

# FL NAWGJ News



**JUNE 2021**

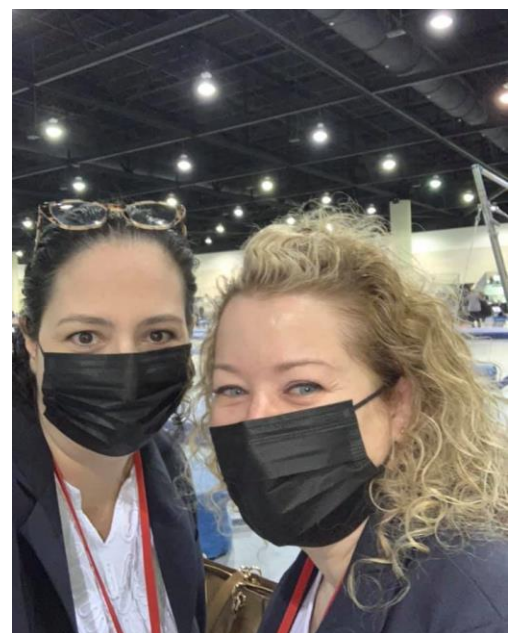
## Celebrating FL NAWGJ Judges

[Diana Barboza](#)



The Coast Guard has made them a wonderful offer, so Diana and her family recently moved to San Francisco, CA. We will miss you Diana and hope you can come back to visit often. Enjoy your new adventure!!

[Vicki Kramer & Jenn Ynestroza](#)



A pair of beautiful volunteers at Level 10 Nationals in Daytona Beach.



### HAPPY BIRTHDAY - HOPE YOUR DAY IS FABULOUS

Katie Jerabek .....June 4  
Samantha Taylor .....June 5  
Amy Diuguid.....June 7  
Janet Durant.....June 8  
Michelle Donovan.....June 11

Toyi Gainley..... June 12  
Elena Lechner..... June 13  
Taryn James..... June 15  
Sara Monahan..... June 17



## Master Compulsory Workshops



**Attendance at any of the  
USA Gymnastics  
Master Compulsory Workshops  
– Live or Virtual –  
is worth 20 clinic hours for CPE**

## Level 10 Nationals – Volunteer Auxiliary Judges

Thank you so much to all judges who volunteered at Level 10 Nationals in Daytona Beach a few weeks ago. We had a SUPERB turn out and you are so awesome! A very special thanks to Kevn McNamara and “Sunday Assistant” Debbie Hyde for making it all run smooth. Everyone looked and performed with professionalism and grace. You should be proud.

Jill Andrews, Glenn Aser, Cookie Batsche, Elizabeth Bayan, Marilyn Blilie, Jen Boval, Gail Caspare, Evelyn Chandler, Jeanette Ciesla, Brianna Coakley, Dawn Cobb, Carol Curley, Vered Danenberg Lerner, Donna Ewing, Joan Gnat, Diane Grayson, Natasha Guida, Debbie Hyde, Melissa Huston, Davita Ivey, Cat Johnston, Jessica Johnston, Sue Kane, Katie Kollmeyer, Vicki Kramer, Elena Lechner, Cindy McLane, Kevn McNamara, Sara Monahan, Susan Monahan, Phyllis Niemi, Jessica Peck, Carrie Rawlings, Cyndy Rodriguez, Becky Stone, Sue Tonietto, Sophia Tracy, Nichole Wilder, Jenn Ynestroza

*“I just wanted to send out a BIG THANK YOU to Kevn for organizing all of the Aux judges and to you for volunteering to help at the 2021 Development Program National Championships. This event ran smoothly and received many praises, and you were a part of making that happen.”*

*Cindy Scharn, Meet Director*

*“I was VERY impressed with the number of Florida judges who volunteered to assist with the National Championships this past weekend. The professionalism that was demonstrated by all of you was outstanding and very much appreciated by the National Office. Kevn and Debbie Hyde did a great job and my hat goes off to you all. The fact that you all were willing to give of your time (and dime) did not go unnoticed.”*

*Evelyn Chandler, Region 8 RTC*

*“Thank you for all the wonderful detailed information coordinating the volunteers. I appreciate all you and all the volunteers did to make these 2021 WDP National Championships a great success and a treasured memorable experience for everyone.”*

*Marilyn Blilie, Region 3 RTC*

# Test Your XCEL Knowledge

There is an XCEL quiz on the USA Gymnastics website and below are a few of the questions that are on it. Do you know the right answers?

