

IHSGCA Association Meeting

May 12th, 2010



www.ihsorca.org

Agenda Items:

Current Balance: 28,907.76

HOF Banquet/Golf Outing:

May 18, 2010—Gary Morava Center (6:30 p.m.), Old Orchard Golf Course (3:30 p.m. tee times)
Skip Adamson to be inducted. Please sign up on the website using the on-line form.
(see flier)

State Meet: To repeat the plea from last year: While at the State Meet, we must encourage our coaches to comply with IHSA officials and ensure that we have a smoothly run meet with no problems. We want to continue making a good impression in both our dress and deportment.

*State Meet Awards Ceremony: 9:30 a.m. Saturday May 15

*Announcement of Senior Gymnast & Coach of the Year: before individual finals @ 6:58 P.M.

Remember for the state meet, individuals that qualify are **not allowed to have more than 2 coaches in the bench area**. Please relay this message to your other coaches and make sure this is followed this year.

The IHSGCA 1st – 3rd team place plaques for the coaches will be prepared and ready by the state meet, but will still be presented at the Golf – outing/ HOF Banquet.

Note to coaches: The IHSGCA would like to have all gymnasts up in the Auxiliary Gym for the IHSGCA Awards at 9:15 A.M. on Saturday to get the awards going immediately following the coaches meeting. If possible, please have an assistant coach round up the athletes and get them to the gym just prior to 9:15.

Voting: Congratulations to the following winners:

Steering Committee: Scott Hagel, Greg Gebhardt, Frank Novakowski, Keith Mukai, Jason Suchy

Secretary/Treasurer: Tim Hamman

Sportswriter of the Year : Bill Stone

Hall of Fame committee: Blaise Blasko, Howie Ruben

Rules Proposals: Submit in writing to Sec/Treas. At THIS (May) meeting. Questions will be allowed but no debate. We will discuss them in November and vote in December. They are listed at the end of the minutes

All-Star Meet Update: Boys Coaches (Lee wood and possibly Jason Suchy). Girls Coaches (Ryan Dengel and Ben Anderson). 10 boys and 4 girls. Will be flying out Friday and leaving early Sunday. The meet will be at Sawganaw H.S. in Texas. Practices will take place at Bartlett and Gymnasty. It is crucial for the gymnasts to attend these practices because the routines have to be reworked to fit the level 9 requirements that are to be followed at the All-Star Meet. Directions to both clubs are forthcoming.

If students are having trouble coming up with the extra money required to participate on the All-Star team, it was recommended that the coaches talk to their principal because of the success rate in the school donations for these athletes. Other fundraisers were also suggested included a 50/50 from Buffalo Wild Wings

A thank you to Eric Liva for providing Greg Gebardt with a travel agent that was very useful in accommodating our travel needs.

Job Postings:

Scott Headley (Physics and Science) – Can coach boys and girls gymnastics
Fremd and Elk Grove are both looking for a girls assistant coach.

New Business:

- 1) John Brinkworth Senior All Star Meet (Blaise Blasko)
 - a. Is it Time?
 - i. The full documentation of his “idea” is listed with the proposals
- 2) Coed Gymnastics (Blaise Blasko)
 - a. Recommends forming a contingency plan in case of a “doomsday” situation where boys and/or girls gymnastics was dropped from the IHSA
 - i. It is better to have a plan just in case, even though many people may currently oppose the idea, this would be a last resort to save the sport.
 - ii. Texas runs both programs at the same time.
 - iii. It is an idea to propose to the girls committee once some of the ideas turn concrete and are worked over.
- 3) Steve Foerch:
 - a. A special thanks to Steve Foerch for doing a wonderful job as president. He has kept the entire association well informed and up-to-date on all the requirements and expectations set forth by the IHSA and IHSGCA. Thank you again!
- 4) Meeting Attendance:
 - a. November meeting has historically the worse attendance and this is the time where the proposals are discussed. It is encouraged that all who can, attend so there is an educated vote on the proposals in the December meeting (which typically has the best attendance).
 - b. Frank Novakowski will be in contact with Steve Foerch to place the major events on the calendar that is on the IHSGCA website to keep the coaches better informed as to what occurs at each association meeting.

