

GA-AAU NEWSLETTER



SUMMER 2009

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- Minutes from Board Meetings April 27 and June 20, 2009
- Co-Chair's Notes
- Membership Registrations
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Conference Call

Jan 6, 2009

Parties dialing in at approximately 10:30 AM: Denise Jessen, Eleanor Joubert, Jim Mousseau, Cindy Furman, Gretchen Connell.

Discussion commenced for the possible merge of the AAU PO 2 and Training Divisions which included the Survey results from the GA Club Community for their current season's PO athlete numbers. Cindy Furman dialed Becky Oppenheimer for her input. A motion was made to immediately combine the GA-AAU PO 2 and Training Divisions.

Motion; Gretchen

Second; Jim

All parties agreed

Gretchen is to immediately notify the Judge and Club community of this decision and to coordinate with Becky for the necessary alterations to the PO material for publication on the GA-AAU website.

Further discussion regarded the impact of USAG's PO Program on the GA-AAU Program. The conclusion was that more time is needed to gather further information for discussion at a future Board Meeting.

Denise stated that National AAU likes our GA AAU PO 1 Program so much that they are planning to adopt this into their program for next season.

A proposal was made for MD's to provide index cards for Coaches to present to the Chief Judges for when the event rotation order will be altered. Gretchen is to notify the Judges and Clubs of this proposal. No alterations to the event order will be allowed at the State Meets.

Denise mentioned that we need to get underway for our contributions/participation for the Summer State Clinic.

Call concluded at 11:27 AM

AAU Board Meeting Minutes

April 27, 2009

Roswell Gymnastics

Members Present: Denise Jessen, Cindy Furman, Cynthia Davis, Contessa Marquis, Shannon Hageli, Laurie Marches, Hope Spivey, Becky Oppenheimer, Jim Mousseau, Eleanor Joubert, Gretchen Connell, Sharon Doyle (GA-NAWGJ SJD, invited affiliate.)
Absent; June Seymour.

Meeting called to order at 10:24 AM.

- I. General overview of the 2009 State Meets presented by Denise Jessen.
- II. Discussed arrangements for the 2010 State Meets
 - A. Motion made to hold the 4/5/PO State Meet on March 12-14, 2010 and the 2/3 State Meet on April 16-18, 2010.
Motion; Cindy Furman
Second; Laurie Marches
Passed
 - B. Qualification/Entry and Declaration deadlines will be three weeks prior to each State Meet.
 - C. State Bid forms will be revised by Denise for Gretchen to forward to the Club Community.
- III. Discussed State Clinic Schedule
 - A. Changes/alterations to the State Clinic schedule will be sent to Drew Davis.
 - B. GA AAU will fund ½ of the custodial fees plus fees for AAU clinicians.
- IV. Discussed AAU PO Program
 - A. Motion made to move the participation of Level 6 athletes from PO 3 back to PO 2.
Motion; Jim Mousseau
Second; Gretchen Connell
Passed
 - B. The 2009-10 PO Program Divisions will remain the same for the nomenclature of PO 1, 2 and 3.
 - C. Changes for this coming season;
 1. VT

