

FALL ISSUE

OCTOBER 2013

NEWSLETTER



★ 2013 CONGRESS

★ NEW RULES

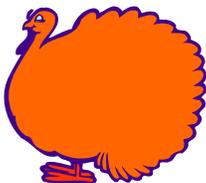
★ CLARIFICATIONS

★ CALENDAR

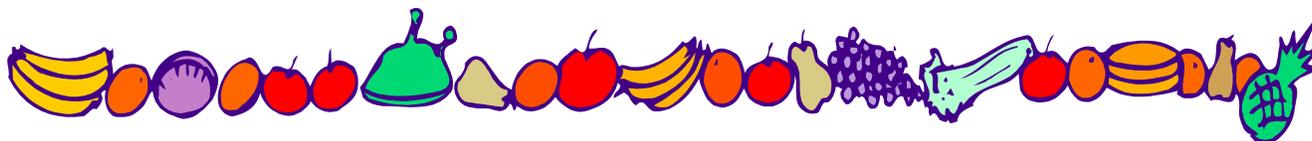
★ NATIONAL TEAM TRIAL
INFORMATION

★ 2014 NATIONAL
CHAMPIONSHIP MOTELS

★ 2014 NATIONAL
CHAMPIONSHIP PRELIMINARY
SCHEDULE



At this time of
Thanksgiving celebration
our thoughts turn
gratefully to you
with warm appreciation!



2013 U.S.T.A. – Congress – Secretary's Report

September 29, 2013 – Bettendorf, Iowa

1. Meeting called to order at 8:36 a.m.
 2. Welcome to all of our members to the 2013 Congress. Thank you to all of our wonderful clinicians, demonstrators, judges, coaches, safety committee, ethics committee, technical committee, judging committee, and the executive board. A special thanks to Stacey Kelley for the use of her equipment during congress.
 3. Introduction of Executive Board : Debbie Barber, *President*, Patti Lingenfelter, *Executive Director*, Paula Grigsby, *Vice-President*, Dana Johnson, *Technical Vice-President*, Linda Billiet, *Technical Chair*, Gloria Herring, Herring, *Ethics Chair*, and Dawn Irish, *Recording Secretary*.
 4. **Agenda:** A motion was made and approved to accept the agenda without any additions or changes.
 5. **Roll Call:** A roll call was conducted. There were 42 voting members in attendance.
 6. **Secretary's Report:** was provided for each member in attendance and was announced that it was on file at the national office, included in the newsletter and can be found on the USTA website. A motion was made to accept the minutes and the motion was approved.
 6. **Treasurer's Report:** was provided for each member in attendance and was open to the floor for any questions and/or comments regarding the report. Patti Lingenfelter explained that the USTA has invested money in a promo video, coach DVD's, the universal entry form, Masterscore improvements and promoting the USTA. We have a new balance of \$89,833.34 at this time. The scholarship money market account has a current balance of \$16,906.09. The scholarship CD has a current balance of 13,255.67. A motion was made and approved to accept the Treasurer's report.
 7. **Vice-President's Report:** was given during lunch on Saturday at the Bettendorf Middle School with State Chairs who were in attendance giving reports on their State. No new discussion was held at this time.
 8. **2013 National Congress:** Thank you to our clinicians and demonstrators who did a wonderful job. Thank you to all judges and coaches who attended. Any comments or suggestions should be emailed to the National Office.
 9. **2013 National Championships:** Nationals were hosted by the Executive Board in Fort Lauderdale, FL. The competition dates were June 18-June 23. Thank you to all who attended and to the volunteers who helped out during Nationals.
 10. **2014 National Championships:** Nationals will be hosted by the Executive Board in Louisville, KY at the Broadbent Arena. The competition dates will be June 17-June 21. A list of Nationals hotels and the schedule were made available to everyone in attendance and will also be emailed and posted on the USTA website. The host hotel will be the Crowne Plaza. It was mentioned that there will be a Derby Hat contest during the opening ceremonies.
 11. **2013-2014 National Team Trials:** December 7 & 8 Salem, IL hosted by Studio 50, February 15 & 16 Decatur, IL hosted by Mattoon Academy, March 15 & 16 Hammond, IN hosted by TwistStars. It is highly encouraged to also support the Super Invitational's that are held along with the Team Trials.
*Qualifications: At least one coach and one athlete from your team had to have attended the 2013 USTA Nationals in Fort Lauderdale, FL. Athletes had to have competed at the advanced level prior to the first team trial competition that they attend. It is an Elite team trial, therefore Elite rules will apply at all Team Trials. Athletes will keep their two (2) highest score placements. We use a point system, for first place the athlete will receive 100 points, second place 99 points, third place 98 points, etc. Number of girls and boys on the team will be determined from the girl/boy ratio after the second trial. It was noted that usually 27 girls and 9 boys are named to the National Team. Trampoline and Double Mini will be competed on Saturday, and Tumbling will be competed on Sunday at each of the team trials. It was encouraged for all Team Trial coaches to refer to the USTA handbook for detailed team trial information and Elite competition rules.
- National Team Trip** will be held over Labor Day weekend, August 29-September 1, 2015. The team trip will be held in Las Vegas Nevada with an open work out at ðGo for it Gymö with a Cirque Du Soleil member/coach and a trip to see the Cirque Du Soleil show, Michael Jackson One.

