

# IHSGCA Association Meeting Agenda (Dec 5<sup>th</sup>, 2014)



## Call to order:

Frank called to order at 8:45am

## Attendance:

B. Aites, J. Amolsch, D. Arcus, A. Avella, V. Avigliano, A. Batista, B. Beiersdorf, B. Blasko, E. Bostrom, J. Brandenburg, R. Brown, D. Calisch, Z. Crandall, R. DeFano, G. Denk, G. Didech, D. Donaldson, R. Ferguson, D. Ferguson, D. Foerch, S. Foerch, G. Gebhardt, S. Hagel, T. Hamman, A. Hirsch, S. Kafka, M. Laffey, Jeff Levin, E. Liva, J. Lutz, M. Meyer, R. Meyer, K. Mukai, A. Nocek, F. Novakowski, M. Opsal, J. Orna, R. Orna, E. Owusu, R. Payne, S. Phillips, B. Russell, J. Secrest, J. Sipel, H. Sokol, B. Tucker, M. Vernon, M. Wanner, J. Wronkiewicz, J. Yun, M. Niemiec, S. Zeman, D. Schieble, M. Guttman, M. Galfi. (Total = 55)

## Current Balance:

\$11,154

## 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.

## State Meet:

Hinsdale Central HS, May 15/16, 2015

- Thank you, Mark Wanner and the Hinsdale Central staff

## Brinkworth Senior All-Star Meet:

Hoffman Estates HS, Thursday, May 22<sup>nd</sup>, 7pm

- Thank you, Ryan Brown and the Hoffman Estates staff
- The seasonal dress-code still applies. This will be enforced.

## Vision:

What are our goals?

Discussion: *What do we want to accomplish now? ...5 years from now? ...15 years from now?*

- Keeping the sport alive is the main goal.
- Are the association meeting beneficial to coaches? What is it that they would like to see come from them.
- Are there more teams that we can get involved to help keep the sport alive? The more teams there are the stronger our sport stands.
  - Wronk has been nominated to reach out to collegiate club gymnastics.
  - He has done this; reactions were positive, yet no action has resulted from their reaction.
- There will be three new teams this year: Neuqua Valley, Waubonsie Valley, and Matea Valley
- One of the problems is that new teams will need equipment, which makes schools hesitant to invest.
- Get the coaches to judge; this will definitely add to the stability of the program
- Contact clubs across the state, especially the southern parts of the state,
  - Justin Spring has been contacted to host a high school meet, but UofI is not interested at this time.
  - Give the clubs information about how to get registered with IHSA teams.
- There needs to be communication with the clubs, so that there is less conflict with scheduling.
  - We're losing kids because they're signed up with the clubs before they even start high school.
- ADs need more information about gymnastics, so that they are on the same page as us. If there is more information given to the ADs they may be more willing to help us with sustaining the program.

- The ADs have a great impact in our sport, positively and negatively.
- They are respected within the world of athletics overall, so we need them on our side.
- The more information that the ADs have, the more willingness they may be to not be so worried about the funding.
  - Putting students first, show that there is interest, and the funding will follow.
- How would someone go about getting a co-op?
  - A district has to approve a co-op.
  - The conference has to approve it.
  - Then the IHSA has to approve it.
    - What if there is no conference?
      - We'll look into it.
- Parent involvement – Parents who want their kids in gymnastics will be able to influence districts and ADs in a way that we as coaches can't.
  - This has been tried, but parents may not have the information to do so.
    - Get them some info.
- Get in contact with the schools who've had programs and do not anymore.
  - There is new blood in the schools (coaches, athletic directors, principals, etc) who may not have knowledge about the rich and successful history of their school's gymnastics teams.
- Maybe the superintendents need to be contacted.
- WE need to step up. WE need to do the leg work, so that we aren't leaving it up to someone outside of the gymnastics community to help.
- We need to get the information out there to anyone who will read it.
  - IE. Here is how you get yourself eligible for the IHSA.
  - “Just in case you have a gymnast walking the halls, here is how you get those gymnasts registered with the IHSA.”
- Again, WE need to do the work on the front end, as well as the follow up.
- Schools that lose coaches, lose programs.
- Districts are not hiring for coaches anymore—just focused on hiring for teaching

After polling the association, the highlighted were the four topics of highest interest and will, therefore, be focused on at following association meetings.

Training Plan: Strength and conditioning; beginning of the season varsity routines; dismount & stick bonus; judges' perspective; technique on new skills/requirements on all events; teaching challenging varsity routines; compulsory routine training (freshmen).

