

IHSGCA Association Agenda (Nov 19th, 2014)



Call to order: 7:10pm

Attendance: D. Donaldson, B. Blasko, J. Levin, V. Avigliano, B. Tucker, E. Bostrom, Z. Crandall, M. Opsal, F. Novakowski, R. Brown, M. Costa, S. Phillips, S. Hagel, S. Zeman, D. Irsay, R. Ferguson, G. Didech, J. Lutz, P. Kellend, B. Aites, J. Wronkiewicz, R. Senderak (Total: 22)

Current Balance:

\$10, 858

Treasurer's Report:

-Mike Opsal, as current Treasurer, will go over the Treasurer's report.

**Please see attached IHSGCA Annual Treasurer's Report (3 pages)*

Comments/Corrections of Previous Minutes

In the May minutes under the second proposal from Keith M: Judges will turn over their judging sheets to the coaches upon request.

The minutes should read: "A discussion was had. No vote was necessary, resulting in No action."

State Meet:

Hinsdale Central, May 15/16, 2015

Fundraising:

Although Casino nights were profitable, we have moved toward another fundraising approach. We will be hosting a fundraising social:

Lagunitas Brewing Company
1843 S. Washtenew Ave.
Chicago, IL 60608

Monday, Dec. 22, 2014. 5:30-8:30

Cost - \$10 (Includes: admission, appetizers, one beer - \$5 for each additional beer)

Water and soda will be provided by the IHSGCA.

All are welcome; 21+ event

Please promote the event to others outside of the gymnastics community because the more people we have attend the event, the more revenue we will make.

All proceeds collected go directly to the IHSGCA.

Tickets can be presold or bought at the door.

Winter Clinic:

Friday, Dec 5, 2014 Registration 8:00-8:30 Meeting begins 8:30-2:30

*Note that the start time is moved up a half hour from previous years.

*Registration forms were given out; *please see attached.*

Introduction of Melissa Winterhalter of Athletico, Des Plaines, former collegiate gymnast; she will present on gymnastics' specific injury prevention.

*Melissa competed for Stevenson HS, U of I and currently works for Athletico.

*She will be at the winter clinic; however her contact information is as follows:

mwinterhalter@athletico.com

What follows is the list of topics asked for by the members of the association.

Knee and shoulder injuries
Wrist problems
Forearm splints
Shin splints
Back and shoulder pain for coaches
Rolled ankles
New innovation for shoulder and leg flexibility
When should gymnasts be stretching?
“Learning the splits Safely”
Hand care

Athletico will offer a free injury screening for gymnasts. They do referrals. They have a very wide network.

*Please RSVP via Frank N's email about your attendance to the Winter Clinic; this will speed up the check in process at Rolling Meadows High School

Judging Clinic:

Saturday, Feb. 14 9:00-2:30
Glenbrook South
No Fee

Rules review
Judging videos and critiquing
Q&A
Judging an actual freshman gymnast to judge live routines.

It is highly recommended for all coaches to attend this clinic to get the perspective of the judges.

Proposals:

This procedure has already been clarified and corrected by the IHSA; Blaise withdrew the proposal.

- ~~Blaise: Formal procedure if an official is a no-show.~~
 - ~~Proposal is to take the IHSA clarifications of the old NFHS book and put them in the new book.~~
- Blaise:
 - Terminate adding to the current "A" Value Skill List compiled by the IHSGCA Rules Committee and follow the NFHS Optional Judging and Rules Guideline C-2: Recognizable Gymnastics Skills.

Discussion: *(Discussion points are noted in the order they were given at the meeting)*

-The proposal was made to clear the grey area for the officials, yet there are skills that are not on that list. When skills are performed that are not on the list, they are not recognized as parts of the routine.

- We may need to add to the list of A level skills.
- Fig has no list of additional A skills.
- There are some in favor of leaving the list the same; they don't want to see the list get too long.
- Others would like to clear up the ambiguity by adding to the list.
- The list is seen by some as “short-cuts”
- Half of the rules submitted to the Rules Committee last year, were turned down by the Rules

Committee.

-It's important to go by the rule book.

After discussion, Blaise has no adjustments to be made to the proposal.

- Blaise:

Based on discussion of data collected by the survey that was sent out to all coaches, this proposal was withdrawn by a recommendation of the steering committee.

