

National National NAWGJNews

News for Artistic Gymnastic Judges

October 2000

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Retiring president gives interview

How did you become involved in judging?

I became interested many years ago when I

had this little ball of energy who kept

flipping off the couch, swinging off of any rail or limb and jumping from one piece of furniture to the other. Someone suggested gymnastics as a way to harness or spend all this energy. I was soon introduced to the intriguing portion of the sport called "JUDGING!" Thus began the long journey through the gymnastics world.

What is your favorite memory as NAWGJ President?

One of the most memorable occurrences during

my years as NAWGJ president was when part of the NAWGJ Board and part of the USAG Women's Administrative Board sat down at the same table and said we were going to "work together" and not listen to gossip about each other. Kathy Feldmann was the President of WAB then and we agreed to "check with each other" on the validity of rumors we heard instead of letting things "fester". Our groups have worked well together ever since then.

What was your greatest accomplishment during your years of service to NAWGJ?
That remains to be seen! My main goal was to help the different organizations work well together, and to urge judges to be alert, ethical, professional, constant in study and cheerful as often as possible.

Why are you retiring from the position? My only reason for retiring is to have some priority time with my husband and family!!

Tellus about your nickname, "Sissoneeee."
Eons ago when I had not studied dance

terminology at all, someone asked me to call out a routine so she could walk through it. When I reached the word "sissone," I said "Seasonneeee." Needless to say this person fell down on the floor laughing. She (and the whole country) never let me forget it - even accused me of saying "terjettie" "rhonda jambbbie and foo ettie." (I promise I did not!)



What are your future plans in and out of judging?

I plan to spend more time with family and friends, travel more, read and play tennis more and judge gymnastics.

Thanks to all of my past and present state judging directors, regional judging directors and executive board members! I count my blessings every day that I have had such good friends and coworkers all over the United States.

The ladies and gentlemen on the USAG Board of Directors from 1990 to year 2000 were a pleasure to work with. I feel fortunate to have served with them. Last, but not least, I have enjoyed working with all of the judges through these many years. Hopefully, I shall see you often in the future!

Please welcome your new President Carole Ide! She has much to offer and shall work hard for you in the years to come.

Plan now to come to Georgia in January for NAWGJ National Judges Cup

The 2001 NAWGJ National Judges Cup will be held in Roswell, Georgia on January 5-7, 2001. It will be hosted by Roswell Gymnastics. The meet director is Susan Durning who can be reached at 770-641-3987.

Great Judging Opportunity

Don't miss an opportunity to judge this great meet. You will be able to judge a national meet with four judge panels consisting of judges from all over the United States. You will be volunteering your time but it will be a wonderful experience.

There will be a free clinic on Friday evening. The competition will include Levels 4, 5, 6 and 7 - Open. There will be a session for Level 7 state teams.

Travel Information and Things To Do

The host hotel is Homeward Suites, 10775 David Drive, Roswell at Northpoint, 770-998-1622. Rooms are \$79 per night if you reserve under Roswell Gymnastics. Roswell is approximately 45 minutes north of Atlanta and Hartsfield International Airport (Atlanta airport).

NAWGJNews is published by the National Association of Women's Gymnastic Judges

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Region II Cindy Lord Region VI Pat Panichas

Region III

Region VII

Mary Lee Martin

Amy Rager

Region IV Robin Ruegg Region VIII Shelia Ragle Coca Cola, Atlanta Underground, Atlanta Zoo, Buckhead and shopping malls will vie for your spare time.

Start the new year off with a great judging experience at a meet with fabulous awards and the best gymnastics. Call Patty Shipman at 209-943-1094, 209-464-9497 or send her a fax at 209-464-0538.

The truth about inquiries. . . . and how to handle them

We all need the correct information about dealing with inquiries so we can respond properly. In the R&P on page 68, it states:

- Coaches are entitled to see all scores from their individual gymnasts. Inquiring may be based only on the following:
 - a) Compulsory: Incorrect elements, falls, neutral deductions or unusual occurrences.
 - Optional: Awarding of start values, falls, neutral deductions or unusual occurrences.
- The meet director will provide the inquiry forms.
- Inquiries must be submitted to the meet director or the meet referee within five minutes of the completion of the squad's competition on that event.
- 4) After the chief judge has completed the inquiry, the meet referee or the meet director will return the form to the coach. The coach may not approach the judge about the inquiry during the competition.

What are neutral deductions? Spotting, timing, out of bounds, matting and equipment specs, board infractions, verbal coaching, cheering and presentation.

Coaches may NOT write out the entire routine and ask for deductions on each element. Answer only the questions the coach is entitled to ask. Both scores and the average should be turned in to the scoring table so a coach may see both scores without writing up an inquiry. A coach is allowed only to see his own team's scores and not other competitors' scores.

Judges should not discuss routines, deductions, scoring, placement, etc. with any coach at any time during a competition. This is required to be fair to all of the coaches and gymnasts. If a coach wants additional information, suggest they invite a judge into their gym to critique their gymnasts.

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Carole Ide takes over presidential duties

Carole Ide, a Brevet judge from Pennsylvania is the new president of the NAWGJ Governing Board. Carole assumed the office in June when Yvonne Hodge retired.

Career with gymnastics

Carole's involvement in gymnastic began as a gymnast. She took her first judging exam and began judging while still competing for East Stoudsburg University. She opened a private gymnastics club in 1973 and owned Southampton Gymnastics for 25 years. The club placed a gymnast at Class1/Level 10 Nationals for 18 years in succession and also qualified four gymnasts to the Elite level.

Carole became the State Judging
Director for Pennsylvania in 1975 and
followed this experience as the Regional Judging Director
for Region VII. She received her Brevet rating in 1985.
Carole has been the administrative assistant for the
NAWGJ Governing Board since 1995. She has judged
numerous international competitions including ones in
Germany, Great Britain, Hungary, the Netherlands, Puerto
Rico, Belgium and Moscow.