12. **2014 National Congress:** will be held at the Galt House Hotel in Louisville, KY on September 26-28, 2014. Different congress format options after 2014 were discussed. The possibility of returning to the format of holding the education and training portion at a member club was mentioned. Also, it was mentioned that we may go to an every other year congress schedule with the Technical Meeting on Saturday, a coaches welcome reception on Saturday and the Congress meeting on Sunday. More discussion is needed before a final decision is made.
13. **Safety Committee Report:** The safety committee met on Saturday, September 28. A copy of the new safety violation report that Matt Terlep developed was made available to all in attendance and will be emailed & also posted on the website. Thank you to the safety committee members for all of your hard work.
14. **Ethics Committee Report:** The ethics committee met on Saturday, September 28. It was reported that it was a very calm year as far as Ethics concerns. Beginning this season, all ethics complaints need to be turned in to the Ethics board within five days. This new policy will be published in the next newsletter. It was encouraged for all coaches to lead their athletes by example. Thank you to the ethics committee for their work and for being available whenever needed.
15. **Technical Committee Report:** The technical committee met on Friday, September 27. The committee has a new member, Jim Dowling. Thank you to Gloria Herring for her years of service on the committee.
16. **NTJC Committee Report:** Service pins were handed out.
17. **Technical Proposals:** A list of proposed rules was made available to all in attendance. Linda Billiet went over the guidelines for voting. Thank you to Linda and to the technical committee for all of their hard work & to all who contributed to the discussions on the proposals.
18. **2014 Nationals Volunteers:** Work one ½ day (4 hr shift) \$5 per hour, 1 day admission reimbursement, t-shirt, no lunch provided. Work one full day \$5 per hour, 1 day admission reimbursement, t-shirt and lunch. Work two or more full days, \$5 per hour, t-shirt, lunch each day that you volunteer and admission reimbursement for the entire week of Nationals. Volunteers will need to purchase their admission first and then they will be reimbursed after they have completed their volunteer hours.
19. **Election of Technical Committee Members:** In odd numbered years that USTA members will elect two members at large at the USTA Congress. In odd numbered years the NTJC will submit resumes by October 1 for four judges (who are certified in all three events and not also a coach), which must include the NTJC coordinator, to be considered by the Technical committee chairperson and subject to approval by the Executive board for two positions on the technical committee. The two members at large who were nominated were Gail White and Terry Wight. Both accepted their nominations and were placed on the technical committee.
20. **Silent Auction Results:** A motion was made and approved to move the silent auction results to 11am. At 11am the winners were announced. Thank you to all who donated and to all who placed bids.
21. **Election Of Officers:** Vice President: Paula Grigsby, Ethics Chair: Gloria Herring, Technical Vice President: Dana Johnson & Jonathan Lackland. Paula Grigsby and Gloria Herring were appointed by acclamation. Dana Johnson won the vote for Technical Vice President.
22. **AAU Junior Olympics:** 2013 was held in Detroit, MI July 25-28. 2014 will be held in Des Moines, IA July 24-27. Any club that wants to take athletes to the 2015 AAU National Team and Stars of Tomorrow meet in Ft. Meyers, FL will have to have at least one coach and one athlete from their club attend Junior Olympics in Des Moines.
23. **Old Business:** Southern IL State & Missouri are now combined and act as one State. Lis White is the newly appointed State Chairperson for Southern IL/Missouri.
24. **New Business:** No new business.
27. **Adjournment:** Meeting was adjourned at 11:11am.

