



Right in the midst of Winter season!

# TX NAWGJ

February 2019

Hello everyone,

Loads of good info in here. Check it out fun pics, minutes, election information, and discounts. There is money to be saved. Election timeline on next page.

National Judges Cup was another great experience in Overton, Kansas. A huge thank you to Love Gymnastics, Eagle Gymnastics Academy, Northwest Kids, Ridgewood, and United Elite. Their girls made Texas proud. Also, thank you to Larissa Santiago for volunteering her weekend for this prestigious event. Judges representing Texas were, Larissa, Marilyn Blilie, Jan Eyman and Carol Williams. A b7 clinic was held Friday evening by the national board.

Please check out the group rates for NAWGJ Symposium. This special event is only held every 4 years. It is only for judges and the education is off the charts awesome! It is in our home state this time so EVERYONE can have an exceptional learning experience. I highly encourage ALL to attend. Get your early bird group rate to Melanie right away so you can partake in the discount.

( See info sheet in newsletter)

We are also supporting a group rate to Congress again this year. Please send in your early bird payment to Melanie for your discount before the early bird deadline.

If you know any teams that would be interested in the Extravaganza - Please share this information with them! This event is enabling us to be able to give these great discounts. The price is right and there are prizes at each event for the athletes. It should be a great overall experience.

Please remember to act, look, and dress professional. We represent ourselves and our organization. Stay in touch with all the new rule changes. Be on time and work well with others. There is a lot going on this season all over the state. Consistency and fairness are our goals. Remember that each panel is a team working together for the best judgements possible. Check out the Technical info pages. We have so many good judges spending their weekends for the love of the sport. I am so grateful we have such a strong force. Thank you for all that you do.

Gratefully,



Carol Williams



# SJD Elections

## SPECIFIC GUIDELINES FOR ELECTIONS 2019

It is the duty of the State Judging Director to compile a list of all persons who are eligible to run for STATE JUDGING DIRECTOR.

**February 1:** A special reminder is sent to the State Judging Director by the Regional Judging Director.

**March 1:** A list of all eligible candidates should be published on the State website or sent to the State membership by the present SJD. The present SJD sends each eligible candidate a letter, which includes:

1. Letter of Eligibility and Duties of the Office of the State Judging Director.
2. Candidate Application Form to be completed by the candidate stating her/his qualifications.
3. A list of dates for the election and the process to be followed.

**\*April 1:** Candidate Application Form due: Deadline date of April 1. Failure to respond by the deadline date (postmarked) indicates that the candidate does NOT wish to run for the office.

**April 15:** Voting begins. Any NAWGJ voting member must meet the criteria for eligibility to vote 90 days prior to the date voting begins.

**April 30:** Voting ends. The Regional Judging Director sends results to the President, Vice President and National Secretary. The RJD also informs the SJDs in the Region for publication in the State website/ newsletter as soon as possible.

**May 15:** The newly elected State Judging Director assumes office.

**\*NOTE:** If any of the deadline dates fall on a Sunday or legal holiday, procedures should be advanced to the next business day.

## State Governing Board elections

**June 1** SGB Election Letters to eligible candidates to be sent

**June 15** SGB Election Candidate Applications due to RJD

**July 30** Report State Governing Board Report due to RJD, Vice President and National Secretary

**August 1** SGB Election Newly elected board assumes office



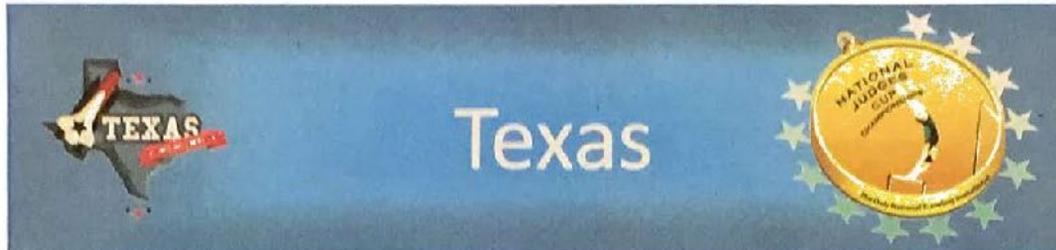
# National Judges Cup 2019! Overland Park, Kansas