Business Career

In the world outside of gymnastics, Carole taught health and physical education after graduation and taught for



two years at Trenton State College. In 1987, she began working with a domestic violence agency and has continued to train volunteers for the agency and teach in the dating violence program in the Bucks County Public Schools. She is presently the Legal Coordinator for the agency assisting in filing for protection orders for women and children. She spends one to two days in court each week.

Personal

Carole married her high school sweetheart, Jack, 32 years ago! They have two sons. Hobbies include Jasper, a chocolate Lab, skiing, spending days on the beach at Hilton Head Island, gardening and trying to figure out how to get two lifetimes into one

by never needing sleep.

NAWGJ Goal

"I hope to bring NAWGJ into the new millennium by focusing on our role as volunteers and role models for young women who put so much of their energy into this demanding sport. If they can learn to do it, we can learn to judge it. . . with all the precision, skill and fairness that must always be foremost in our minds. We have the opportunity and obligation to help shape our sport each time we step onto the floor in our uniforms."

2000 Judges Cup a wonderful judging experience

The 2000 NAWGJ National Judges Cup was held at the Texas Sports Ranch near Houston on January 7 - 9. The ranch was big enough to have two gyms set up with simultaneous competitions.

Judging panels consisted of four judges and that frequently meant four different opinions. Judges were from all over the United States so it was a great place to make friends and renew old friendships.

Practice judging was available with judges sharing information about start value, deductions, skills, etc. There was also ample opportunity to judge and judge and judge!

Judges at this meet would encourage you to attend the 2001 Judges Cup near Atlanta and be prepared to have a good time.



Bar Panel for the State All Star Teams Session Left to right: A. Muller, TX; J. Droese, WI; C. Ide, PA; S. Stork, TX; D. Ratliff, WA



Happy Vault Judges for the All Star Teams Session Left to right: T. Paulos, UT; C. Fariz, NH; G. Oltean, TX; S. Malone, MA; S. Donnelly, OH

Technical Updates

The following changes and clarifications are recorded in WTC and JOPC minutes from August 1999 to August 2000. See the August and September 2000 Technique for details.

Timing and Out of Bounds Violations

Neutral deductions for timing or out of bounds violations must be indicated to the coach either verbally or by visual means.

Equipment Failure

Whenever there is a failure of equipment during a competitive routine, the gymnast should have the option of repeating her routine in total, or repeating the routine from the point of interruption. The decision must be made prior to the flashing of the score.

Optional Vault

- The 0.20 neutral deduction for a gymnast performing the wrong vault has been eliminated. Judges will use the start value of the vault performed; however, it is still necessary to announce or flash the intended vault number.
- A separate vault chart has been developed for Level 8.
 This chart lists the allowable vaults for Level 7 and the new vault values for Level 8.
- A Level 9/10 vault chart has also been developed and has many changed vault values. See the new vault charts on page 33 in the August 2000 Technique.

Level 8 Uneven Bars

The special requirements for Level 8 bars are now:

- A "B" flight element (not the dismount) OR a "B" element with direction change (not the mount or dismount).
- · One bar change
- · "A" dismount

Level 9 Uneven Bars

The requirement of a turn or flight for Special Connection bonus of "C" + "C" HAS BEEN ELIMINATED. The two "C" elements must be different to receive the 0.10 bonus.

Note: Front giant with legs together or with legs apart are considered the same element.

Level 4 Squat Vault

- If the gymnast never lands on her feet (falls forward onto hands first), score the vault as a void vault.
- The deduction for "Lack of extension (open before landing)" has been increased from 0.50 to 1.00.

Compulsory Bars

- If the gymnast performs a "run-out" glide instead of jumping from two feet into a glide kip, deduct 0.30.
- Add the following deduction to the Level 5 & 6 counterswing: Incorrect Technique of Counterswing Up to .20.

Compulsory Floor Exercise

 If a Level 3 through 6 floor routine is performed without music, a 1.00 deduction is taken by the Chief Judge. If a gymnast takes more than the specified number of steps/runs into a tumbling pass, deduct 0.10 for each extra step taken.

Compulsory Beam and Floor Turns

If a gymnast fails to use correct weight transfer technique (i.e. rise immediately onto the ball of the foot in the preparation), a 0.30 deduction is applied.

Optional Beam and Floor

Clarification on Wolf Jumps: There is no specific angle of closure required. The extended leg must be at horizontal or above and the knees should be together. The jump must take off from both feet but may land on either one or both feet.

See Sept / Oct 2000 Technique for additional information.

New National Rating

USAG is changing the formerly Elite rating to a new National rating, effective 2001. USAG will conduct two courses and the major emphasis will be on technique with a Level 10 rule base.

The National Course will be conducted on the new JO rules, so the new rating will be called "National" and will be equivalent to the Elite Rating on the pay scale.

National Certification Courses

Current "Elite" judges can recertify at the course tentatively scheduled for May 31 - June 2, 2001. This course will not include an exam. New National course candidates will attend the course scheduled for June 3 - June 6 and will include an exam. Sites have not been determined. The above dates for these courses are tentative and the courses may be held at the end of June.

JCI will present a list to the national office of current Elite judges who meet the requirements and letters of invitation will be sent to eligible individuals.

Are you an eligible Level 10?

USAG is reviewing the list of Level 10 judges to determine eligibility for the National course. If you received your Level 10 rating prior to or in December of 1993, you may be eligible for consideration for the course. If you meet this criteria and have not been contacted by USAG or your state judging director, please contact your state judging director with your information.

Recertify as Level 10

If you are an Elite judge or an eligible Level 10 judge but do not wish to pursue a recertification or a first-time certification at the National level, you may choose to recertify as a JO Level 10 judge by attending a designated JCI Level 10 recertification course in 2001.

See August 2000 Technique, page 32.

NAWGJ National Board Meeting and SDJ Workshop held in Minneapolis

The annual National NAWGJ Governing Board Meeting and the State Judging Director's Workshop were held on June 23-25 in Minneapolis, Minnesota. A review of office operating procedures was presented to the SJDs and break out sessions were held on several subjects. The Nettie awards were presented.

