

IHSGCA January Meeting Agenda (Jan 21st, 2015)



Attendance:

Bob Esposito, Blaise Blasko, Jeff Robertson, Peter Kallend, Frank Novakowski, Chad Jaros, Ryan Dul, Eric Harima, Joe Rogalski, Greg Gebhardt, Joe Mauk, Gregg Didech, Zach Crandall and Mike Opsal (Total = 14)

Call to Order:

7:13pm

Current Balance:

\$12,488.54

Comments/Corrections of Previous Minutes:

December minutes read current balance of \$11,154 but should have read \$11,143.54

Judging Clinic:

Saturday, Feb. 14 9:00am-2:30pm

Glenbrook South (Brandon Tucker will be the clinician)

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.

**Bring rules book, fig book and updated rule adjustments posted on the IHSGCA website.*

Fundraising Update:

Lagunitas:

There were approximately 14 coaches (including head and asst. in attendance)

Generally speaking we netted about \$1,000 at the event.

*Mike Opsal will provide a more official update at the Feb. meeting.

Casino nights:

-Discussion: Maybe cutting casino nights and running two Lagunitas nights... but Lagunitas only allows you to hold one event a year.

-We can pursue casino gaming license because the 501(c)3 tax exempt status did get secured.

-We can do up to 4 casino gaming events per calendar year.

-Cost is \$400.00 to secure the charitable gaming license for 2 years.

-We would need to get roughly 16 people to work. 4 work money at all times then we also need dealers.

-Question: How much did we net in past casino nights? Roughly \$1,400 and \$2,500 per night.

-In the past one night would go to the national meet, one to the girls association that would "help" out. The other two would go to us.

-Suggestion is to do one casino night a year on top of Lagunitas once a year.

-If we get more money in we can maybe offer more scholarships or more money for scholarships already in place.

-Benefit of casino nights over Lagunitas is that others are contributing money not just us coaches going out and spending or in a sense contributing more money to our association.

-Casino night dates are pretty much open after May right now but in general not limited.

-Need to look more in to how many people you need to have working, (Minimum? No Max on workers.)

-Need 45 days advance notice prior to having a casino night.

Motion to table discussion on fundraising F. Novakowski, second M. Opsal

Vision:

Membership drive: Conference rep to get the email addresses of all coaches in their respective conference at their respective pre-season meeting.

*This is an attempt to improve membership and our communication as an association.

Training Plan: Increase knowledge base and our quality of coaching in general.

*The following are the options chosen at the clinic by those of you that were there to vote. These will be given at the end of the meeting each month.

January meeting - strength and conditioning programs (Held after we adjourned)

February meeting - beginning routines

March meeting - advanced routines

April meeting - judges' perspective

Constitutional Amendment Proposal:

Frank: Change the designation of registered IHSA officials from Associate Membership to Full Membership.

- would follow same guidelines as Full Members

Constitution:

Article III

Part. A. Full Membership

1. All gymnastics coaches who are presently employed by an accredited high school in the state of Illinois are eligible for Full Membership

a. They will have a voice in all Association matters.

b. They will have a vote in all Association matters.

c. They will have a vote in Hall of Fame matters.

d. They will pay annual dues by the second attended Association Meeting

4. A Full member must be present at two Association meetings prior to the May meetings.

a. If a full member is not present at two association meetings prior to the May meeting, he will lose his voting privileges on Association Matters.

6. Only a Full member can initiate a motion, proposal, resolution, amendment, rule change, or second the same.

*Discussion at the Feb meeting, Pro and Con with vote at March meeting.

*Question was asked if it would be for active judges or any registered judge?

-Maybe some kind of clause could be built in that the judge would have to judge a certain amount of meets to be considered a full member.

New Business/Additional Items:

Hersey is looking for a freshman boys coach for the upcoming season.

Lincoln Way is also looking for a head coach and assistant coach for the upcoming season.