- a. PO 2 to perform the USAG L-7 vaults for a 10.0 SV utilizing L 7 guidelines.
 - b. PO 3, slight revision for allowable vaults utilizing L-8 guidelines.
 2. Number of element requirements per Division for UB, BB and FX; PO 1 – 5 elements, PO 2 – 6 elements, PO 3 – 7 elements.
 3. PO 1 element restrictions
 - a. UB - any “B” element will void routine.
 - b. BB - any “B” acro will void routine, “B” gym/dance elements will receive no credit value.
 - c. FX - any “B” acro will void routine, “B” gym/dance elements will receive no credit value.
 4. Timing changes
 - a. Warm up times for PO 1 & 2 will be 1:00, PO 3 will remain 1:30.
 - b. BB routine times for PO 1 & 2 will be 1:00.
 - c. FX routine times for PO 1 & 2 will be 1:10.
 - d. No touch for PO 1/ Touch will be allowed for PO 2 & 3.
- V. Compulsory issues discussed
- A. Motion to remove the 32 inch line demarcation for deductions from the stack mats for L 2/3 VT.
 Motion; Gretchen Connell
 Second; Laurie Marches
 Passed
 - B. Motion to alter the placement of the additional cast for L-2 UB from prior to the back hip circle to prior to the dismount.
 Motion; Denise Jessen
 Second; Contessa Marquis
 Passed
 - C. Motion for Levels 2 & 3 to perform one vault and for Levels 4 and up to strive toward one vault performance with a choice of two.
 Motion; Denise Jessen
 Second; Gretchen Connell
 Amendment to motion by Shannon Hageli for one vault for L-2/3 unless the vault receives the minimum score of 3.00, with the judge to allow a second vault.
 Passed
 - D. UB falls vs. spotting deductions. After a fall the athlete will be allowed to remount the bar with a pullover (with or without the assistance of the coach) for no deductions. If the fall occurs during a transition to the high bar the athlete may remount on the low bar and perform a cast squat on (with or without the assistance of the coach) to stand on the bar to resume the routine without deductions. Deductions will apply from the point of interruption once the routine is resumed.
 - E. Meet Directors of Invitational Competitions should provide the rotations sheets and/or cards (with athletes' name and number) without the specific starting events in order to facilitate the coaches' choice for the competitive line up. Selection of event order for athletes should be based on equipment adjustments between routines to save time. Coaches to notify judges of the precise rotation order prior to each event.
 - F. FX L-3 - The running steps following the round-off will be eliminated from the L-3 FX routine to now be round-off rebound stick only.

- VI. Discussed GA-AAU's contributions for those Judges attending the National testing course this summer. The Co-Chairs will decide the amount to be given toward each judge.
- VII. Reporting competition results to the Sanction Agent - current policy is for MD's to provide the meet results with payment to the Sanction Agent within 48 hours of the conclusion of the competition.
 - A. Motion made to extend the reporting of competition results with payment to be sent post marked by no later than one week after the conclusion of the competition with a fine of \$100 to be imposed for failure to comply.
 Motion; Cynthia Davis
 Second; Becky Oppenheimer
 Passed
 - B. Discussed the situation for when athletes compete at more than one level during a season for declaring a level for State Meets. Motion to require any athlete who scores a 31 AA or higher once at the higher level that this must be the declared level for State Meet participation to not drop back to the lower level.
 Motion in absentia; June Seymour
 Second; Jim Mousseau
 Passed
 - C. Clubs should use one consistent name or acronym as the designation of the Club's identity in order for our Sanction Agent to properly process meet results.
 - D. Clubs hosting meets must be properly registered each season with National AAU otherwise the sanction will be revoked.
- VIII. Judges ratings for AAU PO competitions - feasibility for filling panels for all competitions.
 - A. Motion to require for PO 2 & 3 that at least one judge per event should have a minimum 7/8 rating.
 Motion; Becky Oppenheimer
 Second; Gretchen Connell
 Passed
 - B. This criterion to be incorporated into the 2009-10 GA-AAU R & P.
- IX. Continued Board Membership service discussed. Vacancy of the PO 1 Rep now filled by Jim Mousseau. All other Board positions remain the same.
- X. Coach of the Year and Scholarships
 - A. Motion made to dispense with the Coach of the Year Award due to continued lack of community participation for nominations.
 Motion; Jim Mousseau
 Second; Gretchen Connell
 Passed
 - B. Scholarships
 1. Need to develop criteria.
 2. When and where to present.
 3. Discussion shelved for next Board meeting.