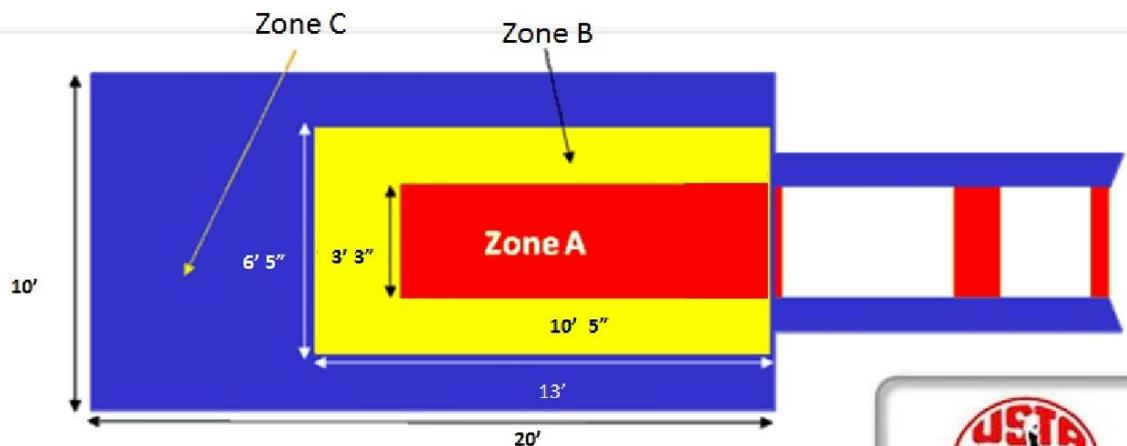
Submitted By: Recording Secretary, Dawn Irish

NEW USTA RULES - 2013

1. All Bump-ups will be handled through the National Office.
2. Bump Up deadline will be 10 days after the actual posted deadlines.
3. Change the Mandate rule to:
 - 1st place mandates if there are 5 to 9 competitors
 - 1st through 3rd mandate if there are 10 to 19 competitors
 - 1st through 5th mandate if there are 20 or more competitors
4. **COACH ATTIRE:** Warm-up (with or without a jacket, long pants) short or long sleeved team/event t-shirts or polo shirts, and USTA ID Badge must be worn by all coaches. Must wear closed toed athletic shoes. No hats, no denim pants, or shorts are allowed.
5. Meet Directors may email their meet results to the National Office for \$10 rather than mailing a hard copy. Meet Directors may still submit a hard copy for no fee.
6. **COLLEGIATE.** The Collegiate Division will be held with three judges (1 Superior and 2 Aesthetic).
7. **ATHLETE ATTIRE.** Sports Bras. All sports bras should be neutral color (any shade of beige).
8. **ATHLETE ATTIRE-TRAMPOLINE.** Boys must wear trampoline pants - Long white or solid team colored trampoline pants which must come from a gymnastics supplier (no sweat pants allowed). Deduction 2.0 pts per pass.
9. **TRAMPOLINE - INTERMEDIATE.** A 3/4 somi does NOT count as the extra somi. A somi is a 360 degree somersault so this is contradictory.
10. **DOUBLE MINI.** Remove the disqualification rule for landing in the red penalty zone on the double-mini.
11. **DOUBLE MINI.** 6 & under athletes and/or those with a handicap (who have submitted a letter of appeal to the USTA National Office and received approval) may use one 1¼ x 6 x 12 folded mat placed laying flat in front of the double-mini mounting bed with the narrow end running long wise with the run-up mat without penalty. All other athletes using a mat to mount the double-mini will receive a 0.5 pt. deduction from each aesthetic judge.
12. **DOUBLE MINI.** Under levels, eliminate for Beginner level: Each pass will run consecutively.
13. Require Double-Mini Cards for Advanced and Elite for all competitions. Forms on web.
14. Double-Mini Trampoline Landing Zone
 1. Replace the existing distance and deviation (grid) deductions with the DMT landing Zones A, B & C (see chart).
 2. The following zone deductions for distance and deviation from center are cumulative and will be taken IN ADDITION to any applicable landing deduction, as determined by the Superior Judge:
 - A. Landing inside Zone B (Yellow) ó 0.3
 - B. Landing inside Zone C (Blue) ó 0.5
 - C. Moving from Zone A to B, Zone B to C or Zone A to C - 0.1 (maximum)
 3. Landing in Zone C (currently òout of bounds) will result in a 1.0 major zone deduction. This