****(Rule Proposals are listed below)****

Approved by the Steering Committee 3/10/2010

- We approve a budget of 8,200-12,000 to send a team (boys and girls), coaches and judges to the Dallas/Fort Worth Area to participate in meet vs. Texas.
 - 3 boy's coaches, 2 girl's coaches, 2 judges, 14 boys, and 8 girls (max)
 - We are going to pay \$290 dollars for each person (the rest will be covered by persons above)
 - \$150 for airfare, \$50 a night for hotel (2 days) and \$20 dollars a day for meal money.
 - If students are in need, the steering committee will help financially challenged students (this will come out of the budget).
 - Transportation and other meet fees will be covered out of the budget, but it will not exceed \$12,000.

- Selection of coaches and gymnasts.
 - 14 boys will be selected to participate with two alternates by the national selection committee.
 - Score sheets must be submitted by coaches for a senior to be considered.
 - The gymnasts must meet the criteria written in the constitution to be selected.
 - The committee will be asked to select the best team comprised of 14 members (scores sheets are only references)
 - 8 girls will be selected to participate by the two girls coaches (selected by the steering committee).
 - Score sheets must be submitted by coaches for a senior to be considered.
 - Score sheets will be accepted upon passage of this proposal.
 - The gymnasts must meet the character qualities written in the constitution for the boys, but the years of competition in high school are not a requirement.
 - 2 Girls coaches will be selected by the steering committee
 - The coaches must be employed as high school coaches
 - 3 Boys coaches will be selected by the association via coach of the year voting.
 - We will pick the top three vote getters in the IHSGCA coach of year voting to coach our all-star team.
 - All coach of the year candidates will be asked if they are willing to go before the final voting.

- Responsibilities of Coaches
 - Put together a line up and attend practices T.B.D. in the future (tentatively at Buffalo Grove Gymnastics)
 - Conduct bed checks each night for their respective team (boys coaches the boys and girls coaches the girls)
 - Provide a positive example of Illinois around the athletes and opposing coaches

- Consult with the steering committee about itinerary, meal money, practices and other items that may come up.
 - Collect permission slips and checks (for uncovered costs) from athletes at practices.
 - Distribute uniforms for teams.
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Blaise Blasko's: **“IS IT TIME”**

JOHN BRINKWORTH SENIOR ALL STAR MEET

Withdraw from the Texas vs Illinois meet concept and offer to Illinois graduating seniors an All Star Meet. Promote Illinois high school gymnastics rather than a non existent national high school gymnastics program.

Provide a senior meet with a banquet and appropriate awards at a local high school.

Meet: Top 10 senior scores on each event from state finals through sectionals
 Possibly limit the number of events one person can work.
 Seed all six events by state series score.
 Format two teams for competition, five entries per event.
 Provide T shirts for teams.
 Awards: Individual event champion award. Event team total award.
 No All Around

Banquet: Formal vs informal.
 Possible guest speaker for 10-15 minutes.
 Senior Awards:
 Sportsmanship Award
 Most Valuable
 Mr. Muscle
 Spectacular Skill
 Awesome Routine
 IHSA individual event State Champion recognition.

No fee for competitors or other seniors gymnasts not competing.
 Students \$5.00
 Parents \$7.00 each

Some concerns were voiced by the association that the expense of the meet is rather high. Other concerns were made clear that several members of the association did not feel that the IHSGCA should pay for the girl's team to go. These members felt that the associations money could be better spent elsewhere. Greg Gebhardt addressed the associations concerns and voiced that the possibility of not continuing the meet was a possibility.

Illinois High School Gymnastics Coaches Association
Professional Attire for All IHSA Gymnastics Meets
Blaise Blasko 5-12-10

1. Shoes: Closed toed shoes, no flip flops, sandals, clogs or open toe shoes.
2. Slacks or Warm Up Pants: no shorts, jeans, denim pants.
3. Shirt: Preferred dress or casual collared shirt, no "T" shirts.
4. No hats or headwear.