5th Place  
Team



# TEAM TEXAS



## Aspen Stearns

DOB: 4/10/2009  
Club: Love Gymnastiks  
Hometown: Canyon Lake, TX  
Age you started Gym: 9  
Favorites



Event: Bars & Vault Subject: Science  
Food: Pizza  
Hobbies: Making slime and playing with my brothers  
Words that describe me: Strong, Talented & Silly  
Gymnastics Goal: LSU Gymnastics Team  
Career Goal: Coach & Vet

## Roberta Guajardo

DOB: 5/19/2008  
Club: Loves Gymnastics  
Hometown: San Antonio, TX  
Age you started Gym: 7  
Nickname: Robble  
Favorites



Event: Floor Subject: Math  
Book: Heidi Food: Pizza & Nachos  
Hobbies: Playing with my dog  
Words that describe me: Awesome, Funny & Weird  
Gymnastics Goal: Elite and College Gymnastics  
Career Goal: Doctor

## Addison Reddick

DOB: 4/25/2007  
Club: United Elite  
Hometown: Forney, TX  
Age you started Gym: 3  
Nickname: Addi May May  
Favorites



Event: Bars Subject: Math  
TV Show: Stuck in the Middle Food: Chicken Nuggets  
Hobbies: Shopping, hanging with friends and family  
Words that describe me: Strong, Gymnast, Friend  
Gymnastics Goal: Florida Gator Gymnast  
Career Goal: Teacher

## Ryan Geismar

DOB: 4/30/2007  
Club: Eagle Gymnastics Academy  
Hometown: Frisco, TX  
Age you started Gym: 4  
Nickname: Gizmo  
Favorites



Event: Beam & Floor Subject: Math  
TV Show: Bunk'd Food: Rice  
Hobbies: Cooking, Swimming, Playing with my dog  
Words that describe me: Funny, Positive & Confident  
Gymnastics Goal: To become an Elite  
Career Goal: A Physical Therapist

## Shea Orlando

DOB: 8/28/2007  
Club: Ridgewood Gymnastics  
Hometown: Dallas, TX  
Age you started Gym: 7  
Favorites



Event: Floor Subject: Math  
TV Show: Impractical Jokers  
Food: French Fries  
Words that describe me: Brave, Nice & Strong  
Gymnastics Goal: To be a Level 10  
Career Goal: Professional Gymnast

## Isabella Santiago

DOB: 10/19/2007  
Club: Northwest Kids  
Hometown: Corpus Christi, TX  
Age you started Gym: 5  
Nickname: Bella  
Favorites

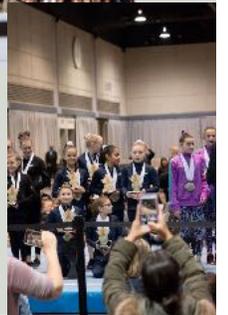


Event: Floor Subject: Math  
TV Show: Grey's Anatomy Food: Pizza  
Hobbies: Painting and Drawing  
Words that describe me: Brave, Fearless, Kind  
Gymnastics Goal: Go to the Olympics

# TEAM TEXAS



*National Judges Cup 2019!  
Overland Park, Kansas*



## NATIONAL JUDGES CUP

What an Honor to represent Texas at National Judge's Cup this year. My name is Larysa Santiago and I have been in Texas and Region 3 for four years. This was my first opportunity to meet up with my judging friends from other states since moving to Texas. I also met some of the best group of Judges this nation has to offer. The judges and gymnasts represented 35 states. The immeasurable amount of time, effort and support displayed by the coaches, gymnasts, families, and judges can't be measured. The pageantry of the State specific leotards and warm ups was something to behold. It was such a reward, and a great introduction, to the gymnasts from all over the country to glimpse what a major national or international competition feels like.