It was announced that Robin Ruegg, RJD for Region 4, will develop a national web site for NAWGI.

Awards for Yvonne Hodge & Betty Sroufe
As Yvonne Hodge has decided to step down after years of
outstanding service, she was honored with a reception, a
poem and gifts at the SJD workshop.

Betty Sroufe was recognized as the only original NAWGJ officer since the inception of the organization in 1974. Both Yvonne and Betty received life membership in NAWGJ for their dedicated service to NAWGJ and its membersip.

Carole Ide Steps In

Carole Ide from Furlong, Pennsylvania is the new NAWGJ president and she did a great job running the SDJ workshop. We can look forward to continued strong leadership from our national board.

Elections Results

All even numbered regions had elections and the following are our newly elected officials.

State Judging Directors

Alabama Mary Ann Wallace
Connecticut Lorraine Duffy
Florida Cookie Batsche
Georgia Jean DeAmon
Idaho Wendy Smith
Maine Janice Cormier-Hay

Massachusetts Donna Moore
Minnesota Barb Tebben
Mississippi Mary Thacker
Missouri Leslie Dumas Case
Montana Terry Harper

North Dakota Lynne Ostrem Pennsylvania /

Delaware Terry McGirk
South Carolina Carol Olney
Washington Nola Ayres

Regional Judging Directors

Region II Cindy Lord Region VIII Shelia Ragle



June 2000 SJD Reception in Eagan, Minnesota



Passing the torch —2000 Yvonnne Hodge and Carole Ide



Betty Sroufe and Yvonne Hodge receive Life NAWGJ Membership Awards

Nettie winners feature repeat performers

The fifthannual Nettie Awards ceremony was held in Minneapolis during the State Judging Directors' Workshop. Many of the award winners have won in previous years with Wyoming winning the most, usually with humorus articles. Iowa, Louisiana and Minnesota are also repeat winners. The following awards were presented.

- Best Educational Article award presented to Massachusetts for Meet Management by Ruth Morse.
- The Best Informational article award won by Iowa for an article written by Mary Ann West. North Carolina was also nominated.
- Texas received the Best Feature Article award for The Real Story of the Judges Cup by Diane Phillips.
- Wyoming received the Most Humorous Article award for Technological Break Through by Susan Monahan.
- California South was the recipient of the Best Layout & Design of a Newsletter award. The newsletter editor is Eric Will. Georgia, Louisiana and South Carolina were nominated too.
- In the video category, the Best Educational Video award went to Michigan for Brush Up Your Shorthand by Winnie Whitten, Michigan SJD.
 Minnesota received the Best Humorous Video award for Sylvan School of Judging, Antique Roadshow, and Division III Godfather by Barb Tebben, Minnesota SJD.
- California North received the Best Web Site award and their Web Master is Scott Slater.
- An Honorary Nettie was given to Yvonne Hodge for her part in the development of NAWGJ practice judging videos.

Getting along with others

Learn to use these words often and you'll be amazed at how your relationships improve.

Six very important words: "I admit I made a mistake."

Five very important words: "You did a good job."

Four very important words: "What do you think?"

Three very important words: "Will you please"

Two very important words: "Thank you"

The most important word: "We" not "I"



2000 Nettie Award Winners Left to right: Pat Ethredge, Donna Moore, Yvonne Hodge, Barb Tebben, Winnie Whitten, Mary Ann West, Jennifer Shipman, Susan Monahan, Pat Wates



"That money at the Mall of America is so dirty" Mary Lee Martin



2000 Nettie Award Ceremony Left to right: Mary Lee Martin and Janet Packwood

A Thank You Note
Dedicated to Yvonne Hodge
for her 10 Year Service as President of NAWGJ
1990 - 2000

Kentucky is known for their basketball, horse races, fried chicken and friendly folks. You may have even heard their charming accents, bluegrass music and long-winded jokes. But there's a saucy southern bell who is just as famous from this state, Among all gymnastics judges and coaches, who consider her first rate. She never meets a stranger, she knows most everyone by name. Whether at a party or a meeting, she stays positive all the same. She can tell a joke that will make you laugh, Or she'll blow a punch line, which will still make you smile. Or she will show you her photo albums of Ken and her family, And brag about her grand kids for just awhile. She is calm, patient, and loving. But when she has to be, She can be feisty, sharp and aggressive, which is quite a sight to see. If you have ever watched her in a meeting where opinions can conflict, This "Steel Magnolia" leads with grace. She always keeps in sight What is best for all concerned, what is just and what is right. She puts in hours and hours of time to take good care of us. And in all her years of judging, there was only one time when we heard her cuss. You see, years ago she was under stress in a course that required perfect judging. She had to score a vault and send it in, of course with no cheating or fudging. There came the announcement of the perfect score that she should have had for this vault. When the evaluation process came to a sudden halt. This darling judge known as "Sissonneeee" thought she was just 'bout ready to "quee-it." She expressed her disappointment with a southern version of "shee-it." As shocked as we were to hear her cuss, we understood how stressful judging can be. The crowd of testing judges laughed and relaxed, knowing that we felt just like "Sissonneeee." She managed her way through the courses, the marathon meets, and all the rest By trusting in God and in people, confident that all turns out for the best. She has been our awesome president of NAWGJ. She has build wonderful rapport with our members, from Lever IV to Brevet. You wonder how she ever kept up with it all.

For ten years she worked at a furious pace.

If you have ever met her, you would never forget her.

She carries herself with such charm and such grace.

So when you think of Kentucky,

Consider yourself lucky

To have known this lady

That we have come to count on.

She is the best, better than the rest,

And we say thanks to our dear Yvonne.

By Nancy Hulshult

Are you ready to Hang 10.00 at the National NAWGJ Symposium

Mark your calendars now to attend the National NAWGJ Symposium which will be held July 11-15, 2001 in Newport Beach, California.