#### Fundraising:

Although casino nights were profitable, we have moved toward another fundraising approach; gaming license is still in progress. We will be hosting a fundraising social:

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

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

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. For presale, please email Mike Galfi: mgalfi@dupage88.net

Calendar:

Meetings begin at 7:00

- Mon, Dec 22<sup>nd</sup>, 2014: Fundraiser
- Wed, Jan 21<sup>st</sup>, 2015: Assoc Mtg
- Wed, Feb 18<sup>th</sup>, 2015: Assoc Mtg
- Wed, Mar 18<sup>th</sup>, 2015: Assoc Mtg

- Wed, Apr 15<sup>th</sup>, 2015: Assoc Mtg
- Tues, May 12<sup>th</sup>, 2015: Assoc Mtg
- Mon, May 18<sup>th</sup>, 2015: HOF Banquet & Golf outing
- Thurs, May 21<sup>st</sup>, 2015: Brinkworth Senior All-Star Meet

Voting Eligibility Reminder:

Full members must attend two meetings *prior to* the May meeting to be eligible to vote on association matters at the May meeting.

Conference Reps:

- |   |                       |                           |
|---|-----------------------|---------------------------|
| • CSL – Ryan Dul nominates              | <b>Adrian Batista</b> | seconded by Keith Mukai   |
| • MSL East – Scott Hagel nominated      | <b>Zach Krandall</b>  | seconded by Tim Hamman    |
| • MSL West – Scot Hagel nominated       | <b>Mike Opsal</b>     | seconded by Tim Hamman    |
| • DVC – Frank N. nominated              | <b>Greg Gebhart</b>   | seconded by Tim Hamman    |
| • WSC Gold – Jason Orna nominated       | <b>Bill Norris</b>    | seconded by Jeff Wronk    |
| • WSC Silver – Jerrod Amolsch nominated | <b>Frank N</b>        | seconded by Greg Gebhardt |
| • Independent – Erik Liva nominated     | <b>Erik Liva</b>      | seconded by Tim Hamman    |
| • South Suburban – Frank N. nominated   | <b>Peter Kallend</b>  | seconded by Tim Hamman    |

Proposals:

- 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.
  - o Pro: It would make it easier for the judges.
  - o Con: We are not locking ourselves into something that may prove to not be effective to true high school gymnasts.

**Voting Results: Yes -18 NO - 30**

- 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:

A. One week overlap with girls' gymnastics.

1. Start the season on Monday of week 33, (i.e. - February 16, 2015).
2. Host the state meet on Friday and Saturday of week 46, (i.e. - May 22/23, 2015).
  - Pro: There will be more practice time.
  - Con: There may be conflict with proms and graduation

B. No overlap with girls' gymnastics.

1. Start the season on Monday of week 34, (i.e. - February 23, 2015).
2. Host the state meet on Friday and Saturday of week 46, (i.e. – May 22/23, 2015).
  - Pro: There will be no gym space issue
  - Con: Coaches who coach both boys' and girls' season may get burned out.

*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.*

No Change:

- Pro: This will not affect the senior All-Star meet and will
- Con: The majority of the coaches wanted this change, and this would go against that judgement.

**Voting Results: Option A- 6 Option B- 12 No Change - 29**

- Frank: Alternate Competitor Proposal: At the State Meet, there shall be one (1) alternate (replacement athlete), per event, including all-around, determined from the next highest at-large qualifying score from all the sectionals. In the event of a tie for the alternate score, all athletes with the next highest at-large qualifying score shall advance as alternates. The IHSA must be informed of any scratches by 6pm the evening before the team competition, so that alternates may be notified prior to the state meet.
  - o Pro: This allows more kids the chance to compete in the case of a scratch as opposed to just leaving that next
  - o Con: The coach would have to contact the other school and take five minutes of your time.

Voting Results: **YES- 47** No-1

New Business/Additional Items:

NAIGC report

- Wronk sent out information to those gymnasts
  - o He got a positive response, but no one has stepped up
    - We need to need to do more work with this.
    - We'll discuss it at a later meeting.

Two day Clinic

- On an average year, it's been a struggle to get people to the meetings.
- Two days would be difficult with sub-coverage and coaching; the logistics would be difficult.
- Non-teacher coaches would find two days difficult.
- If we did two days, would it be Thursday/Friday or Friday/Saturday?
- What about moving the clinic to a Saturday?
- We'll survey people to see which day and amount of days would be the most beneficial.
- What if we made it like a conference off of the school grounds
  - o Link it with the Lagunitas.
  - o Have it off site and do it as a Saturday/Sunday thing
  - o Make it a true conference.

Chicago Program

- They have kids for interested, but they may not be ready for this year.
- They will be able to get individuals, but not teams this year.

Frank Motioned to adjourn

Seconded by Tim Hamman

Adjourned at 10:05

\*All notes on the Rules Interp portion of the clinic will be made available when the Rules Interp video becomes available online: Feb 17. This is also the date that the Official's test will become available

\*All notes on the Athletico portion of the clinic will be made available ASAP.