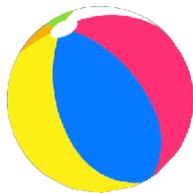
Being surrounded by women and men willing to give their time and knowledge to comprise a four judge panel (for 2 full competing gyms) made my gymnastics-loving heart full. And I can put your mind at ease, our education here in Texas is Tops!! I felt incredibly well versed and lucky to be from such a solid group of mentors and friends here in Texas. While our sport has been in the midst of controversy for some time, I can assure you that what I saw on the competition floor was nothing short of extraordinary. The girls cheering for each other and the pure joy on the athlete's faces as their States were announced at march in was a blessing to simply witness. May this be the energy the girls, coaches, judges and administrators carry far into 2019 and beyond. The positive feelings and beauty of our sport makes me proud to be a judge and feel lucky to have been included.



**BEACH THEME**  
**EVERY EVENT GIVES SPECIAL PRIZES! SPECIAL**  
**ENCOURAGE AS MANY TEAMS AS POSSIBLE**  
**COME JOIN IN ON THE FUN!**  
**THIS EVENT IS A TX NAWGJ FUNDRAISER!**  
**BEACH EXTRAVAGANZA!!**



Texas Judges' Xcel Xtravaganza  
& ALL LEVEL Invitational



March 22-24, 2019  
Zero Gravity Waco

8043 Robinson Industrial Park  
Robinson, TX 76706

Meet Director: Ryan Maskell (832-594-7992)  
ryanmeetmate@gmail.com  
Hostess: Tracy Cowan 254-723-4471

Levels: All Levels XCEL & JO  
Competition: Individual & Team Competition \*New team  
designations  
Small Team: 3-5 athletes 3 scores count  
Medium Team: 6-10 athletes 5 scores count  
Large Team: 11+ athletes 7 scores count

\*100% medals for all competitors

Entry Fee: All levels \$85  
\$40 Team (sorry, no refunds)

Hosted by:  
Texas National Association of  
Women's Gymnastics Judges



Entry Deadline: Entries must be received by: Friday, February 22nd, 2019  
\*Late fees will be assessed as per Texas Rules & Policies for any late entries  
\*\*Entries received before January 31st will get a rebate of \$10 per athlete  
\*\*Entries received between Feb 1-Feb 15 will get a rebate of \$5 per athlete

ONLINE  
REGISTRATION: Enter online at: [TXNAWGJ.ORG](http://TXNAWGJ.ORG) : XCEL Xtravaganza & ALL Level Invitational

OR SNAIL MAIL to:  
Carol Williams c/o TX NAWGJ  
14402 Modesta Place  
San Antonio, TX. 78247

Final Schedule: Posted ASAP - Friday, Saturday & Sunday Sessions possible

# SEND THIS IN BEFORE 2/26!!

July 11-14  
Ft. Worth



This event is being held at the Worthington Renaissance Hotel, 200 Main St., Ft. Worth, TX 76102.

Registration fees are as follows:

- \$175 if postmarked by 2/26/19 - There is a 10% discount for groups of 10 or more.
- \$200 if postmarked by 4/1/19
- \$210 if postmarked by 6/1/19
- \$220 if postmarked by 7/1/19
- \$260 if after 7/1/19 or at the door

If you get your check for \$80 in Melanie's hands **NO LATER THAN 2/26**, TX NAWGJ will pay the remaining balance of your registration **at the group rate**.

If you register after the 2/26 deadline, you will need to pay the appropriate amount directly to the national office and then turn in a receipt to Tiffany Schwartz at 11712 Sun Glass Dr., Manor, TX 78653 for an \$80 reimbursement.

The tentative schedule, as well as hotel information, is online at [www.nawgj.org](http://www.nawgj.org).

Please completely and legibly fill out the form below, cut it on the dashed line, and send it, along with your **\$80 check made to NAWGJ** (subject line - 2019 Symposium) to Melanie Cryer, PO Box 511, Huffman, TX 77336. If your check is not in Melanie's hands by Tuesday, February 26<sup>th</sup>, you will have to register on your own and pay the additional cost.

-----  
Name \_\_\_\_\_  
Address \_\_\_\_\_  
Rating \_\_\_\_\_ Region \_\_\_\_\_ Phone \_\_\_\_\_  
\*\*\*Sweater Size \_\_\_\_\_ Email \_\_\_\_\_

\*\*\*NAWGJ navy logo sweaters (cardigans for women and V neck pullovers for men) will be given to the first 600 registrants. Sizes may run small. Available in women's petite (XXS-XL), average (XS-XL), and plus (1X-5X) and men's (S-XXL). You must check the size chart on the [nawgj](http://www.nawgj.org) website before ordering as these items cannot be exchanged.