This is probably the best clinic experience you will ever have. It should be a must for all judges. It is designed for all levels and experience. The new rules and all changes will be explained and there will be opportunities for practice judging. If you can only attend one clinic next summer, make it the national symposium.

Watch this newsletter for a registration form and fee information and you should try to register early.

Exams and Level 10 Recertification

The first certification exams of the new cycle will be administered at the symposium and the Level 10 recertification course will also be offered.

Accommodations

The Hyatt Newporter in Newport Beach is the host hotel (949-729-1234). The resort style hotel is located on 26 acres of gardens overlooking the magnificent Back Bay of Newport Beach. Room rates will be \$135 for a single or double, \$145 for a triple or \$155 for a quad. These prices include a rollaway bed but do not include taxes. The rates will be guaranteed for up to three days before and after the meeting for your vacation pleasure.

Many rooms have view of the Back Bay, golf course or pool. Some rooms have a balcony or patio. All rooms have an iron/ironing board.

Transportation

The Orange County/John Wayne Airport is just five miles away and the hotel provides a complimentary shuttle. The Los Angeles International Airport is 45 minutes away and there are airport shuttles available for a nominal fee.

Recreational amenities

Amenities include a nine-hole par three golf course, a fully equipped exercise room, three heated swimming pools with whirlpools, ping pong, shuffleboard and the exclusive Palisades Tennis Club, featuring 16 lighted courts. Appropriate attire is required for the tennis club.

Upper Newport Bay Ecological Reserve is adjacent to the hotel and you can enjoy a five mile nature trail for jogging and bicycling with miles of beautiful beaches just steps away.

Nearby Balboa Island features unique shops and restaurants. Newport Harbor, aclaimed as the most beautiful in the world, offers sailing, windsurfing and harbor cruises. Take the ferry for a short trip across the Bay to the Pacific Ocean for sunning, swimming, surfing and playing.

The Newport Dunes, a beautiful acquatic park for



Hyatt Newporter in Newport Beach

swimming or sunbathing with restrooms, food outlets and lifeguards, is outside the hotel's back door.

Other Leisure Points of Interest

Disneyland Knott's Berry Farm
South Coast Repertory Fashion Island/Shopping
Anaheim Stadium Deep Sea Fishing
Catalina Island Laguna &Newport Beaches
South Coast Plaza/Shopping

Arrowhead Pond of Anaheim Orange County Performing Arts Center

Restaurants

The Jamboree Cafe is open for breakfast and lunch offering a southern California interpretation of favorite American recipes. The award winning Cantori Restaurant features Italian cuisine for dinner. Seating for both restaurants is an indoor setting or al fresco among the gardens and fountains.

Knuckle's Sports Bar provides a relaxed casual atmosphere with large screen televisions, pool, darts and great food. The lobby cigar and martini bar offers a quiet, relaxing environment to view the beautiful sunsets.



Put gratitude in your attitude

Get ready for compulsory season

Judging compulsory meets for the 2000 - 2001 season has already begun. Are you ready? Yes, we have been judging compulsories for a long time and it's not as difficult as remembering to apply all those optional rules, but let's review anyway. You know how easy it is to maximize deductions using the specific and general deductions and then there is all the dance in the beam and floor routines!

Many of the compulsory deductions are "up to" deductions. If you take 0.2 for bent arms on a back extension roll, the gymnasts head should be very close to the floor. If you deduct 0.15 for leg separation and 0.20 for bent knees on a back handspring—think of frog legs! Always consider the worst-case scenario or how bad can it get. This worse case should receive the maximum deduction and you need to moderate your deductions from there.

If you are not taking half-tenth deductions, find a mark that works for you. Marks used by other judges include an X, \checkmark , \bullet , or if you're very quick .05.

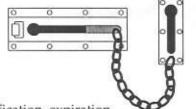
If a gymnast fails to complete a major element, deduct only "up to the value of the element," not the entire value. For example, a gymnast performing a back walkover on the beam, gets her hands on the beam and then falls off has completed half the skill and should only receive 0.4 deduction. You would also take any execution errors and the 0.5 fall deduction.

For us "old" judges, remember that the lack of repulsion in the front handspring on floor is now an up to 0.2 deduction and not up to 0.6. (Technique, Vol. 18, #9)

General Deductions

 For incorrect position of arms, head or feet in general for the whole routine, try to use a T for text errors whenever the arms, feet or head are just not in the correct position according to the text. Remember when adding up those T's that the maximum deduc-

Don't get locked out of judging



Check your Safey Certification expiration date and make sure to keep it current. You will be unable to judge without it. Many of you have certifications that will expire during the 2000-2001 season.

You can take the course anytime in the six months prior to your expiration date. There is no charge for a USAG Pro-Member with a current safety certification to recertify. Check the Technique magazine and your state newsletters for course dates and locations. Be sure to registar in advance.

- tion for the entire routine is 0.4. (Thanks to Tom Koll for this great idea.)
- Steps not in releve' where indicated for the entire exercise is up to 0.2.
- But when the feet must be locked in releve' position, the deduction is up to 0.1 each time. Remember you can take a half tenth here.
- Body alignment errors during connections is up to 0.3 for the whole exercise. (Compulsory Errata, page 157, II, A)
- Movement lacking artistry and dynamics is up to 0.3 for the entire routine.

Practice and Review

Practice judge a video of compulsory routines. Judge a routine and then go back in slow motion to see how well you did. This works especially well on bars for the counterswings. Remember, the Level 5 counterswings can go to 15° below the height of the high bar with no deduction. (Technique Volume 19, #9)

A review of the general and specific deductions before a meet will help you be consistent with your own judging and with other judges.

Edited from an article by Lee Bjella in the Washington newsletter. (See Compulsory Book for specific and general deductions.)

How do gymnasts remember you

As judges, we are always in the public eye while performing our job. We've heard a lot about professionalism, perception and the image others see. But what image does a gymnast carry away of you. Do you smile and then keep on smiling for two more seconds? Do you treat each and every gymnast as an important person and individual? Remember leave your problems outside the judging arena. No one else should know you are having a bad day. Which of these gymnast's comments would apply to your judging personality?