landing will NOT constitute a termination or loss of skill

4. Completed passes landing in Zone C will be scored out of 10.0 \pm 1.4 (0.9 landing deduction + 0.5 zone deduction) = 8.6 (additional major deductions may be taken on the advice of the Superior Judge).



DMT Landing Zone



1. LANDING INSIDE ZONE A - 0.0 pts.
2. LANDING INSIDE ZONE B - 0.3 pts.
3. LANDING INSIDE ZONE C - 0.5 pts.
4. MOVING FROM ZONE A to B, ZONE B to C, or ZONE A to C - 0.1 pts. maximum
5. Landing in Zone C (currently out of bounds) will result in a 0.5 major zone deduction. This landing will NOT constitute a termination or loss of skill
6. Completed passes landing in Zone C will be scored out of 10.0-1.4 (0.9 landing deduction plus 0.5 zone deduction) = 8.6 (additional major deductions may be taken on the advice of the Superior Judge).

***This replaces the previous grid of deviation and distance deductions only. Landing deductions still apply.**

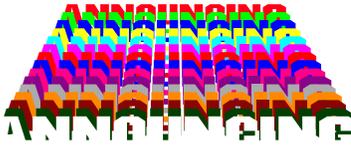


NEW NTJC RULE:

Judges shall receive time and a half pay for those hours worked beyond 8½ hours at any one day competition or single day of a multiple day competition.

NATIONAL CHAMPIONSHIP SURVEY. The USTA National Championship Survey will be posted on the USTA Web page in January. If you are interested in judging Nationals and meet the requirements, be sure to download the survey and send it to the USTA National Office by the deadline.

Q :
t h e
T h i s
c o m
a r e



All skills performed must be combined in such a fashion so as to give athlete the safest order of skills for them (composition of a routine). is stated in the rule book, however, no deduction is given for lack of position in a routine. **A:** The rule book does state this; however, there no specific deductions or instructions for composition of a routine.

Q: Tuck position, arms not bent into the body ó guide to judging shows as a deduction that athletes are NOT receiving!!! **A:** Arms should be bent into the body or a deduction should be taken.

Q: For spotter passes - Arms should be down upon contacting the double-mini and will òcircle and pressö during the straight jump and before the spotter skill is initiated. What is the deduction for not initiating a òcircle pressö? Is it included in the 0-0.3 pts mount deduction? **A:** Yes

Q. TRAMPOLINE & DOUBLE-MINI: The rule book states very specifically and in more than one place: Under **REQUIRED POSITIONS DURING A ROUTINE:** 2. For all tuck, pike, and straddled skills, the arms should press down to the sides after the tuck, pike, or straddle position is attained. Also, 8. The arms should be straight and held close to the body whenever possible. Also in the **GUIDE TO JUDGING:** For all tucked, piked, and straddled skills, the arms should press down to the sides after the tuck, pike, or straddle position is attained. However, no specific deduction is given for not hitting this position. Often times it seems athletes are actually receiving a deduction for doing so!! **A:** Refer to the Guide to Judging.