Meeting adjourned at 1:04 PM

AAU Board Meeting
June 20, 2009
El Torero Restaurant Roswell

Members present: June Seymour, Becky Oppenheimer, Cindy Furman, Denise Jessen, Laurie Marches, Kevin Robins, Gretchen Connell, Sharon Doyle (affiliate.)

Meeting called to order at 6:50 PM.

1. Denise announced that GA-AAU will stick with the one minute warm-up time for Level 4 as opposed to USAG's new 45 second warm-up for Level 4.
2. GA AAU will abide by USAG's policy to offer both the old and new compulsory music for this coming season.
3. Discussed the eligibility of USAG compulsory competitors entering the AAU Program at the same level/same season; Any USAG compulsory athlete who meets the All Around (AA) USAG State Meet Qualification score twice may not compete in the AAU program at that level the same season. If a USAG compulsory athlete merits the USAG AA State qualification score only once, she may participate in the AAU program at that level the same season.
4. Discussed the viability of maintaining the PO 3 Division for this coming season; Decision to maintain this Division for the coming season.
5. Discussed State Meet Bid submissions: Co-Chairs to take under advisement for further research to make a final decision by end of July.

Meeting adjourned at 8:32 PM

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Gretchen Connell

CO CHAIRS NOTES:

Any USAG compulsory athlete who meets the AA USAG State Meet Qualification score twice may not compete in the AAU program at that same level during the same season. If a USAG compulsory athlete merits the USAG AA State Qualification score only once, she may participate in the AAU program at that same level during the same season.

MEMBERSHIP REGISTRATIONS:

All Athletes, Coaches and Officials are required to register annually with National AAU online at http://aausports.org/sprt_Gymnastics.asp. You may begin early online registrations for the Sept 1- Aug 31 season through this website beginning Aug 16. A valid credit card will be needed for all registrations. Membership cards can be printed from the website.

All Clubs planning on hosting an Invitational Competition this coming season must be properly registered with National AAU in order to receive a valid sanction for your event.

STATE MEETS:

The 4/5/PO State Meet will be held at Ultimate Gymnastics March 12-14, 2010.

The location of the 2/3 State Meet to be held April 16-18, 2010 will be announced via electronic dispatch in early August and posted on the Meet Calendar presented on the GA-NAWGJ website at <http://www.ga-nawgj.org/>.

The Qualification/Entry and Declaration deadlines will be three weeks prior to each State Meet.

Athletes competing at more than one level during the season must declare their level for the State Championships by the Declaration deadline date. If an athlete competing at more than one level during a given season scores 31 AA or higher once at any Invitational Meet at the higher level prior to the declaration date they must declare this level for the State Championships.

MEET DIRECTORS:

Reporting competition results to the Sanction Agent;

Meet Directors (MD's) are now required to submit competition results with payment to the Sanction Agent to be post marked by no later than one week after the conclusion of the competition. A fine of \$100 will be imposed for failure to comply.

Clubs participating on the competitive circuit should use one consistent Club name or acronym as the designation of the Club's identity when registering for Meets in order for our Sanction Agent to properly process meet results from MD's.

All Clubs hosting sanctioned competitions must be properly registered each season or your sanction will be void.

MD's will need to provide both the old and new music for your competition and should obtain each competing Club's preference during the Coaches' Meeting. Coaches are also responsible for insuring that the MD has your selection preference prior to the floor event.

For Optional music MD's must provide capability for either MP3, iPod or CD options.

MD's of Invitational Meets should provide competition rotation sheets (and/or cards) to include the athlete's name and number minus the starting events in order to facilitate the coaches' choice for the competitive line-up per rotation on VT, UB and BB. Coaches should work together during the event warm-up portion of the competition to determine the equipment settings needed for the athletes in that rotation to compete together on like settings. The Club of the first gymnast listed in each rotation will retain the option of competing first. Coaches should not be making alterations to the rotation squad order for **any other reason** than for equipment adjustments between routines to save time.