- "She didn't even acknowledge my ending salute before looking down to evaluate my routine."
- "I don't think she likes our team. She never smiles."
- > "Oh no, look who's here. Our scores will be low today."
- "She never gives a high score, even when it's deserved."
- "I hate it when we have to compete before an unfriendly judge."
- "An affiliated judge who seems to show a preference by going over to her team, smiling and talking with them."

NAWGJ NATIONAL GOVERNING BOARD MEETING MINUTES

JUNE 2000 MINNEAPOLIS, MINNESOTA

Roll Call

President Carole Ide Vice President Judy Grenfell Secretary/Treasurer Betty Sroufe

Joan Geel and Janet Packwood Region 1 Region 2 Cindy Lord Mary Lee Martin Region 3 Region 4 Robin Ruegg Carole Liedtke Region 5

Region 6 Region 7 Amy Rager (arrived 3:15)

Pat Panichas

Sheila Ragle Region 8 Past President Yvonne Hodge Ellie Chenoweth Symposium Director Librarian Judy Dobransky Judges' Cup Director Patty Shipman

Approval of Minutes

The President called the meeting to order at 1:10 p.m., June 22, 2000. The new directors of Region 2 and Region 8 were asked to introduce themselves. The minutes were read and accepted. (Ruegg/Panichas)

Motion: NAWGJ will develop a plaque or certificate for outgoing RJDs for years of service - 4, 8, 12 years. (Liedtke/ Panichas, M/S/P)

Reports

Past President

Yvonne reported on the proposal to restructure the USAG Governing Board and thanked the Governing Board for their hard work through the year.

President

Carole represented NAWGJ at the Women's Administrative Board Meeting. NAWGJ was asked by USAG to remind all SJDs to have all technical information approved by the RTC before publication.

Secretary/Treasurer

Betty presented the budget and financial report and reminded the RJDs to be sure the state reports are correct and timely. She reviewed the procedures for financial reporting. Copies of SJD report forms were distributed.

For reporting purposes, a current member is one who is current at the time of the report. SJDs are responsible for keeping Betty's lists and files up to date regarding names, addresses, phone numbers, and uniform possession.

Officers were reminded to place the signatures of the National Officers on their NAWGJ bank accounts.

RIDs were sent a letter from JCI requesting a list of judging exams scheduled for their regions for the year (dates and sites) with copies to Rene and Betty.

Regional Reports

Regional reports were presented. Of interest, Region 8 has five new SJDs as well as a new RJD.

Judges' Cup Report

A written report was presented outlining the success of the National Judges Cup of January, 2000. The cup was held at the Texas Sports Ranch and hosted 450 athletes and judges from 24 states.

Old Business

Symposium

The Director proposed that the NAWJG Symposium of 2001 be held at the Hyatt Hotel of Newport Beach, CA. The hotel, which is on the beach, is a short distance from Orange County airport (free shuttle service). The dates are July 12-15 and rooms start at \$135 per night for single/ double.

The first Certification Exam of the new cycle, as well as the first Level 10 recertification will be held here.

Motion: NAWGJ accept the location in California. (Ruegg/ Panichas, M/S/P)

The meeting was adjourned until Friday morning.

National Judges' Cup Mission Statement

Motion: NAWGJ adopt the mission statement proposed for the National Judges' Cup. (Ruegg/Ragle, M/S/P)

Administrative Assistant

Motion: NAWGJ will suspend the office of administrative assistant on a trial period of one year, with the duties assigned by the president as follows:

Minutes - vice president or designated RJD, SJD, or outside assistance.

Elections - vice president

Operating Code – president with outside assistance. Other duties as assigned by the president. (Geel/Lord, M/ S/P)

Uniforms

The Governing Board reaffirmed that the uniform should be worn at all meets. The uniform for men is the NAWGJ navy suit with a white shirt and tie.

Motion: The NAWGJ official uniform (blazer, skirt and white blouse) must be worn at the National Judges' Cup. (Panichas/ Martin, M/S/P)

New Business

Directors' Insurance

Our directors are currently not covered. Motion: The President will explore and purchase directors' insurance. (Grenfell/Liedtke, M/S/P)

Finances

Motion: Any reimbursement for use of personal equipment, such as computers, fax machines, etc. needs to be approved in writing by the state governing board and reported to the RJD. (Rager/Martin, M/S/P)

Special Events

A revision to the special events form will be worked on and presented to the board by Patty Panichas and Sheila Ragle.

Honoraria

Motion: -RJDs and SJDs will be allowed to receive an honorarium \$50/day for official NAWGJ meetings from the NAWGJ account. (Liedtke/Rager, DEFEATED 7-2)

Website

Motion: Robin Ruegg will oversee the establishment of an NAWGJ webpage. (Rager/Lord, M/S/P)

Newsletter

Motion: NAWGJ will reduce newsletters to two expanded editions annually to be supplemented by the website. (Packwood/Sroufe, M/S/P) Likely issues will be Sept/Oct and Mar/Apr.

SJD duties

The following additions to the SJD job description were proposed:

- · Promote the National Judges Cup
- Run the State Governing Board Election
- Keep a list of all past SJDs and State Governing Board Members
- File timely financial reports when fundraisers and special events are held
- Complete and file the yearly statistical report form by November 15

Motion: NAWGJ approve the addition of the listed SJD duties. (Liedtke/Sroufe, M/S/P)

JCI Liaison

Motion: The liaison to JCI will be changed from a duty of the vice president to that of the president. (Liedtke/Sroufe, M/S/P)

Membership

Motion: A judge may be a professional member in only one state. (Ruegg/Rager, M/S/P)

Elections

Eligible candidates must be in good standing with active status up-to-date and be at least 21 years of age by the date ballots are sent.