~~Fall Season for Boys Gymnastics~~

~~Change IHSA Sport Season By Law 5.090 to read: Boys Gymnastics shall not practice or participate in interscholastic contests earlier than Wednesday of Week 6 or later than Saturday of Week 20 in the IHSA Standardized Calendar.~~

~~Season start date will be August 11, 2014 and the state series will be November 22, 2014.~~

- Blaise:

Change Sport Season By-Law 5.090 to afford Boys Gymnastics the same number of actively competitive weeks as Girls Gymnastics by adjusting the start and end dates of the boys gymnastics season based on the IHSA Standardized Calendar.

Two options to discuss:

A. One week overlap with girls gymnastics.

1. Start the season on Monday of week 33, February 16, 2015.
2. Host the state meet on Friday and Saturday of week 47, May 30, 2015.

B. No overlap with girls gymnastics.

1. Start the season on Monday of week 34, February 23, 2015.
2. Host the state meet on Friday and Saturday of week 48, June 6, 2015.

With our current calendar, the annual season start date is Monday of week 33; the state meet is hosted on Friday and Saturday of week 45; our season officially ends on Saturday of week 47.

Please see the attached previous voting results.

Discussion: *(Discussion points are noted in the order they were given at the meeting)*

- Both proposals use the entire 15 weeks
- Many seniors will have graduated by the time we hit the end of the season
- We could talk to the girls about moving their entire season up one week; they will keep the same number of weeks, just moved a week earlier.
- Per Peter Kellend , the IHSA said this rule is not going away.
- If we move the season a week, this would allow club gymnasts to use their "3-week exemption" for their regional, sectional, and national meet.
- Because of the trend of school calendars shifting, we may lose quite a bit of seniors.
- Pushing the season one more week may burn out the coaches...esp those who coach boys and girls.
- This will affect the Senior All-Star Meet because of the dates.
- Is the pain of the overlap, enough to move these meets
- Coaches who have coached when the State meet was in June said that it was a disaster.
- We need to think of what's best for the sport, as opposed to what's convenient for us.
- Running meets as tri as opposed to dual give the boys more time training in the gym.
- We are allowed 15 meets in the season; coaches have the option to cut meets and spend more

time in the gym.

-Doing nothing doesn't cause coaches, judges, and gymnasts to leave; even if we lose a few of each, it's not worth it.

-Will this be affected by other sports' state meet?

After the discussion:

*Frank made a motion for Blaise to modify the original proposal to read.

Change Proposal A to keep the start week 33 and end week 46; this doesn't eliminate the overlap but this is a 14 week season.

Change proposal B to start week 34 and host the state meet week 46; this eliminates the overlap, but maintains the 13 week season

*Seconded by Zach C.

Vote Y -16/ N- 0/ Ab – 2 Passes.

After the vote, Blaise, modified his proposal to read as the modification.

New Business/Additional Items:

Proposal:

- Frank:
 - Allow alternate for individual state meet
 - Rationale: If someone that qualifies for the state meet drops out, then the gymnast with the next best score gets to compete.

Discussion- (*Discussion points are noted in the order they were given at the meeting*)

-The specifics are written in last year's minutes.

-Did we make it too difficult for the IHSA?

-Talk to Tracy to find out what happened between the advisory board and the board of control.

Dress code for All-Star meet

The seasonal dress-code still applies. This will be enforced.

Judges and Coaches Pool:

How can we continue to move people into our sport?

Discussion: (*Discussion points are noted in the order they were given at the meeting*)

-Get former gymnasts back into the gym to help.

-Tap into the collegiate club scene; these are kids who are doing gymnastics for fun.

-Howie S. would be a good resource to be connected to these students.

-We still need to make a push for more judges because of all of the retirees.

*Blaise made a motion to appoint Jeff Wronkiewicz as a NIGC liaison.

*Frank seconded the motion.

Vote Y – unanimous Passes.

Frank asked if there was new business.

Jeff Levin- asked to speak about moving the season to fall.

-Three emails were read in favor of moving the season to the fall.

-He worries that there aren't enough teams, and this is the way we will get more athletes.

-We will increase the number of teams in the states.

-The numbers of teams has not decreased in the last 10 years.

-Moving to the fall there would be 10 head and 4 assistants that would have to choose because which fall sport to coach.

-Develop our connections with the clubs before moving to the fall.

Frank Motion to adjourn

Erik Bostrom Seconded the motion

Meeting Closed at 9:28

SC met to discuss lunch arrangements for the winter clinic

Discussion was had.

*Frank motioned to keep the arrangements the same

*Zach seconded the motion.

6 Y/ Passed. We will continue to provide lunch at RMHS.