State Meet: To repeat the plea from last year: While at the State Meet, we must encourage our coaches to comply with IHSA officials and ensure that we have a smoothly run meet with no problems. We want to continue making a good impression in both our dress and deportment.

A concern was raised by the several members of the association that ALL coaches should be wearing proper attire at all meets, especially the State Series.

Rules Proposals submitted; May 2009

Doug Foerch: 12 minute warm-ups at Sectional meets instead of 15 minutes, also with a possibly of cutting

out the last Open Warm-up, which is 15 minutes. Rationale: Gymnasts do not need this time and tend to over-warm-up or sit around getting cold. There is also plenty of time for specialist to g back to events several times during the second half of timed warm-ups.

Doug Foerch: Allow 3 coaches on the floor at the state meet for the individual competition. Rationale: three coaches would make the meet warm-ups and competition safer for schools with multiple qualifiers, there is plenty of room and no down side.

Doug Foerch: Exhibition rule: Allow every team TWO TOTAL exhibitions for each meet (i.e. 6 men competing on an event for JV instead of 5). Rationale: Allowing Freshman/JV who does not have a spot to compete a chance to compete without their score counting for or against the team score. Done in many other sports already. I think this too might be a change for our association. Actually, it was taken out of the II HS Interps to the NF. So as of now, there is no rule prohibiting exhibition. So maybe we just want to handle it internally.

Frank Novakowski:

State Meet: Should have Alternates (replacement athlete), meaning that there should be a gymnast or two on each event who technically did not make it to state At Large, be able to go to the meet in case a gymnast who has made it drops out for any reason.

Skip Adamson: **Boys State series Changes**

Move the all-around competition to the same night as the team competition.

Logistics

If you were to go to a Friday meet with team and all-around decided that night. Then the following statistics should be known.

2006 18 AA not on teams in the meet, can be broken down into 4 groups

2005 16 AA not on teams in the meet, can be broken down into 4 groups

2004 17 AA not on teams in the meet, can be broken down into 4 groups

2003 15 AA not on teams in the meet, can be broken down into 4 groups

So one can draw the conclusion that you might never reach the hidden limit of 20 extra spaces in the team meet. (12 x 5 = 60 slots in a rotation, there are presently only 8 teams so there are 4 x 5 = 20 slots still not used and in fact detrimental to one team in the meet as presently formatted. One team is up first in more than one rotation)

The reasons for the possible change would be as follows:

- The Friday night meet / Saturday morning meet is VERY hard on the team all-arounders physically and mentally.
- There is a built in advantage for the non-Team all-arounders by not competing back to back. It is inherently unfair to make an athlete be perfect for two meets within 18 hours apart. It is unlike any other sporting event when you can overcome slight flaws.
- You would get more gate since you would have more schools represented. The 8 teams and then multiple other schools (one year had 12 other schools). It might increase other teams bringing the whole team to the meet since there might only be one all-arounder from the school in the meet (the lone stud on the team).
- The consecutive meets would affect only team and all-arounders, it might help get more individuals/schools into the event finals. The all-arounders might concentrate on only a few events, the intensity to hit all events would not be as high.
- The all-around is the second most prestigious event in the series (behind team champion) and it would be great to have them run at the same time to bring the excitement into one event. The mental drain on the athletes over the 24 hour period is excessive. The only drawback that I can see is that there might be an advantage to the team all-arounder since they will get to compete with a team. This argument could also be made that the groups of the all-around "teams" might also help those athletes since they will all be very

good and the intensity would also rise. There would still need to be some guidelines as to how to divide the all-around groups up (by sectional ?), and whether to rank them in order of event score or not. In general this sounds like it should be a great idea on all levels that is not as dramatic a change as changing the meet by a week, or setting up another gym. Or introducing more teams to the state meet which seems to be a sticking point for the IHSA.

Ben Anderson/Chris Stevens

Chris Stevens had brought up a wanting to make a rule change for Frosh/Soph tumbling requirements. He did not have a specific change, just that alternates should be removed as a requirement because of it's lack of progression for the varsity level.