Motion: State Judging Directors and Governing Board members must reside in the state they represent. (Sroufe/ Grenfell, M/S/P)

Motion: The Regional Judging Director must reside in the region represented. (Ruegg/Packwood, M/S/P)

Motion: A member may only run for office in the state in which they reside except under special circumstances when they may petition the Regional Governing Board in writing. (Sroufe/Grenfell, M/S/P)

Motion: A member may only run for office in the region in which they reside except under special circumstances when they may petition the National Governing Board in writing. (Sroufe/Grenfell, M/S/P)

Motion: A form will be developed declaring a candidate elected by acclamation [if they are unopposed]. (Ruegg/Lord, M/S/P) Carole will do this.

Motion: A member may only serve in one of the following positions simultaneously: SJD, RJD, National Officer (Ragle/Geel, M/S/P).

Fee Structure

The ad hoc committee ', develop proposals for the new fee structure will be Mary Lee Martin, Amy Rager and Carole Ide.

Awards

The ad hoc committee appointed to look at awards will be Janet Packwood, Patty Panichas and Amy Rager.

Symposium

The program committee will be Judy Grenfell and Cindy Lord.

The meeting was adjourned by the President.

You're only human

Making a mistake isn't fatal.

But denying a mistake or

covering it up can ruin your credibility

(or even your career).

It is always best to own up to your errors.

Find out if you can fix it and do so if you can

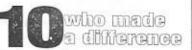
then move forward.

You will demonstrate integrity

and earn the trust and respect of colleagues.

Nola Ayres, Washington SJD, honored

The Bellingham Herald profiled Nola as one of ten significant sports figures in Watcom County history. She was chosen not only for her coaching style, her won-lost record but also for the help she gave gymnasts on and off the floor. Following are excerpts from the article written by Korry Keeker. Millennium



This is the second in a series of articles profiling 10 of the 20th century's significant sports figures in Whatcom County history.

Sehome coach seen as a '10'



School gymna Nola. Avres



REMARKABLE RUN: Sehome gymnastics coach Nola Ayres has won 21 state championships and compiled a 359-1 record with the Mariners.

Perfect 10

Caroline Teel Saletto was 15 years old, a sophomore at Sehome High School and one of the best gymnasts on a Mariners team that had won seven consecutive state championships.

September 6-15, 1991

But on this particular day in the fall of 1980, she had drilled the uneven bars one too many times. The top layer of skin on her hands, rough and calloused, had torn. The cut had grown infected. And her coach, Nola Ayres, had taken her to a hospital room.

Ayres, who holds the nation's best prep won-lost record, has always taken great interest in her gymnasts' personal lives. And her athletes will say that has an amazing ability to get them to trust her.

So when the conversation turned to family, Saletto was soon pouring out her life story. Her mother was ill. Her father was away. Saletto and her younger sister, Patti, another Sehome gymnast, were basically taking care of themselves.

"It was a pretty extreme situation," said Saletto, now a gymnastics coach in Bellingham. "When I explained some of the things that were happening, she got right on it. She was a lifesaver. And that's very typical of Nola when she sees a kid in trouble that's one of her gymnasts. We could have gone in a whole different direction."

Ayres telephoned Stephanie Sadler, part owner of the Academy of Olympic Gymnastics and mother of Sehome gymnast Becky Sadler. Sadler took in the sisters and would later become their foster mother.

Caroline finished second in state in bars her junior year and won a partial scholarship to San Jose State, Patti became the first gymnast to stick a double-to-double twisting layout in a state floor exercise competition and took a partial scholarship to the University of Washington.'

I made it through college because of her," said, Patti, now Patti Fairbanks, an illustrator in Bellingham. "I attribute that to her care and her guidance. She saw there was something wrong, and she has a way of turning things around."

Nola Ayres, 52, once said that the hardest days of her life are the nights before the state meet. "You prepare and you prepare and you prepare," she told the Bellingham Herald in mid-February 1990, on the eve of Sehome's 18th state championship. "But I always question myself, why am I doing this?"

"I'm really interested in the mental aspect of peak performance with athletes," she continued. "I've worked with quite a few people privately, helping them achieve their potential in a sport. I wouldn't mind developing that as a private practice as a sports psychologist."

Ayres started Sehome's program in 1971, and outside of a one-year rest for back surgery in 1984 and a four year break for masters' research between 1994-97, has coached ever since. Under her leadership, the Mariners have won 21 of their 23 state gymnastics titles, 24 district championships and 24 league championships and have compiled a 359-1 win-loss record.

Ayres was born on Lopez Island, she ran track at Western Washington University, played intramural basketball two days a week and graduated in 1968 with a bachelor's degree in education

As a student teacher at Madrona Middle School in Edmonds, she caught the gymnastics bug. A year later, at Whatcom Middle School, she was coaching 200 kids on four trampolines in the gymnasium.

Under Ayres, Sehome won 12 straight titles between 1973 and 1984. These were the days before clubs, or a city youth program had really allowed gymnastics to catch on in Bellingham. In many cases, Ayres took average gymnasts with raw talent and conditioned them into state champions.

"Her gymnasts, pound for pound, were probably the strongest athletes we had in school," said John Goodman, Sehome athletic director from 1966 to 1991.

Around the late 1970s, Ayres started to be influenced by the mental training philosophies of coaches such as Bela Karolyi. She began to preach the importance of body weight ratio to power and strength and experiment with mental imagery, teaching her athletes how to visualize their routines until they could execute the skills perfectly.

"She spent a lot of time and energy going to clinics and going to workshops of people who knew more than she did," said Stephanie Sadler, now principal at Roosevelt Elementary."

By the mid-1980s, Ayres was a featured speaker at National High School Coaches Federation national conventions. People have listened. "She is a pioneer in the area of mental preparation," said John Randall, a former longtime football coach at Colorado's Ponderosa High School who has used Ayres' coaching philosophies since 1989. "In coaching, and in America, that's one of the last frontiers. It's been a privilege for me to work with her."

"Nola just seems to have a special knack for getting the

best out of her athletes," Port Angeles gymnastics coach Jan Urfer said. "She takes kids who are sometimes really average and turns them into excellent athletes."