Q. Also, rule book state: For take-off of all skills from the feet and straight jumps, the body should be held straight with arms up and shoulders extended. What is the deduction for not taking off this way? **A:** The deduction falls within the 0.1 - 0.8 aesthetic deduction per skill and will vary depending on severity.

Need specific deductions for formí i.e.

- .1 ó 1 leg bent; .2 ó both legs bent
- .1 ó 1 foot flexed; .2 ó both feet flexed
- .1 ó 1 arm bent; .2 ó both arms bent

A: The deduction falls within the 0.1 - 0.8 aesthetic deduction per skill and will vary depending on severity.

Q. In a seat drop-1/2 turn, should arms be up or down in the ½ twist? Regular return to feet says down but...
☺ **A:** Up for twisting

TUMBLING: Q. In S-Beg, Beg, & A-Beg tumbling, judges are taking off for too slow - 0.2 - 0.3. Nowhere in the rules does it say to deduct .2 - .3 off for slow & controlled. Should be smooth-controlled-even rhythm - not choppy but consistent and continuous. **A:** At these levels, the pass needs to be continuous with no breaks for òposingö each skill or for performing a skill fast, then a skill slow, etc.

Q. SYNCHRONIZED TRAMPOLINE: Our current rules state: òSame sex synchronized pairs must wear identical competition attire (including design, style, cut, color, sleeve length, scrunchies [if worn], and sport bras [if worn and showing]. Failure to wear identical attire will result in each member of the synchronized pair receiving a 2.0 pt. aesthetic deduction per aesthetic judge upon the advice of the Superior Judge. NOTE: There is no deduction if one of the athletes wears shoes and the other wears socks as long as the footwear meets proper dress requirements.ö Since part of the object of syncro tramp is to have a MIRROR image, Please Clarify - if one athlete wears white hair clips and the other does not - is there a deduction. **A:** Yes, the athletes should be a òmirrorö image of each other. The only exception is footwear (which may be different as long as they meet requirements and are the same color). The deduction is 2.0 per aesthetic judge for each athlete.

WANTED

THE 2013-2014 USTA CALENDAR IS ON THE WEB PAGE - usta1.org.



The USTA National Office is on the Move AGAIN! We will be closed from November 22 through December 30. Be sure to apply for your coach memberships, sanctions, Etc. Before November 22 unless you do not need them before January 1, 2014.



THE 2013-14 USTA NATIONAL TEAM TRIALS & SUPER INVITATIONAL DATES AND LOCATIONS ARE:

December 7-8, 2013 Salem, Illinois

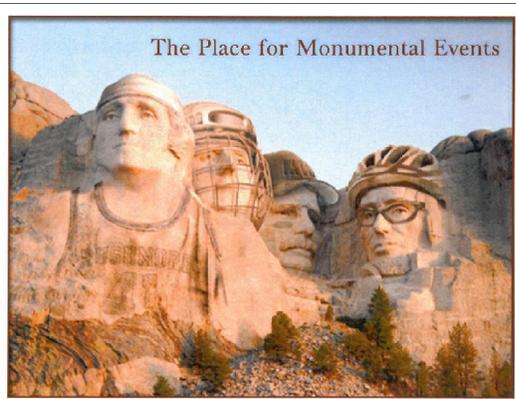
February 15-16, 2014 Decatur, Illinois

March 15-16, 2014 Hammond, Indiana

A competitor must compete in at least one U.S.T.A. sanctioned competition as an advanced athlete prior to the Team Trial competition to be eligible to compete in that event at the Team Trial competition and be registered with a team that attended the prior year's U.S.T.A. National Championship.



THE 2015 NATIONAL CHAMPIONSHIPS WILL BE IN RAPID CITY, SOUTH DAKOTA!



Gymnastics Central is looking for coaches. We have grown fast and have demand for coaches at all levels including rec, preschool, gymnastics team, and T&T Team. Compensation is based on experience and skill but we have lots of hours available. If there is anyone interested, please contact Jim at: phone: 513-947-0540 or email: jbartley@gymnastics-central.com.