**There is no guarantee** that you will receive a sweater or that everyone in our group will receive one. Names will be placed on the list in the order that your check and registration was received.

GET ER' DONE!

Our board has voted to help anyone in our membership to receive a large discount on the NAWGJ Symposium to be held in Ft. Worth, July 11-14. The tentative schedule is now online at <http://www.nawgj.org/>. This is an incredible educational experience for judges that is only held every 4 years. This summer the symposium will be in Texas. So, we want everyone to be able to take advantage of this great opportunity. Please check out the attachment above for information on how our members can get this TEXAS discount. Looking forward to seeing everyone in Fort Worth.



**WE**



**GYMNASTICS**



Texas NAWGJ  
December 20th, 2018

**Board Members Present:**  
Carol Williams (SJD)

Kevin Freeman (District 2/3 Assigner)  
Denise Coats-Lauriat (District 2/3 High School)  
Jack Dunlop (District 1 Assigner)  
Erika Franklin (District 5/6 Assigner)  
Jennifer Porter (Secretary)  
Tiffany Schwartz (Treasurer)  
Melanie Cryer (Event Coordinator)  
Bonnie Crawford (Webmaster)

**Board Members Absent:**  
Jenny Robinson (District 4/7 Assigner)



**Call to Order: Carol Williams 9:07pm**

**Minutes:** Approved from last meeting

**NAWGJ Symposium:**

Looking forward to hosting in Fort Worth, Texas July 11-14, 2019. We will meet after National Judges Cup to discuss plans for this major event. Judges are encouraged to suggest topics that they would like to have presented. TXNAWGJ will offer a stipend or discounted price to our members. Once the budget is finalized, we will set an amount.

**Xcel Xtravaganza: Zero Gravity Hewitt, TX**

We discussed ideas of a "theme" for the meet and decided to see if the gym had any plans before choosing something. We would want 4 items/tokens for each event.

**MOTION: To have the theme be: XCEL Xtravaganza at the Beach**

Motion: Jennifer Porter

2nd: Melanie Cryer

**PASSED**

**Testing:** Congratulations to those who have tested & passed so far. There are some tests available in early January & February. Request to TA's- please share testing dates with Bonnie so that they are posted on the TXNAWG website & calendar.

**NCAA Nationals:**

The meet is on Easter weekend - April 19th-21st in Fort Worth. We discussed how many volunteers we may need. There will be 3 sessions total that will need a minimum of 4 timers and 2 line judges. Hoping lots of judges will want to help with such a fun event. It's a little early to make official plans with lots of unanswered questions, but we will discuss again soon.

**Budget:**

Comparisons between last year, this year and the proposed budget were made.

**MOTION: To approve the budget**

Motion: Tiffany Schwartz

2nd: Bonnie Crawford

**PASSED**

**MOTION: To adjourn 10:28pm**

Motion: Denise Coats-Lauriat

2nd: Erika Franklin

**PASSED**

Submitted by: Jennifer Porter

The TX NAWGJ budget  
is posted at:  
[TXNAWGJ.ORG](http://TXNAWGJ.ORG)





#### Technical Q & A – November 2018

In the November meeting, the Technical Committee reviewed a number of questions which were presented by the gymnastics community. These topics will be discussed and finalized at the Joint JO and Technical Committee meeting in May, but for the purposes of giving direction for the 2019 winter/spring season, these questions and answers will be posted on the Regional websites -Technical page.

Any additional questions should be submitted to your respective Regional Technical Committee Chair, who will share them with the other RTCCs for inclusion on the Regional websites.

#### COMPULSORY-RELATED:

Q1: What is the correct mat stack specifications for the Level 2 Vault? There is a discrepancy between the R&P and the JO Compulsory book.

A1: *Compulsory book is correct. R & P will be updated. Minimum of 16", 24" or 32" (+ 1").*

#### GENERAL:

Q2: Can an Inquiry include the "Not Up to the Level of competition" Composition deductions?