Motion to adjourn by F. Novakowski

Second by Z. Crandall 7:47

Conditioning Options for Boys Gymnastics

Different Philosophies:

- Mix up warm up and strength schedules for M,W,F and T,Th, Sat.
- Differentiate strength work outs for Varsity, JV and Frosh (make a common language)
- As the season progresses change strength workouts to make them more specific to weaknesses and events gymnasts are working.
- Ask for feedback and look for improvement.
- Make strength a priority and not an afterthought.

Pre-warm up Drills:

- Rubber band drills for shoulders (pitcher drills)
- Rubber band drills for wrists (pre-warm up)
- Prone position flexibility drill for wrists.

Warm up Drills:

- 5 count burpee (10 sets)
- V up roll left to tight arch, roll to right V up roll to a tight arch (4 sets)
- Drop down hollow rock jump
- Walk out, hold (5 seconds) walk legs to hands straight

Handstand strength

- Walk up belly hollowed and hips off the wall x3 (hold for 30 seconds on the last one)
- Lateral handstand walks, 5 each direction for about 10 to 15 feet (hips off the wall)
- Handstands belly facing the wall or spotted from the shoulders.
- Handstand pushups (elbows in by the ribs)
- Dumbbell military (elbows in lock at the top)
- Elbow stands to work on body position in a handstand.
- Ring handstand total of 30 second (count attempts)
- Spot ring handstands by having gymnasts muscle up with straps, putting feet on inside, control and coach by controlling their ring turn.
- Posting drills on a pirouette up against a wall alternating arms for 5,10 or 15 seconds (great for high bar).

V/L-Strength/Press Handstand

- Straddle and piked toe-raises
- Toe raises on pull-up bar (V,L, or tucked)
- Toe raises on p-bars (or tucked raises)
- Standing alternating t-raises (straight legs)
- Inch worms (forward and back)
- Walk out, hold, walk feet to hands straight leg, wall press (or jump)
- Standing on pirouettes, spotted press, lower slowly back to stand
- L, press to standing position, pause, press then lower slowly

Plange and lever strength

- Plange reverse plange drills on pommel horse
- Tucked planges 3x3 for 2,4,5 seconds (more advanced extend a leg).
- Rolling planges with a ball 3x3 and hold for 2,4,5 seconds on the last one
 - Both can be done on pirouettes at first and transferred to adjustable low rings attached to a high bar or pull up bar.
- Front lever pull-ups
- Lower from support to front lever and hold.
- Pull from a hang (one leg or two) to front lever (rings or pull up bar)
- Front lever back lever drills

High bar cast strength

- Front raises with a plate (back straight or rounded with straight arms)
- Lateral front raises (lay on bench press, with the bar resting on thighs, grab bar and open shoulder angle while keeping body tight).

Pommel Horse

- Sled drills (hands together both front and back)

Cross Strength

- Seated cross pulls on adjustable rings
- Pop cross from a 45 degree hang on adjustable rings
- Alternating arm holding crosses on adjustable rings
- Seated cross holds for 10 seconds (spotted or arms in the straps on adjustable rings)
- Bungee crosses on low rings
- Always alternate pulls with hold days and make sure you teach good ring position (head up and pushing rings out)

Leg Strength

- Toe raises neutral, pigeon toed, duck toed on a low beam
- Jumps off high bar or vault to stuck position, back straight, hands out front.
- Squat jumps with good form
- Lunges forward and backward
- Air squats
- Wall Sits
- Switch leaps

Abdominal Strength (plank strength)

- Pyramids (hollow hold for 10 seconds) 10 crunches
- Form exercise (hold a straight body position and try to have a partner separate their toes)
- Hold a plank alternate raises arms
- Hold a plank post on left side repeat on right
- Hold a plank with a weight pull and tricep extension
- Hold a plank with right leg extended and elevated. Then tuck in across the stomach and return to extended position. Repeat with left leg.
- Abdominal circuits (mixtures of exercises)