The new Safety Violation Form is available on the USTA Web page. If you attend a competition that you feel needs to be reported, complete the form and submit it to the USTA National Office within 5 business days of the event.

Congratulations!

Tiffany Watt, Extreme Tumbling Training Center, and her husband on the birth of their son, Jason Maxwell Watt.

Laurie Plunkett, NTJC Judge, on the recent birth of her grandson, Colin Matthew Crancer.

Jenni (Konstanty) Coan, Elite Sports Complex, and her husband on their recent marriage.

Nicole (Wolf) Manning, Dynamite Twisters, and her husband on their recent marriage.

Continued Get Well Wishes to:

Tina Baker, NTJC Judge

Vickie Wilson, University of T&T

Deepest Sympathy To:

Kathy Case, Thoroughbred Gymnastics, and family on the loss of her husband, Mike.

Mark Stewart, Effingham Academy, and family on the loss of his mother.

Sarah McGrath, Gymnastics Central, and family. Sarah lost her sister in a car accident recently.

We once again would like to thank you for a great Nationals! Kelly and Zach both have a passion for this sport and really enjoyed their time in Florida, in addition to the Team Party, Boat Trip, and Sock Hop. We would like to take this opportunity to thank you for all of your hard work in making this Nationals such a great success. Kelly really enjoyed being part of the 2012-13 National Team and was proud to be a member of this talented group of athletes. Not only did she have a great experience, she also made many new friends. She is looking forward to trying out again for the next National Team.

Kal & Renee Keitel

Being named the 2013 Griswold-Nissen Athlete of the Year and a recipient of the Kevin Ballenger Memorial Award was such a great honor. USTA has been part of my family for these past 8 years. I have met so many new friends and have so many great memories of USTA. Winning any type of award is a dream come true for me. It is such an honor because I know how many athletes are also very deserving of these awards. When I go to college, I will be starting new memories and relationships, but there will never be anything that will top any of the coaches, judges, athletes, and Patti of the USTA. I will miss all of you so much.

Thank You, Cory Barnes

Canton YMCA Tumbling Tornados

I would like to thank the USTA for allowing me the honor and privilege of singing the National Anthem, it has been an honor and one of the most memorable parts of my 37 year career as a coach. Thank you, Patti, and all the USTA. I look forward to being a part of the USTA Family.

Sincerely, Coach David Gipson



Patti - I was very honored to receive the Marg Mazotti Award. I have really enjoyed the students I have worked with and all the opportunities the USTA has given Steve, me, and all our kids. Thank you! I wish we could be there for Congress, this is our first miss. I hope everyone has a very enjoyable weekend.

One last thing, I want to thank everyone for the cards, flowers, ~~thoughts and for every~~ thing,

Vickie Wilson

Dear USTA Board and Ohio Coaches,

I just wanted to thank all of you for taking the time and effort to send cards and flowers to the family of Rachel McGrath. Believe me, the parents, Lisa and Tim, their other daughter, Sarah (who has been in USTA over the last several years), and Rachel's remarkable Grand parents were very impressed in how much we are a family under the USTA. Thank you all so much.

On behalf of Jim Bartley & Richard Mousir of
Gymnastics Central and Glenn Vandergriff;
Thank you for caring.

Patti and the USTA

Thank you so very much for the generous donation to ALS in memory of Mike. The money will help others with this devastating disease. Mike is happy now, but he will be missed so much. Thanks again for your support.

Kathy Case

CONGRATULATIONS NTJC SERVICE YEAR PIN RECIPIENTS!

5 YRS: Patrick Fugate & Kelsey Hermsen

10 YRS: Abby Bacon, Angie Boline & Yvette Wafer

15 Yrs: Sheila Franck & Debby Perry

20 Yrs: Rae Ann Gore & Nancee Truelove

30 Yrs: Linda Billiet

35 Yrs: Patti Lingenfelter

2014 USTA NATIONAL CHAMPIONSHIP



MOTEL LISTING

The U.S.T.A. National Championships will be held June 17-21, 2014, at the Broadbent Arena in Louisville, Kentucky

We want to encourage everyone that it is important to stay at one of the hotels or motels listed to help-off set the costs associated with hosting our event.