Presenters: Amy Kuczera, PT, DPT Niles/Northwest Chicago - 773/7744291  
 Melissa Winterhalter, PT, DPT, OCS, CSCS (specializes in gymnastics) – 847/299-7470

FIG Newsletter #27

**General:**

**Landings & Dismounts on the Feet Without Deduction**

For safety reasons a gymnast may land or dismount with their feet apart (enough to properly join their heels together) upon landing from any FIG dismount. The gymnast must complete the landing by bringing his heels together without lifting and moving the front of his feet. This is done by raising the heels off the mat and joining them together without lifting the front of the feet. The arms must also be in complete control with no unnecessary swings.

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| <b>Action (without steps, hops, or arm swings)</b>   | <b>]</b>    | <b>Result</b>                             |
|--|-------------|---|
| Landing with feet slightly apart and gymnast lifts heels and joins both heels together without lifting and moving the front of his feet.   | ]<br>]      | No deduction                              |
| Landing with feet slightly apart or less than shoulder width apart and gymnast picks up a foot moving both feet together, OR does not join both feet together by lifting only the heels. | ]<br>]<br>] | 0.1 deduction for landing with feet apart |
| Landing with feet more than shoulder width apart , AND gymnast picks up one foot moving both feet together, OR does not join both feet together.   | ]<br>]<br>] | 0.2 deduction for landing with feet apart |

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Note: All other execution deductions (those while in the flight phase or for lack of extension before landing) must always be considered in addition to the landing requirements noted above.

**Rings**

1. All "V" hold positions (2sec.) must be performed with legs vertical. This is the same as the requirement for Floor Exercise.
2. An exercise must start in a hang position with arms vertical and straight. The gymnast may NOT bend their arms in moving to the first position unless specifically needed for element completion. Ex: Cast up and underswing backward may be started with bent arms.
3. During an exercise, a gymnast may only bend their arms during a transition between elements when necessary to properly perform the next element.

**III. NEW RULES**

**General:**

1. Touching the apparatus or floor - change the deduction from 0.2 to 0.1 for touching with legs or feet. Touching with the hands remains as a 0.2 deduction. Some Examples of 0.1: touching feet on the floor in a long hang swing on PB or touching the PH with feet while performing circles.

Note: The 0.5 deduction for hitting the apparatus remains in effect.

## **Pommel Horse**

1. All scissors to handstand require the legs to close or a 0.1-0.2 will be applied.
2. Only two scissors to handstand in an exercise are permitted for difficulty value. This rule is to prevent the apparatus from losing its foundation of circling elements.
3. A handstand dismount may also be performed in addition to the maximum of two handstand elements from circles or flairs.

## **Rings**

1. Only two cross type elements (regular, L cross, or V cross) are permitted in an exercise for difficulty value. A third in chronological order will not be recognized.
2. Only two Planche type elements (Support Scale or Support Scale straddled) are permitted in an exercise for difficulty value. A third in chronological order will not be recognized.
3. For the hold of a non-listed part for 2 seconds or more, deduct 0.1 each time. Examples include: holds (2sec) of inverted hang, inverted pike, and dorsal hang.

## **Horizontal Bar**

1. Yamawaki (Element Group II, 10) must be stretched and pass through a vertical body position over the bar for no deductions. An excessive pike or a poor vertical position over the bar will be deducted and could also lead to recognition of a B value flight element.

## **USA GYMNASTICS, Age Group Competition Program - Update #4**

### **Event Specific Exceptions to the FIG Code**

**General:** The FIG Code of Points, Part III, Apparatus has a red dot in the lower left corner of some skill boxes. This red dot designates that skill is prohibited for junior (JO) use in an exercise at the International Level. This does not apply to JO competitions in the US. Any skill restrictions are detailed within the NFHS 2013-14 Boys Gymnastics Policies & Procedures Rules Book in Chapter II-II-E.

**Floor Exercise:** Event Specific Restrictions prohibit Level 9 gymnasts from performing any "C" value or higher salto skills with a head first roll-out.

**Still Rings:** No more than 3 Element Group III & IV skills that can be performed in direct succession on Still Rings without being broken up by an "A" swing element.

### **Parallel Bars:**

1. Allow empty (1/2) swing prior to performing Element Group III and Element Group IV skills. An intermediate (full) extra swing is not allowed. Example: Glide kip swing to 45 degrees above horizontal, bail to Moy support, swing backward to horizontal, drop to basket (peach) with straight arms to support.

2. Upon catching a release skill the gymnast is allowed to perform a swing with a 1/2 turn and change of grip on the subsequent swing forward to a kip without deduction. This swing 1/2 turn will receive "A" difficulty credit and no Element Group credit.