Ayres has taken teams to China (1986) and Australia (1990). She has served as a liaison at the 1990 Goodwill Games and the 1991 World Championships. She has also been an elite (national-level) judge since 1997.

Ayres' critics have accused her of having tunnel vision. People have complained that Sehome gets all the good athletes. Other teams have suggested that the Mariners' blockstructured, two-hour, conditioning and gymnastics classes have given Sehome an unfair advantage. But by establishing a specialized curriculum in the PE. department, trumpeting a conditioning routine and encouraging coaches and athletes to train mentally as well as physically, Ayres has been the dynamo behind much of Sehome's now-rich sports tradition.

"I haven't seen anybody else push the envelope to try new things like she has," Sehome boys' basketball coach Pat Fitterer said. "She's made her own athletes better, and she's also made the other coaches in the building better."

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President Yvonne Hodge was shocked to find the Michigan judges hiding "dummy Bob" in their room. at the 1999 Region 5 Symposium.

	Price	Postage & Handling Quant	ity
Computer Programs			
JUDGE'S ASSISTANTRobin Ruegg Level 5/6 Level 7/8 Level 9 Level 10 Programs will be sent priority mail	\$20.00 each or \$75.00 for all	3.20 each 5.00 2 or more	
GYMQUESTJennifer Moore New for 99-2000	\$20.00	\$3.20	
Questions and answers for all events Doug Hill's Interactive CD for Women & Men A wonderful new itemwith video clips and computer generated images! Price Drop	\$75.00 each or \$140.00 for set	P & H included	
Individual Items (SJD's call for postage on multiple pro	duct purchases)		
HIP POCKET INDEX (One size fits all) 8 1/2 x 5 1/2	\$6.00	\$2.00	
C & O FLIP CHARTS LEVEL 2 - 10	\$16.00	\$4.00	
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NAWGJ Library Order Form 2000

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Sterling Hgts, MI 48310

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Uniform prices increasing so order by Dec 31

The manufacturer is increasing prices for the uniform and for shipping. They have agreed to wait until January 1, 2001 to start the new pricing. So. . . order now and save.

If you have been

thinking about

ordering a uniform,

now is the time.

The uniform manufacturer, Midway Uniform, has advised

NAWGJ that there will be an increase in the cost of the uniform. There will also be an increase in handling and shipping costs across the board. The price increase was scheduled to take effect on November 1, 2000 but Betty Sroufe negotiated with Midway Uniforms and was able to delay the price increase until January 1, 2001.

The current price of a jacket, skirt is \$165 and this price includes the cost

of shipping and handling. The new price will be \$179 which will also include shipping and handling. The manufacturer has indicated that the pants and skirts will increase by five dollars each and the blazer will increase an additional twelve dollars.

The official NAWGJ uniform is the navy NAWGJ blazer

and the matching skirt with a white dress blouse. The idea is to look alike

and look professional.

In February 2000, President Yvonne Hodge wrote to all state and regional judging directors requesting them to encourage their judges to acquire and wear the NAWGJ uniform, if they do not already have it. NAWGJ expects judges assigned by NAWGJ to wear the official uniform.

Don't delay and then forget to order the uniform and be faced with the price increase. Save your money by ordering now. The order blank is on the reverse side of this page and size information is listed below.

Women's Size Guidelines

Bust

Measure at the fullest point of the bust and across shoulder blades holding tape firm and level.

Waist

Measure over skirt around your waist, where you normally wear slacks or skirts. Hold tape firmly, but not tight.

Hips/Seat

Measure around fullest part of hips 9" below waist. Hold tape firmly, but not tight.

H 9500 Sandy One Button Coat & H 9500 Tina Straight Skirt

The state of the s												
Sizes	2	4	6	8	10	12	14	16	18	20	22	24
Bust	31	33 1/2	34 1/2	35 1/2	36 1/2	38	39 1/2	41	43	44 1/2	46	47 1/2
Waist	24	25	26	27	28	29 1/2	31	32 1/2	34 1/2	36 1/2	38 1/2	40 1/2
Hips	35	35 1/2	36 1/2	37 1/2	38 1/2	40	41 1/2	43	45	47	49	51

ED 6680 Fitted One Button Coat & ED 9680 Modified "A" Skirt

Sizes	4	6	8	10	12	14	16	18	20	22	24	26	28
Bust	32	33	34	35 1/2	37	37 1/2	40 1/2	42 1/2	44 1/2	46 1/2 =	48 1/2	50 1/2	52 1/2
Waist	25	26	27	28 1/2	30 1/2	32 1/2	34 ½	36 1/4	38 1/2	40 1/2	43	45 1/2	48
Hips	36	37	38	40	42	44	46	48	50	52	55	58	61



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	H9500 SANDY	NAVY		BOX CUT I BUTTON COAT SIZE		\$105.00 \$105.00	
			7				
_	ED 968D-07	NAVY		LADIES MODIFIED "A" SKIRT S	\$50.00		
	H9500 TINA	NAVY		STRAIGHT SKIRT SIZE 4-24	\$50.00		
1	ELASTIC ADDE	NO CHARGE					
	ED 8680-O7	NAVY		LADIES PLEATED PANT SIZE	4 - 28	\$50.00	
	ED 3680-O7	NAVY		MENS COAT SIZE 35 - 54	6400.00		
	ED 2780-07	NAVY		MENS PLAIN PANT SIZE 28 - 5	\$120.00		
	ED 2680-07	NAVY		MENS PLEATED PANT SIZE 28	\$50.00 \$50.00		
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	NAWGJ			SURCHARGE PER ITEM	\$2.50		
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CARD HOLDER'S SIGNATURE _____

DISCOVER #_

A walk down memory lane

Thirst" met" Yvonne over the phone when she was RID. This lady with a southern sne was NV. 11115 11114 Willia Svuller drawl called and asked me to judge a drawl called and asked me to judge a regional college meet. I was very young at regional college meet, in a trace to east about the time and reportance to east about the time and reportance to east about the time. regional conege meet, was very younge the time and needless to say absolutely the and needless to say absolutely thing about timiled! The very coolest ming about

Yvonne is that she remembered this phone conversation when we finally met in person several years later! Robin Ruegg

Her kindness when she was judging the athletes, her passion, her commitment, her enthusiasm, her expertise, her honesty is unparalleled in the sport. I have known Yvonne for 20 years and have never heard her say an unkind word about anyone. There will never be another Yvonne Hodge! I will never forget her, Pat Warren

Just knowing Yvonne is my friend means a great deal to me. She always takes the time to answer any quesion you have aboutsome aspect of judging. She doesn't get upset if the question sounds like something a new judge would ask, even if you have been judging for a long time.

