.

You can find those minutes [HERE](#).



Bar Judges and Refs need to be observant of the new rule for the new rule, 2025:

NOPE

for Levels 4-10 at all competitions to require front slider to be fixed on the FIG setting.

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

Clinic Corner



Arika Hoyt
Clinic Chair

FL NAWGJ Fall Brush Up Clinics Are Back!

Free for all current FL NAWGJ Members!

We're excited to announce that the **2025 Fall Brush Up Clinics** are returning — bigger and better than ever! This year, **five in-person clinics** will be held across the state to help you sharpen your judging skills and connect with fellow officials — all **completely FREE** for current FL NAWGJ members!

2025 Fall Brush Up Clinic Schedule

Tampa – Video Practice & Review

Sunday, November 2 🕒 11:00 AM – 2:00 PM

Gainesville – Video Practice & Review

Friday, December 6 🕒 1:00 PM – 4:00 PM

South Florida – Live with Athletes

Saturday, November 23 🕒 9:00 AM – 3:00 PM

Ft. Myers – Video Practice & Review

Friday, December 6 🕒 1:00 PM – 4:00 PM

Orlando – Video Practice & Review

Saturday, November 30 🕒 10:00 AM – 1:00 PM



🎯 Why Attend?

- ✓ Refine your judging accuracy
- ✓ Stay up-to-date with rule changes
- ✓ Earn **live CPE credit**
- ✓ Connect and network with fellow judges
- ✓ And best of all... it's **FREE!**



📄 **Space is limited — Register Early!**

You may attend **more than one** clinic, provided space is available.

👉 **REGISTER NOW** ➡ [Fall Brush Up Registration](#)

Please feel free to reach out to me at arikahoyt@gmail.com with questions or comments.

Judges On Vacay

AMY DIUGUID went cruisin'



PATRICIA LYDON went to Ireland & took a Viking Cruise



More Judges On Vacay



MELISSA HUSTON went to **Cancun, Mexico**



Can she dance...?

(20+) Facebook



Calendar & Upcoming Events

October 4-5 2025 TBT Swinging Safari Invite, Bradenton
October 4-5 Rocktoberfest, Legacy, Lake Mary
October 4-5 Our Planet, DGA, Wesley Chapel
October 4-5 Celebrate America Invite, Genie's Wellington
October 10-11 Pumpkin Patch, Premier, Estero
October 10-11 Pretty In Pink Invite, Starlight, Jacksonville
October 17-19 Level 8-10 Training Camp, Orlando Metro
October 18-19 Fall Gasparilla Classic, LCG, Winter Haven
October 18-19 Gold Rush Invite, Gold Coast, Lantana
October 24-26 Fright Invite, USA Competitions, Coral Springs
October 25-26 Tatiana Gutsu Crystal Cup, TG&D, Tampa
October 25-26 Spooky Golden Ticket, Tumbleweeds, Melbourne
October 25-26 Canopy Roads Classic, Trousdell, Tallahassee
November 1 Deadline to send National/Brevet Eligibility to Evelyn
November 1-2 2025 November Fest, Rising Stars, Boca Raton
November 2 Tampa Brush Up Clinic, 11-2 & Practical Exam, 1-3
November 8-9 2025 Teddy Bear Invite, Sun Country, Gainesville
November 8-9 Turkey Trot Invite, Meet Expectations, Longwood
November 8-9 25th Annual Gene Stowe Invite, TG&D, Tampa
November 8-9 2025 Riverfront Classic, Horizon, Punta Gorda
November 15-16 Charity Challenge Invite, LCG, Winter Haven
November 22-23 Chalk It Up Classic, Legacy, Longwood
November 21-23 Jungle Gym, Orlando Metro, Universal DoubleTree
November 21-23 Wheel Of Fortune Invite, LaFleur's Largo
November 23 South FL Brush Up @ Twisters, 9-3
November 30 Orlando Brush Up Clinic, 10-1



~ Mark Your Calendar ~ Upcoming Events in 2025

- ❖ 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