Coaches are to notify the Chief Judge of any changes to the rotation order prior to each event.

TECHNICAL UPDATES:

Compulsory changes for this coming season;

1. VT. There will no longer be a need for the 32 inch line placed on the mat stack for the Level 2 and 3 vaults. The deduction for hands landing beyond the line has been removed from the deduction cards.
Levels 2 and 3 will perform one vault. If the vault receives the minimum score of 3.00 the Chief Judge may allow a second vault.
Levels 4 and up are urged to strive to perform only one vault, but may perform two vaults at the coaches' discretion.
2. UB. The "cast return to front support" element in the Level 2 bar routine has now been placed in front of the dismount element, "cast straddle on sole circle dismount."
The new skill sequence is: back hip pullover mount, cast, back hip circle, cast return to front support, cast straddle on sole circle dismount.
3. FX. The running steps following the round-off in the Level 3 Floor routine have been eliminated to now become only the rebound/stick finish.
The warm-up time for Level 4 floor will remain at one minute per athlete.
Athletes will have the option of using either the old or new music for this coming season. Coaches are responsible for notifying the MD of their choice during the coaches' meeting.
* In order to avoid delays on the floor event a rule of thumb for this season will be for Coaches to instruct your athletes to listen for the appropriate musical cue for their routine. If the wrong selection is cued and the athlete has already begun the first movements of the routine she should be prepared to continue on with the routine. If the wrong music is cued and the athlete realizes this she should be prepared to stand and wait until the coach can swiftly straighten out the error. If an athlete begins her routine to the wrong music and then stops prior to completing the first full element there should be no deductions applied. The coach should then be prepared to inform the music man/woman as quickly as possible for the gymnast to then begin her routine again to the correct selection. Judges should be lenient regarding this for when our young athletes might get flustered if the wrong music is cued.

Prep Op (PO) changes for the coming season:

1. VT. PO 2 will utilize the USAG Level 7 guidelines/deductions/vaults for all vaults to have a 10.0 Start Value.
PO 3 will utilize the USAG Level 8 guidelines/deductions to perform the allowable vaults as listed on the GA-AAU PO Requirement chart posted on line at <http://www.gaaau.net/gymnastics%20girls.htm>.
2. The number of required Value Parts (elements) for the PO Divisions for UB, BB and FX are as follows; PO 1 – 5 elements, PO 2 – 6 elements, PO 3 – 7 elements
3. PO 1 element restrictions;
 - UB - any "B" element will void routine.
 - BB - any "B" acro will void routine, "B" gym/dance elements will receive no credit value.

- FX - any “B” acro will void routine, “B” gym/dance elements will receive no credit value.
 - PO 1 routines may consist of any USAG JO Code “A” listed elements along with any of the acceptable “N” listed skills (located on the PO requirement chart on the GA-AAU Website.) Allowable “B” skills will not fulfill value part credit toward the 5 element Special Requirements.
4. Timing changes;
- Warm up times for PO 1 & 2 will be 1:00, PO 3 will remain 1:30.
 - BB routine times for PO 1 & 2 will be 1:00
 - FX routine times for PO 1 & 2 will be 1:10
 - No touch warm-up for PO 1, Touch will be allowed for PO 2 & 3

All of the 2009-10 GA-AAU compulsory routine text/deduction cards and PO material is now displayed for retrieval at <http://www.gaaau.net/gymnastics%20girls.htm>.

ANNOUNCEMENTS:

The GA-AAU Board welcomes a new member, Kevin Robins, as our Level 4 Representative.

The Board has now suspended the annual award for Coach of the Year due to a lack of participation from the community at large. If you have any issues regarding this please address this directly to one or both of the two Co-Chairs, Cindy Furman at cfurman@ci.roswell.ga.us / Denise Jessen dcjess@bellsouth.net.

The Board is now soliciting input from the community regarding Scholarships to revive this portion of our Program.

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Gretchen Connell