I'd like to propose a specific requirement: A change in direction of B-value or higher. This may include front step-outs, back-salto-front salto combinations, back handsprings w/ 1/2 twist, front salto w/ 1/2 twist, arabian step-outs etc. If you have any questions feel free to give me a call or talk to me at the association meeting tonight.

Keith Mukai:

Replace the freshman alternates requirement on floor to:
A "B" (or better) salto out of flip flops or a hand spring.

I propose to change the under level rule on horizontal bar to (Patrick Cole):

1. 2 Giants in either direction
2. Change of direction in or out of giants
3. Salto dismount

Or

1. 2 Giants in either direction
2. Skill of B value
3. Salto dismount

If you plan to be on varsity, you must have giants. Therefore, they should be required on the lower levels. Not just a hanstand, but real giants.

Proposal to change Boy's Gymnastics to a Fall Sport (Bill Cordts)

Pro's

- Less competition for athletes as opposed to the emergence of further spring sports
 - Lacrosse
 - Water polo
 - Bass fishing
 - Spring wrestling
 - Cheerleading
- Better gymnastics
 - More time to train beginners during intense summer camps, which will make summer camps important instead of being non-productive. (9 weeks of practice before first meet as opposed to the current 3 weeks)
 - More practice time = less spotting through routines = Saving coaches bodies
 - Increase number of possible club gymnast to join because of no conflicts with club meets or national team
 - More practice time at the start of August to work with kids in gym to prepare for first meet because school still on summer break.
- Less conflicts
 - No scheduling problems for differences in spring breaks
 - No overlap with winter sports such as girls gymnastics, wrestling, & swimming
 - Kids do not have to decide between prom and State series competition
 - Club gymnasts do not have to pick between High School and Nationals
- Increase Participation and draw attention to our sport in the fall
 - More kids are motivated to join a sport in the fall then they are in the spring
 - Gymnasts can perform in school pep assemblies at your school to gain attention in the fall.
 - More Cheerleaders would be willing to stay in gymnastics to compete and get better at tumbling with quality instruction from coaches.
 - No indoor male sports in the fall which may generate fans to attend meets especially as the weather gets colder outside.
 - Promotion of our sport by having demonstrations at middle schools or providing spring camps to younger kids to generate interest.(in other words get them involved in our sport before they walk in to our schools and get influenced by other sports)
 - Club gymnast will want to be a part of our season and may result in more teams being added overall = less jeopardy of being a sport at risk of being dropped.
- Renew relationships with club gymnastics and benefit each other
 - Encourage high school kids to join club in offseason
 - Club kids want to be a part of what we have to offer and do not have to make tough decisions in the spring.
- Spring Break- enough said
- More judges - Retirees may stick around before they take off with the winter birds, collegiate kids may be more inclined to judge high school for extra money and no conflicts because they are in season.

Cons

- Possibility of losing gym space in spring to open up facilities for spring sports

- Some coaches depend on recruiting for gymnastics because it is offered in the PE curriculum and some feel they may lose those athletes.
- Some coaches may already coach a fall sport and may lose coaches as a result.
- Some coaches may not want to spend long summers in hot gyms

Ideas to consider

- Change freshman level to frosh/soph that way we do not need to worry so much about recruitment of freshman. We can still offer gymnastics in the PE curriculum and still try to recruit gymnast and offer off -season open gyms.
- Spring sports are now going to non – cuts, which means even less kids to choose from.

An addition to the proposal to move boys gymnastics to the Fall was given by Mark Watman

I have been recommending this for years, but maybe now is the time to re-visit the idea. Move boys gymnastics to the fall and girls to the spring. In the Fall we would get more boys out, the club kids would come out and this would count for more teams, no vacation weeks, and most importantly; the quality of athlete coming out for gymnastics would be significantly better. Pole - vaulters, sprinters, wrestlers, divers, the smaller frosh-soph baseball and volleyball players. These are the athletes we're competing for in the late winter/spring and lose to those other sports. The girls would get the cheerleaders. Everyone wins and the sport grows.