

# FL NAWGJ News



June 2022

## Celebrating FL NAWGJ Judges

### Team FL AAU State Meet goes to the Enchanted Garden....



Kevn & Karmin



Inky



Heather & Pam



Toyi, Kamryn & Jordan

All photos submitted by Kathy Stuenkel



Sue P



Brenda, Carol & Debbie

## Happy Birthday!!

Katie Jerabek .....June 4  
Samantha Taylor .....June 5  
Amy Diuguid .....June 7  
Janet Durant .....June 8  
Michelle Donovan.....June 11  
Jordan Gainley .....June 12

Elena Lechner ..... June 13  
Taryn James ..... June 15  
Sara Monahan ..... June 17  
Mary Carlson ..... June 25  
Jill Bosack ..... June 26

# More Than “Just a Sport” . . .

## Sara Sprague

April 14 at 9:51 AM ·

When gymnastics is so much more than “just a sport”...

Last weekend was our last State meet of the season, and for one of my older girls, likely the last meet of her gymnastics career. She's a hard worker, she never gives up and she never cheats an assignment, she's always positive, and she's a great teammate. But she's had a tough year, riddled with injuries that have prevented her from competing to her potential. At States, she had her highs, and she had her challenges, and in the end she placed on a couple of events but she didn't make the cut for Regionals. She could have been disappointed not to make the cut. She could have been upset to take home just 3 medals. But she wasn't. She was smiling & laughing, sharing her medals with her siblings for family photos and congratulating her friends.

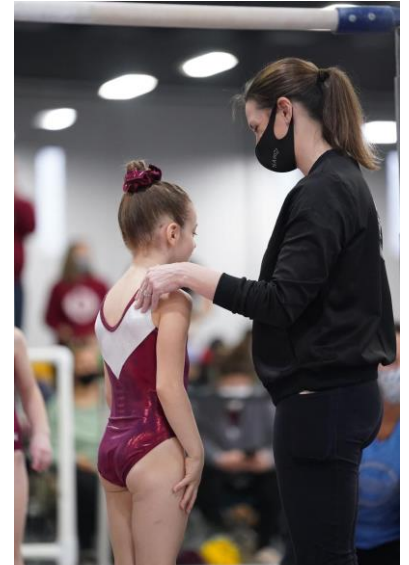
She found me in the convention center after awards, after knowing that Regionals was a stretch, specifically to tell me how proud she was of herself, how happy she was and how she knew that she did good. Imagine a teenager understanding the intrinsic value of hard work and knowing with complete confidence her own self-worth.

Her words are everything you hope for an athlete.

In a loving gym, Gymnastics teaches so much beyond flips and twists- it teaches determination, patience, confidence, time management, strength, and both the power of the individual and the power of a solid team. As a gymnast, judge, coach, and now gym mom, I've seen it do it's magic over and over again. I'm a product of the sport.

I adore the kids I coach. I'm proud to see them grow & that's why I continue to be in the gym. And I love watching Charley developing the same love for the sport and her teammates that I have. She's still an itty bitty doing itty bitty skills, but she's already come light years in terms of confidence, and I know that will stay with her in whatever life throws her way.

This is an amazing sport, and little moments like these remind me of just that.



*Sara is a former FL NAWGJ judge and moved to NC some years ago. She continues to help out with coaching, but has retired from judging.*



*This article was submitted by Sara's mom – Debbie, a National level FL NAWGJ judge.*



*Sara & Debbie*



*Charley – Sara's daughter*

# When Should You Take the U110 Refresher Course?

## Important Notice Regarding Changes to the U110: U.S. Center for SafeSport Training Expiration Dates

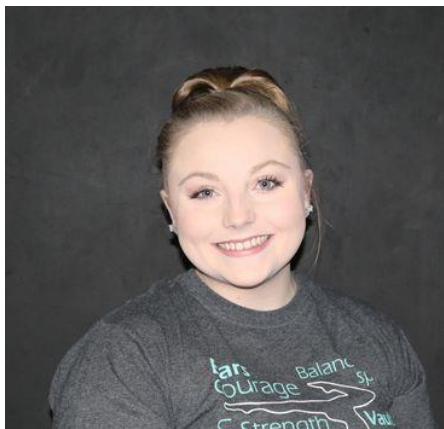
Some of you may have read this important information already and understand your choices. For those of you who have not and/or do not understand the situation, please reread the info again at the link below.

In a nutshell – if you can wait until August 1, 2022 or shortly after to take the U110 refresher course, then please do so. Here's why.....

- **June 1-July 31, 2022:**  
Members who complete the U110: U.S. Center for SafeSport course from June 1, 2022, through July 31, 2022, will be issued a U110 expiration date of December 31, 2022. An individual will be required to renew their U110 again before December 31st to remain active.
- **August 1, 2022-May 31, 2023:**  
Members who complete the U110: U.S. Center for SafeSport course from August 1, 2022, through May 31, 2023, will be issued a U110 expiration date of July 31, 2023, only having to complete the course once within the season.

[USA Gymnastics | Important Notice Regarding Changes to the U110: U.S. Center for SafeSport Training Expiration Dates](#)

## Welcome to Florida - New Judges



**Alyssa Jones** lives in Daytona. Besides starting her judging career, Alyssa is also a Compulsory and Xcel Team coach at ACE Daytona Gymnastics.



**Laly Sanz**....."I spent hours at the gym when my daughter was a gymnast. I've always been interested in judging and now that I am retired from 40+ years in Corporate America, I finally have the time."

Laly lives in the Miami area and has 2 granddaughters that go to IGTC.



**Tracy Jakum** lives in Palm City and recently celebrated a birthday. She also coaches at Boundless Gymnastics. She's hoping to take/pass/and add a Level 7/8 rating to her resume soon!

## Calendar & Reminders

- June 1 ..... FL NAWGJ Board Applications go out (email me if you need info)
- June 2 ..... Flipping Education: Vault w/ Sue Kane & Donna Trevethan
- June 5-12 ..... Special Olympics USA Games at WWSC Disney World
- June 7 ..... Flipping Education: Bars w/ Linda Thorberg & Judy Schalk
- June 9 ..... Flipping Education: Beam w/ Jeanine Heneford & Myra Elfenbein
- June 14 ..... Flipping Education: Floor w/ Evelyn Chandler & Bonnie Synol
- June 15..... FL NAWGJ Board Application DUE to NAWGJ VP & RJD**
- June 15..... State Meet Availability DUE**
- Link to Google Form: <https://forms.gle/V27JnEN7gy4TmYPD8>
- June 17-18 ..... Xcel Championship Invite,  
hosted by 360 Sports, Daytona Beach



## MARK YOUR CALENDAR Upcoming Events in 2022

- ❖ July 9-10, 2022 – FL State Clinic (coach/judge/rec), LaFleur Tampa
- ❖ July 22-24, 2022 – Levels 6-8 Training Camp, Lake Mary Metro
- ❖ July 30, 2022 – Levels 8 & 10 Test Prep Clinic in Orlando @ ACE Gymnastics
- ❖ July 30, 2022 – Levels 8-10 Test Prep Clinic Tampa/Ft. Myers area @ Lakewood Ranch
- ❖ August 1, 2022 – Optional Level Testing opens up
- ❖ August 7, 2022 – Levels 9 & 10 Test Prep Clinic for South FL @ West Broward Gymnastics
- ❖ August 19-21, 2022 – National Congress @ Tampa Convention Center
- ❖ September 16-18, 2022 – FL Judges' Cup at Wiregrass Complex in Wesley Chapel