

FL NAWGJ News



April 2023

Celebrating FL NAWGJ Judges

Life after judging....looking good everyone!



Alayna Sherwood
40 and Fabulous!



Carol Register
*SINC Certified Master
NeuroCoach... say again!*



Jeremy Dukes with wife Renee
Happy 7th Anniversary kids!



Malerie Murphy Robinson with
hubby John & little Cambri
Beware – Cuteness ALERT!

FOREVER FRIENDS



Happy Birthday

- | | |
|-----------------------------|------------------------------|
| Sue ToniettoApr 4 | Natasha GuidaApr 13 |
| Kristy VargoApr 6 | Jenamarie Henderson..Apr 16 |
| Sophia GoodrichApr 7 | Barb QuackenbushApr 20 |
| Brenda Musall.....Apr 12 | Kristy AldrichApr 30 |
| Martha SantiagoApr 12 | |



Clinic Corner by Arika Hoyt



I would like to introduce a new section of the FL NAWGJ newsletter known as the **Clinic Corner**. Each month, I (Arika Hoyt, Clinic Chair), will be submitting a helpful hint, unusual judging occurrence, or just something that makes you say hmmm. If you have your own questions or situations, you feel the FL NAWGJ membership could benefit from, please submit them to arikahoyt@gmail.com. Working through the proper channels, and with our strong NAWGJ community, I will help you get accurate information supported by USA Gymnastics official Code of Points. My goal is to learn from each other's experiences and grow as a judging community, together.

Now let's talk Xcel Casts - "A cast within 10° of the requirement will receive VP/SR credit."

Required Technique for the Recognition VPs. 2.b (p. 12 uneven bars/electronic code)

This is a new deduction/rule introduced for the 2022-2023 competitive season. If gymnast performs a cast between 1°-9° below the level required cast angle, the Special Requirement is awarded and a flat .10 is deducted from the cast. This deduction should only be applied once in a routine and only for the cast counting for VP. If the gymnast later performs a cast at or above the required angle the flat .10 is no longer deducted from the previous cast. Likewise, if the gymnast never performs a cast throughout the routine that achieves the required angle within 10°, the flat .10 would not be deducted, instead deduct .50 from Start Value for missing Special Requirement.

* Execution errors (body position, arms, legs...) will be deducted on all casts regardless of angle.

Helpful Hint: Print Cast Chart on page 12 of Electronic Code and have it out on the table as a reference as to what each angle looks like.

If your U101: Safety and Risk Management Course Certification is Expiring on 7/31/23...



Individuals are able to renew their U101: Safety and Risk Management course certification up to six months prior to their expiration date. This will extend your certification date four years from the year it is set to expire.

To renew, login to usagym.org with your username and password. Click on Member Services, click on the My Profile link and the Safety button at the bottom of the page.



The 2nd early bird deadline for NAWGJ National Symposium is May 1. Currently, rates are \$260 + \$6.50 service fee for NAWGJ members. Register here:

[Home | National Symposium \(nawgj-symposium.com\)](http://nawgj-symposium.com)

CPE At A Glance: 2022 - 2023 Events

2022 - 2023		ALLOWABLE HOURS FOR CPE			
EVENT	DATE	CLINIC	VOLUNTEER	PRACTICE JUDGING	NOTES
FL NAWGJ Board Member	2022-2023		2		
TOPS Course Completion	Anytime	2			
Nat'l / Brevet Test Prep	May 21, 2022	7.5			Clinicians: Evelyn & Cookie
Flipping Ed Level 10	May -June, 2022 8 separate days	2 <i>each day</i>			
Nat'l / Brevet Course	Online	10			
Nat'l/Brevet Practice Judging at a Congress prior to testing	Various dates & locations	3			
NAWGJ Zoom Clinics	Various dates - all were 2 hours each	2 <i>each day</i>			
Orlando Test Prep	July 30, 2022	7			Levels 7/8 & 10
Tampa Test Prep	July 30, 2022	4			Levels 7/8 & 9
South FL Test Prep	August 7, 2022	6			Levels 9 & 10
National Congress	August 18-20, 2022	<i>Actual Hrs</i>			Tracking form required
Judge 's Cup 2022	September 17-18, 2022		4 <i>2 sessions</i>	Add'l 3 hrs <i>3+ sessions</i>	
South FL Brush Up	November 20, 2022	7			Hosted at Twisters
Flipping Ed Level 9	November 27, 2022	3			
Orlando Brush Up	December 3, 2022	3			Hosted by S. Lomas
Tampa Brush Up	December 7, 2022	3			Hosted by A. Hoyt
9/10 Regionals: Bradenton	April 14-16, 2023		4		Minimum 2 sessions
Xcel Regionals: Ft Lauderdale	May 5-7, 2023		4		Minimum 2 sessions
Level 9 Easterns: Kissimmee	May 5-7, 2023		4		Minimum 2 sessions
USAG Webinars: only 4 available + there is a fee	Anytime	1-5 <i>each</i>			Talk to me first, there are several guidelines to this.

- * Hours may only be used one time for CPE credit
- * This list may not be all inclusive
- * CPE is DUE May 31, 2023
- * Get the form here



[ANNUAL CONTINUING PROFESSIONAL EDUCATION RECORD \(usagym.org\)](https://usagym.org)



Calendar & Upcoming Events

March 31- April 2Level 6, 7, P, D State Championships, TBT, Wesley Chapel

April 1.....April Fool's Day



April 1.....Meet Requests accepted now through May 1 (2023 - 2024 Season)

April 1.....CPE accepted now through May 31 (2023 - 2024 Season)

April 9.....



April 14-16.....Level /10 Regional Meet @ Bradenton Convention Center

April 14-16.....Cat's Blast, Jupiter

April 15-16.....TF AAU 3rd Spring Qualifier: North – Taylor Gymnastics, Perry

April 15-16.....TF AAU 3rd Spring Qualifier: Central – Sports Rock, Kissimmee

April 15-16.....TF AAU 3rd Spring Qualifier: South – Venice YMCA

April 21-23.....Xcel State, Lightning City Gymnastics, Lakeland RP Center

April 28-30.....Level 6-8 Regional Meet @ Kidsport, NC

Mark Your Calendar Upcoming Events in 2023

- ❖ May 1, 2023 – Deadline to submit Judges' Requests for 2023-2024
- ❖ May 1, 2023 – Early Bird deadline #2 to register for NAWGJ Symposium
- ❖ May 5-7, 2023 – Xcel Regional Meet, Ft Lauderdale Convention Center
- ❖ May 5-7, 2023 – Level 9 Easterns, Kissimmee Silver Spurs Arena
- ❖ May 11-14, 2023 – Level 10 Nationals
- ❖ May 20-21, 2023 – TF AAU Spring State, Tampa Convention Center
- ❖ May 31, 2023 – CPE is DUE for the 2023-2024 Season
- ❖ June 24-25, 2023 – FL State Clinic with Tom Koll @ LaFleurs Tampa
- ❖ June 28-30, 2023 – Region 8 Congress, Winston-Salem, NC