If there is a problem, Yvonne will try to help you solve it. Her calm attitude is soothing when you might be at the "boiling point." She helps to bring it down, at lease to the simmering state.

We all know that she is a walking medicine chest, if you need something Betty Heppner

Yvonne has been a judge for my teams, a fellow judge at meets, a fellow NAWGJ officer, participant, co-instructor at clinics, car pool and plane companion (She can talk continuously for 3 hours) and study mate.

Many stories come to mind. I was usually the guide when we traveled together but one time I had her read the ticket for our return trip. We arrived at the airport and the plane had just left. She had read the arrival time instead of the departure time. Another time we were flying in a bad storm with a great deal of turbulence. Everyone was quite concerned to the point of fear. Yvonne (though not Catholic) had a rosary out that she carried in her purse and said a few prayers which seemed to calm a lot of people.

Yvonne has spent countless hours handling NAWGJ and USAG problems, developing clinic sessions, teaching and working with individuals to prepare for judging tests, making films, scripts, practice tests and manuals, sending contracts and generally being totally concerned about each and every judge. She handles problems in a positive and thorough manner and treats everyone with respect. Yvonne Hodge is a special person. Carole Liedtke

When we were in Las Vegas, Yvonne was taking a taxi and we all know how warm and friendly Yvonne is. She had a friendly conversation with the cab driver and he asked her out. Amy Rager

Every southern man and woman is raised believing the handsome collegiate quarterback will meet and marry the beautiful perky cheerleader and live happily ever after. I was convinced this was just pure southern poetry, but then I met Yvonne! All our Dixie dreams came true—she was that perky cheerleader married to the football hero! This in itself was reason enough to love Yvonne, but then I found that the mind behind the bouffant was sharp, funny and dear! I will always thank Yvonne for proving that occasionally dreams do

come true! Brock

As I think of all the things I need to accomplish and how very busy my life is, I realize that one of the most important things I could do in my life is to be a bit more like you. Sometimes we are blessed by knowing someone who touches our heart. Anyone who has met you, knows what I am talking about. You touch lives. You're the genuine article. You make a difference in life. It doesn't matter if someone is a Brevet judge or just received a rating last week. You see all people as equal and you treat them accordingly. Your smile radiates acceptance and sincerity.

Oh, I could go on and on with accolades of your gentle spirit at work but I won't. They told me the newsletter has to be less than 500 pages. Let me just say that I have never met anyone that compares to you. Someone said that the eyes are the windows of the heart. Anyone who looks unto your eyes knows that you have a rare spirit that can only be a gift from God.

NAWGJ has been blessed by your leadership. Under your tutelage, we have grown from a small group of gymnastic enthusiasts to a very active organization dedicated to the betterment of our sport. With all that you have given to our organization it pales in comparison to what you have given to those whose lives have crossed your path.

Thank you from a grateful heart for being a phenomenal role model for us as judges, yet more importantly, for daily life. My prayer is that your days are blessed with the kindness you have so generously given and that you continue to make a difference in the lives of others. Pat Ethredge

Yvonne Hodge has been a part of my life for many moons, since I was a kid. Now I only have the Privilege to judge with her once or twice a year but every time I see her I think to myself, "What a terrific person." Always a kind word, a big southern smile and lots of laughter. A lady in every sense of the word. Whenever I see her that warm and fuzzy feeling stirs in my tummy and I aways get a hug that seems to last forever...you know the type of hug where they hold on just a bit longer and give an extra squeeze. She has spirit and Llove that about her. I wish her the best and she will always be someone that I remember and look up to in life. Dona Jones

Make sure your name is not published in Technique

In order to judge a USAG sanctioned meet, all judges must complete their active status requirements. This is necessary because of their insurance. USAG has advised they will publish a list of all judges who have not submitted their active status cards in Technique magazine. This will give meet directors an opportunity to see which judges are not eligible to judge a sanctioned meet.

Why is USAG taking this step?

You have until December 31st to complete your active status requirement but this can cause a problem for meets scheduled in early January. JCI and USAG have no way of knowing if judges assigned to January meets are eligible to judge.

Your blue active status card should be sent to the active status coordinator in your state prior to October 15, if possible, so that JCI Certification Coordinator Rene' Niccollai has the cards by November 1. She would rather not add over 2,000 cards at midnight on December 31. Rene' wants to celebrate New Year's Eve without taking your blue cards with her to the party!

Submit active status card when complete

The active status cards should be sent as soon as your

requirements have been fulfilled so you can be assigned to meets in January without jeopardizing the sanction.

There is no reason to retain your card after you have met the minimum requirements—bonus points are not awarded for additional credits. Make a copy of the card for your records and mail the original.

Completion of card is your responsibility

It is your responsibility to make sure everything is signed and completed because you do not want your name published. It is the responsibility of the active status coordinator to make sure that all active status rules have been followed.

Waiver of active status in hardship cases

Occassionally there may be a situation that precludes you from completing the actice status requirements in a timely manner. USAG will consider individual cases based on serious illness, pregnancy complications, relocation outside the 50 states, etc. It this applies to you, write a letter to your state judging director with documentation and she will forward it to Rene', who will send it to USAG and JCI. USAG will make the final determination.