A2: *Yes, the deductions specifically listed in the charts are considered "flat" deductions and may be included in inquiries. The Inquiry form will be updated by Linda T. and Myra and Connie will post it on the website at <https://usagym.org/PDFs/Forms/Women/Inquiry.pdf>*

Q3: Can Meet Directors pay judges by alternative methods such as Pay Pal or Venmo?

A3: *Yes, if there is agreement between the Meet Director and the individual judge prior to the competition.*

Q4: May the gymnast wear a medical bracelet while competing?

A4: *Yes, but it should be covered by tape or some type of bandage.*

Q5: May animals be present at USA Gymnastics sanctioned competition?

A5: *For the safety of the athletes and other participants at a competition, it is not acceptable to allow animals in the competition Field of Play. In compliance with the Americans with Disabilities Act, designated/qualified service animals would be allowed in the competition venue (spectator area).*

Q6: Is the "Incorrect attire" deduction different for JO and Xcel competitions?

A6: *Yes, 0.10 for Xcel; 0.20 for JO, after a warning, taken on the next event.*

#### OPTIONAL VAULT:

Q7: How is the angle of arrival determined for Level 6/7 Vault?

A7: *If there is a closed shoulder angle, measure from shoulders to hips.  
If there is an open shoulder angle, measure from the hand to hips.*

Q8: How is the angle of repulsion determined?

A8: *Measure from the hands to the lowest body part. (This is the same as in the past for non-salto vaults.)*

Q9: What is the deduction for landing sideways on a Level 6/7 Tsukahara timer vault?

A9: *There is no specific deduction at this time; deduct for any applicable direction, body position and execution errors.*

Q10: Is there a deduction for not going through vertical on the Level 6/7 Tsukahara timer?

A10: *Not specifically; use appropriate body alignment and/or direction deductions.*

Q11: What is the deduction if a Level 6/7 gymnast vaults with the Vault Table below 115 cm?

A11: *Apply the 0.30 deduction for incorrect apparatus specifications.*

Q12: Must the mat behind the Level 6/7 mat stack be placed in a certain direction?

A12: *The mat behind the mat stack may be placed sideways or lengthwise at this time.*

#### OPTIONAL BEAM:

Q14: When do you start counting for a concentration pause?

A14: *You begin counting when the gymnast is stationary or is readjusting arms, feet or body prior to initiating an element or series of elements.*

an 16th  
Approve minutes...  
Jennifer Porter submitted  
Kevin Freeman Seconded  
PASSED

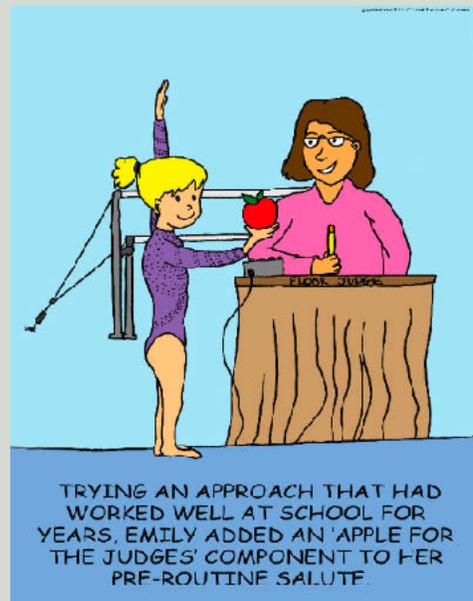


January 18 Melanie Cryer wrote

A. I move that, for each of our members who registers for the 2019 NAWGJ Symposium no later than 2/26/19 and pays \$80, we pay the remaining balance of \$77.50 (early bird group registration rate).

B. I move that, for each of our members who registers for the 2019 NAWGJ Symposium after the group early bird rate has expired, we reimburse \$80 upon receipt of registration.

