



NAWGJ Mission:

to provide professional development for its members and to support and promote women's gymnastics in the United States



January 2022

Contents:

UPDATES & REMINDERS

EDUCATION



THSGCA

Texas High School Gymnastic Coaches Association



TEXAS HIGH SCHOOL STATE Applications Due: January 20th

<http://txnawgj.org/index.php/forms/2022-texas-hs-state-avail>

- **Important high school rule changes:**
 - Bars special requirements are now valued at .5 (no longer .2)
 - Solid black shorts are NOT allowed. Apply the .2 deduction for "inappropriate" attire.

	Early bird group price	Regular group price	
Region 3 Congress	Through February 23	February 24 – May 26	First opportunity for nationals to test
June 10-12, 2022	\$110	\$140	
Embassy Suites, Normal, OK			
http://www.usagymrc.com/region3/			
National Congress	Through April 13	April 14 – August 4	First opportunity for the remaining judges to test
August 18-21, 2022	\$150	\$180	
Tampa Convention Center, Tampa FL			
https://www.usagymcongress.com/registration/			

Texas NAWGJ is offering a group discount for both Region 3 Congress and National Congress



Send your name, USAG number, and check payable to NAWGJ:
Bonnie Crawford, TX SJD
4817 Woodcreek Ct.

Bonnie will submit your registration, so you can receive the discount as part of the Texas group entry. No form is required.

Fri. Feb. 25	9:00 – 11:00	Sr. Women Winter Cup Podium Training:	2 Volunteers
	11:30 – 1:30	NLC Timed Warm-ups:	2 Volunteers
	1:30 – 4:00	NLC Competition:	10 Volunteers
Sat. Feb. 26	7:30 – 10:00	Jr. Women Winter Cup Podium Training:	2 Volunteers
	10:00 – 11:45	Sr. Women Winter Cup Timed Warm-ups:	2 Volunteers
	12:00 – 2:00	Sr. Women Winter Cup Competition:	11 Volunteers
Sun. Feb 27	10:00 – 12:00	Jr. Women Winter Cup Timed Warm-ups:	2 Volunteers
	12:00 – 2:30	Jr. Women Winter Cup Competition:	11 Volunteers

Winter Cup at the Ford Center at the Star in Frisco February 25-27

We are excited USA Gymnastics will kick off February 25-27 with the three-day Winter Cup at Ford Center at the Star in Frisco, Texas. The event features elite men's and women's divisions and will be accompanied by the Elite Team Cup, a junior men's competition among regional teams, and the Nastia Liukin Cup, a competitive opportunity for the country's top USAG Women's Artistic Development Program Level 10 gymnasts.

USA Gymnastics will be sending out a Sign-up Genius link to allow judges to pick the time and job. We appreciate all your time and dedication in helping make these meets a memorable experience for the gymnasts.

Thanks for helping to spread the word. If we do not have enough judges, some of these positions could be coaches (timers for podium training or warm-ups for example.)

New IRS Mileage Fee



**Judges' mileage reimbursement
for 2022 is 58.5 cents, up 2.5 cents from 2021**

COVID and Illness Situations

- Read the [NAWGJ reminders for COVID and illness situations at meets](#)



<http://txnawgj.org/index.php/component/k2/item/684-nawgj-covid>



NATIONAL JUDGES CUP TEAM TEXAS PLACED 7th

VIEW THE PHOTOS HERE:

<http://txnawgj.org/index.php/team-challenge/2022-team-texas>

XCEL XTRAVAGANZA February 11-13

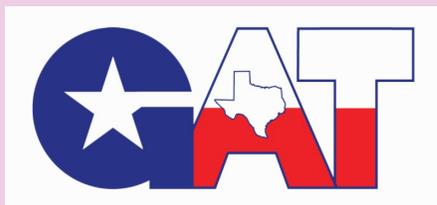


- Zero Gravity, Robinson (Waco)
- All Xcel divisions
- All DP compulsory and optional levels
- Includes an acro and tumbling competition

Diversity, Equity, Inclusion & Belonging in Gymnastics



- January 19: Diversity, Equity, Inclusion, & Belonging in Gymnastics: Follow-up Forum
- February 23: Diversity, Equity, Inclusion, & Belonging in Gymnastics: Follow-up Forum
- Contact Linsey Hamilton (linseyhamiltonpt@gmail.com) or Connie Dickson (condickson@aol.com) for more information



GAT 2022

Cookie Batsche will be the
guest speaker at GAT 2022

- Review some of these NAWGJ educational videos, both because they are valuable and to inspire you to think of some topics you would like at GAT:
 - [The Mystery of the Mats](#)
 - [Landing Errors on Vault](#)
 - [Landing Errors on Bar Dismounts](#)
 - [Balance Errors on Beam](#)
 - [Landing Errors on Beam Dismounts](#)
 - [Landing Errors on Floor](#)
- Send suggestions for topics to Bonnie at sjd@txnawgj.org

WOMEN'S PROGRAM RULES & POLICIES

- 2021-22 Rules and Policies now available online:
 - [https://usagym.org/PDFs/Women/Rules/Rules and Policies/2021/2021_2022_w_rulespolicies.pdf](https://usagym.org/PDFs/Women/Rules/Rules%20and%20Policies/2021/2021_2022_w_rulespolicies.pdf)



- Judging compensation:
 - We are going back to the before-COVID, two 30-minute break maximum:
 - 2 sessions: 30 minutes break time
 - 3 or more sessions: 1 hour break time (unless you are not provided at least 30 minutes at 2 of the breaks)
 - Per diem is now \$20 (up from \$15)
 - Review in [Rules and Policies](#)

TX NAWGJ State Governing Board (SGB) 2021-2023 Members

Be sure to add sjd@txnawgj.org to your contacts, so the messages don't go into your spam folder. You may be missing something important.

If you have questions, please reach out to your SGB members.

Please **thank them** for their many hours of dedication to Texas gymnastics.

[Jack Dunlop](#) - District 1 Assigner and High School Coordinator

[Kevin Freeman](#) - District 2/3 Co-Assigner

[Amy Heidel](#) - District 2/3 Co-Assigner

[Denise Coats-Lauriat](#) - District 2/3 High School Assigner

[Stephanie Bell-Turner](#) - District 4/7 Assigner

[Erika Franklin](#) - District 5/6 Assigner

[Jennifer Porter](#) - Secretary/Newsletter Editor

[Tiffany Schwartz](#) - Treasurer

[Tracy Brewer](#) - Event Coordinator

[Bonnie Crawford](#) - State Judging Director (SJD)

About Texas NAWGJ

TX NAWGJ Mission

To provide professional development, leadership, and support to Texas NAWGJ members and to unify and promote women's gymnastics throughout the state.