

'FL NAWGJ News'



March 2023

Celebrating FL NAWGJ Judges



Still need to sign up for an Auxiliary Judge position on one of the events below? Use these links. All events have openings and we need your help. Thanks!!

Level 9-10 Regionals - April 14-16, 2023

<https://www.signupgenius.com/go/10C0E4AAFA723A1FFC34-usag>

Xcel Regionals - May 5-7, 2023

<https://www.signupgenius.com/go/10C0E4AAFA723A1FFC34-xcel>

Level 9 Easterns - May 5-7, 2023

<https://www.signupgenius.com/go/10C0E4AAFA723A1FFC34-level>

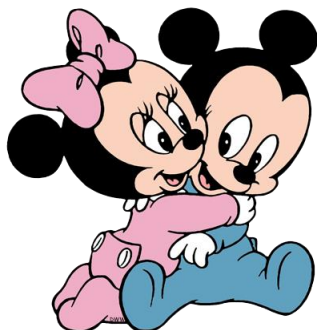


Happy Birthday



Tabatha Richardson Mar 1	Aimee Sparkman Mar 15
Phyllis Niemi Mar 7	Kamryn Harrington... Mar 18
Tiffany Brodbeck Mar 10	Jill Andrews Mar 22
Katerina Konvalinka Mar 14	Aimee Boorman Mar 27

Lovin' What We Do!!



HUGS - Acro For Autism meet in January

Judges: Jill Bosack (MD), Sue Pusateri, Arika Hoyt, Tiffany Brodbeck, Aimee Sparkman, Kevn McNamara, Joan Lothrop, Toyi Gainley & Kathy Stuenkel



Golden Ticket meet in February Sooo much fun!

Judges: Barb Quackenbush, Natasha Guida, Susan Monahan, Taylor Durham-Flint, Jessica Peck, Phyllis Niemi, Sara Monahan & Jill Andrews



The early bird deadline for NAWGJ National Symposium is fast approaching. Currently, rates are \$210 for NAWGJ members increasing to \$260 on March 2nd (tomorrow!!). Register here:

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

Reminders



FL NAWGJ is putting together a Group Registration for Region 8 Congress. If you would like to attend and get in on a reduced price, please contact me by March 20th at susan_78726@hotmail.com to secure your spot. Pricing starts at \$180/person and the more who register, the more the price goes down.

July 28 -30, 2023

Marriott Winston Salem
425 N. Cherry St.
Winston-Salem, NC 27101

**CPE for the 2023 - 2024 Season
is being accepted NOW thru May 31, 2023
90 judges still need to submit their forms.**



You can print the new and updated CPE form out here:

[ANNUAL CONTINUING PROFESSIONAL EDUCATION RECORD \(usaqym.org\)](http://usaqym.org)




What is 'the lowest bar' setting allowed for competition?

Information is stated in the meet information sent to the participating clubs.

- X. **UNEVEN BARS – APPLICABLE TO BOTH DEVELOPMENT AND XCEL PROGRAMS**
- A. Based on the best interest of the gymnast's safety, it is permissible to adjust the High Bar and/or Low Bar to a height which exceeds (or is lower than) the FIG specifications. Regardless of the measurement, the rails **MUST** be adjusted only to a position that locks-in with a dual locking mechanism that meets the manufacturer's recommended safety parameters.
 - B. The distance (spread) between the Bars may be set to the preference of the athlete, provided that after such adjustment, the Bars remain within the allowances identified by the manufacturer of the apparatus.
 - C. For equipment that has a slider mechanism on both Bars, it is strongly recommended that the low bar slider remain in the highest position, and that adjustments are made only with the high bar slider. This will expedite

**Refer to Rules and Policies
page 128**

Calendar & Events

- March 1..... Meet Requests accepted now through May 1 (2023 - 2024 Season)**
March 1..... CPE accepted now through May 31 (2023 - 2024 Season)
March 2..... Earlybird Deadline to Register for NAWGJ National Symposium
March 3-5 Tim Rand Invite, USA Competitions, Ft. Lauderdale Convention Center
March 4-5 Superhero Bash 2023, United Flip Force, Minneola
March 5-6 Suncoast Sports Festival, Suncoast Gymnastics, Tampa
March 4-5 Gymnastics Challenge, Tumble USA, Doral
March 4-5 TF AAU-Spring 2nd Qualifier North: Ancient City, St. Augustine
March 4-5 TF AAU-Spring 2nd Qualifier Central: Bayside Sports, St. Petersburg
March 4-5 TF AAU-Spring 2nd Qualifier South: Horizon, Port Charlotte
March 10-12 Charity Challenge Cup, LCG, Wesley Chapel
March 10-12 That Sea Turtle Meet, Destination Meets, Panama City
March 10-12 Rock Superstar Invite, Ft. Lauderdale Stars, Ft. Lauderdale
March 11-12 Leprechaun Invite, Meet Expectations, Longwood
March 17..... St. Patrick's Day 
March 17-19 Florida Crown Invite, USA Competitions, Coral Springs
March 17-19 All Handstands On Deck, Bayside Sports, St. Petersburg
March 20..... Deadline to Register for Region 8 Congress Group Rate
March 24-26 Level 8, 9, 10 State Championships, USA Competitions, Coral Springs
March 24-26 2023 Coral Reef Invitational, Coral Reef, Weston
March 31- April 2 Level 6, 7, P, D State Championships, TBT, Wesley Chapel

Mark Your Calendar Upcoming Events in 2023

- ❖ April 14-16, 2023 – Level 9/10 Regional Meet @ Bradenton Convention
- ❖ April 28-30, 2023 – Level 6-8 Regional Meet @ Kidsport, NC
- ❖ May 1, 2023 – Deadline to submit Judges' Requests for 2023-2024
- ❖ May 5-7, 2023 – Xcel Regional Meet, Ft Lauderdale Convention Center
- ❖ May 5-7, 2023 – Level 9 Easterns, Kissimmee Silver Spurs Arena
- ❖ 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