Melanie Cryer Motion  
Denise Coats Lauriat 2<sup>nd</sup>  
PASSED



# Xcel Clarifications



## Bars

\*Clarifications on the Platinum tap swing

Platinum athletes are allowed one tap swing as a value part back into the dismount which states that it can come from a counter swing. There are no allowable extra swings allowed in Platinum. Tap swing ok extra swing NOT ok

\*Cast Clarifications

Cast squat/pike/ straddle is one skill - followed by a jump to the high bar. Total of 1 "A"

Cast squat etc. - followed by a stretch jump dismount. Total of 2 "A"s

Cast squat etc. is one skill "A" followed by a sole circle around the bar - jump to HB "A" Total of 2 "A"s

Cast before a sole circle dismount is NOT considered a cast

Silver Routine examples:

1. Pullover "A" - Cast to 45 below horizontal "A" - back hip circle "A" - Cast to 45 below horizontal "A" - Sole circle dismount "A" 5 SKILLS  
ALL SR MET 10 SV

2. Pullover "A" - Cast to 45 below horizontal "A" - back hip circle "A" - Cast to lower than 45 below horizontal "0" - Sole circle dismount "A" 4 SKILLS  
Missing 1 skill - .5 9.5 SV

3. Pullover "A" - Cast to 45 below horizontal "A" - back hip circle "A" - Cast lower than 45 below horizontal "0" - Cast to 45 below horizontal "A" Sole circle dismount "A" 5 SKILLS All SR Met 10 SV

**XCEL CLARIFICATIONS**



**Beam**

Switch Split

1. Diamond does a switch split at 145 degrees. The standard for Diamond is 150 with 20 degrees variance. SR credit awarded / “B” VP awarded (it is at least 135) / up to .2 deduction on angle for not meeting 150
2. Platinum does a switch split at 135 degrees. The standard for Platinum is 120 . SR credit/ “B” VP awarded (135) / no split angle deduction because she has exceeded the division requirement
3. Switch split at Gold, Silver or Bronze would result in a .50 deduction for restricted skill NO SR credit (unless she has another appropriate leap/jump/ NO VP - page 8 Beam E.
  1. Elements are restricted based upon their value as listed in the Xcel Code of Points, not based on the quality / amplitude of performance.

**Reminder:**

**NO HANDSTANDS ON BEAM ARE REQUIRED TO HOLD.**

**FLOOR**

On Floor the cartwheel and one are cartwheel are the same element.

Flic flacs (or any fast flight with hand support) get value part as many times as they are performed. So a series is valid even if the series contains the 3rd or 4th flic flac? Girl did round off-flic-flic then did back walkover-flic. OK

**GENERAL**

Shorts are not considered appropriate attire for Xcel. The deduction is .1 after the warning on the previous event. ( Not .2 like JO) The deduction is only taken one time.



USA Gymnastics

# National Congress & Trade Show

Kansas City, MO • 2019

[usagymcongress.org](http://usagymcongress.org)



## National Congress & Trade Show

Kansas City, MO • 2019

[usagymcongress.org](http://usagymcongress.org)

The 2019 USA Gymnastics National Congress will be held at the Kansas City Convention Center, August 8-11. Early bird pricing for group registration is available, but Melanie **MUST** receive your check and the form below **no later** than Saturday, March 9<sup>th</sup>.

Name \_\_\_\_\_

Date of birth \_\_\_\_/\_\_\_\_/\_\_\_\_ USAG Membership # \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

**Mail to:**

Melanie Cryer, P O Box 511, Huffman, TX 77336.

**Enclose your check for \$155 made to NAWGJ.**

You will receive a confirmation email from Melanie when your check and registration form arrives.

For additional information, go to [usagymcongress.org](http://usagymcongress.org).

**MAIL THIS IN BEFORE MARCH 6TH FOR THE GROUP DISCOUNT!!**

[USAGYM.ORG](http://USAGYM.ORG)



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NAWGJ

[NAWGJ.ORG](http://NAWGJ.ORG)



[TXNAWGJ.ORG](http://TXNAWGJ.ORG)

EMAIL: [WINNIE.WITTEN@GMAIL.COM](mailto:WINNIE.WITTEN@GMAIL.COM)

FOR A DIRECT LINK!



Google Classroom

PRACTICE MAKES  
US BETTER!  
COURSES!  
VIDEOS!  
PRACTICE JUDGING!  
SKILLS!

STAY UP TO DATE!

**IRS Mileage Rate as of January 1st**



**.58 cents per mile**

## TXNAWGJ BOARD



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