**** Host Hotel - CrownePlaza - \$119***

830 Phillips Lane, Louisville, KY 40209

Recent 26 million dollar renovation - located across the street from the venue

Free parking, airport shuttle, in-outdoor pool
ph 888-233-9527 Code ðUSTA NATIONAL

CHAMPIONSHIPSö

Cut-off Date - May 17, 2014

Best Western - \$82 plus tax

1921 Bishop Lane, Louisville, KY 40218

3½ miles from Broadbent Arena

Airport shuttle, outdoor pool, contð breakfast

ph 502-456-4411 - ask for ðUSTAö

Cut-off date - May 6, 2014

Courtyard Marriott - \$115

819 Phillips Lane, Louisville, KY 40209

Nearest to Broadbent Arena

Airport shuttle, indoor pool

ph 502-368-5678 ask for ðUSTAö

Cut-off date - May 16, 2014

Holiday Inn Lakeview Louisville N \$89.95+tax

505 Marriott Dr, Clarksville, IN 47129

15 minutes from Broadbent Arena

Airport shuttle, free parking, in-outdoor pool

ph 812-283-4411

ask for ðUS Trampoline Tumbling Assocö

Cut-off date - June 1, 2014

2014 USTA NATIONAL CHAMPIONSHIP

PRELIMINARY SCHEDULE

Tuesday, June 17, 2014

Sub-Beginner Tumbling

Sub-Novice Tumbling

Advanced Preliminaries Trampoline

Advanced Preliminaries Double-Mini

Wednesday, June 18, 2014

Beginner Tumbling

Sub-Advanced Tumbling

Advanced Finals Trampoline

Elite Preliminaries Trampoline

Beginner Double-Mini

Advanced Finals Double-Mini

Thursday, June 18, 2014

Intermediate Tumbling

Elite Preliminaries Tumbling

Beginner Trampoline

Elite Finals Trampoline

Advanced Synchronized Trampoline

Novice Double-Mini

Friday, June 20, 2014

Adv-Beginner Tumbling

Advanced Preliminaries Tumbling

Elite Finals Tumbling

Sub-Advanced Trampoline

Sub-Advanced Synchro Trampoline

Intermediate Double-Mini

Elite Preliminaries Double-Mini

Saturday, June 21, 2014

Novice Tumbling

Advanced Finals Tumbling

Collegiate Tumbling

Intermediate Trampoline

Novice Trampoline

Collegiate Trampoline

Sub-Advanced Double-Mini

Elite Finals Double-Mini

Collegiate Double-Mini

*

Dana Johnson

USTA Technical VP

Doing a handstand on

the Great Wall of China



The 2013 USTA NATIONAL CONGRESS WAS A HUGE SUCCESS!

There are SO many people we need to thank -

Debbie Barber, our new President, for the awesome job she did running Congress for the first time!

Stacey Kelley, Quad Cities X-treme Athletics, and her crew for the use of her equipment, setting up & tearing down!

The Clinicians, for their great sessions - We have received so many positive comments!

Cassia Cantelmo, Shaun Kempton, Patti Lingenfelter, Jamie Mason, Shawn Moore, Joe Pierce, & öDö Robinson

The Athletes who demonstrated all day long.

The Committees - Ethics, Safety, and Technical who work all year long for the USTA!

Jackie Hamm, Emily MacVean, and Cynthia Willoughby for being there doing anything & everything needed!

Jim Dowling, for working so hard on the Universal Entry Form and corresponding Meet Form. Also, for giving so freely of his time all year long to improve our organization.

The Executive Board Members who actually did everything!

Dawn Irish for taking on the Recording Secretary Position and doing such a great job as a committee member!

Matt Terlep who developed the Safety Violation Form.

The State Chairs who attended and offered their questions, suggestions, and enthusiasm.

The Coaches and Judges who attended! Thanks for your support!

Everyone who donated items for our Silent Auction and everyone who made bids.