## Xcel General

1. Each event - bars, beam, and floor has the following number of Special Requirements:
  - a. 2
  - b. 3
  - c. 5
  - d. 4
  - e. None of these
2. Which of the following is CORRECT concerning unallowable/restricted skills?
  - a. They may be used to fulfill SR.
  - b. Value Part credit can be awarded.
  - c. Deduct 0.50 from the score
  - d. Deduct 0.50 from the Start Value
  - e. None of these

## XCEL Vault

3. At which Division is an alternative springboard allowed without a change in Start Value?
  - a. All Divisions
  - b. Bronze & Silver
  - c. Only Bronze
  - d. Bronze, Silver & Gold
4. What is the total MAXIMUM deduction for spot on the Vault?
  - a. 0.50
  - b. 1.00
  - c. 1.50
  - d. 2.00

## XCEL Uneven Bars

5. ALL DIVISIONS – TRUE or FALSE: A cast to squat on with jump to HB and a cast, shoot through are each considered one skill.
6. SILVER BARS - Which of the following statements is FALSE?
  - a. Silver Division may do skills on HB, but NO giants
  - b. Silver Division may do salto dismounts
  - c. No extra swing deductions are taken
  - d. A 360-degree circle is required

## XCEL Beam

7. GOLD BEAM- Which of the following is CORRECT?
  - a. The time limit is 50 seconds
  - b. Two forward rolls will satisfy the acro SR
  - c. A Partial Handstand to 45 degrees from vertical with closed feet is an acceptable acro skill
  - d. A straddle jump dismount is acceptable
8. PLATINUM BEAM - Which of the following statements is TRUE?
  - a. Time limit is 1:15
  - b. "C" Dance elements are not allowed
  - c. One non-flight Acro element is a Special Requirement
  - d. Leaps must be 150 degrees
  - e. None of these

## XCEL Floor

9. BRONZE FLOOR – Which of the following would NOT fulfill Special Requirement #1 and #2?
  - a. 1st pass – Round-off, rebound, backward roll  
2nd pass - Round-off
  - b. 1st pass – Round-off, flic-flac  
2nd pass – Dive roll
  - c. 1st pass – Round-off, flic-flac  
2nd pass – Front handspring
10. GOLD FLOOR - Which of the following would fulfill a Special Requirement?
  - a. Round-off, Straddle Jump, Back Handspring
  - b. Cat Leap, Split Jump
  - c. Jump 1/1 Turn
  - d. Split Leap, run, run, Jump 1/1 Turn

You can view the entire quiz at

<file:///C:/Users/Susan/OneDrive/Desktop/Xcel%20Quiz%202018.pdf>

There is an answer key as well.

**Good Luck!**

## Next (ONLY) Optional Test Opportunity in Florida

Testing will be conducted during the weekend of September 18-19, 2021. This is Judges' Cup weekend and the meet/testing will be held at the Wiregrass Sports Center in Wesley Chapel. We will work with your schedule and offer testing throughout the weekend to accommodate you. This will be your last opportunity to test up in Florida before the moratorium goes into affect. All Optional levels (written & practical) are being offered. The date is already posted on the USA Gymnastics Master Testing Schedule site. Register soon at the link below to secure your spot.

[https://usagymorg/pages/women/pages/judging\\_accreditation.html#](https://usagymorg/pages/women/pages/judging_accreditation.html#)

## June is BUSY

June 3..... FL USAG State Committee Meeting, Gaylord Palms

June 4-6..... Master Compulsory Workshop, Gaylord Palms, Kissimmee (live)

June 9..... FL NAWGJ State Governing Board Meeting (Zoom)

June 11-13.... Master Compulsory Workshop, Reno, NV (live and virtual)

June 19-20.... FL State Compulsory Judging Clinic @ LaFleurs Largo w/ Myra

June 19-20.... FL State Compulsory Clinic @ TBT (coaches)

June 26-27.... FL State Compulsory Clinic @ Boundless (coaches & judges)

