

IHSGCA December Meeting Agenda

Dec 4th, 2015



Call to order:
8:49am.

Current Balance: \$9,477.56

State Meet:

- Fri.-Sat., May 13-14, 2016 at Hinsdale Central HS
- Thanks to Mark Wanner and Hinsdale Central staff for hosting again!

Golf Outing / HOF Banquet:

- Monday, May 16th, 2016. Morava Center
- Thanks to all who helped to extend wall at Morava Center

Brinkworth Senior All-Star Meet:

- Thursday, May 19th, 7pm
- Hoffman Estates HS
- Thanks to Ryan Brown and HEHS staff for hosting again!
 - *And thanks to Steve Lacni for helping host all of these events!!*

Judges' Clinic:

- Unofficial clinic for beginners
 - Tues. 1/19 at Glenbard West, 7pm – 9pm
- Official Clinic
 - Sat. 1/23, in the Student Activities Center at Glenbrook South, 9am – 2pm
 - It is highly recommended that all coaches attend this clinic to get the perspective of the judges.
 - *See handouts from Blaise- key to future of gymnastics is replenishing trained judges and coaches,*
 - *Blaise: see the flyer, to reiterate- not related to the certified clinic (the unofficial). Goal is to get at least 5 new officials, to judge 2 meets. You will not have to be registered for this event, you can sit and train just to try it out. Create a system, go over administration basics, shadowing, etc. if anyone here is interested please give name and email so we can get info to you. We MUST do this! With all retirees and judges that also coach and conflict, we need others to step up, it is critical.*
 - *For the official clinic- even if you don't plan to judge, it is good for coaches to judge video and analyze and run through rule updates, etc. All are encouraged to attend! No cost for either clinic!*

Lagunitas Fundraiser – 12/21/2015

We will be hosting the fundraising social at Lagunitas again this year:

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

Monday, Dec. 21st, 2015. 5:30pm - 8:30pm

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

NOTE: *Attendance at the Winter Clinic earns you free admission into the fundraiser.*

Water and soda will be provided by the IHSGCA.

All are welcome; 21+ event

Please promote this 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. PLEASE SPREAD THE WORD!

Tickets can be presold or bought at the door.

Please complete the Google Form that was emailed to you asking about your attendance.

This will help us determine how much food is necessary.

- *Please enter how many attend, and if things change just update the form so we know about how many we'll have*

- *We now have Illinois tax exemption, so we are good for federal 501c3, and now allowed for Illinois state tax exemption to have a fundraiser. Now we just have to file annually every year to see the record of activities.*
 - *Thanks to Frank for his work on this!!!*

Calendar:

- Friday, December 4th (winter clinic)
- Wednesday, January 20th
- Wednesday, February 17th
- Wednesday, March 16th
- Wednesday, April 20th
- Tuesday, May 10th
- HOF: Monday, May 16th

Voting Eligibility:

Reminder:

- Full members must attend two meetings before the May meeting to be eligible to vote on association matters.
 - The Winter Clinic does count as one meeting.

Conference Reps:

Responsibilities include:

- Communication for each conference
- Reports COY and Brinkworth Senior All-Star Meet information to Secretary
- CSL – Doug Foerch, Ryan nominate, Adrian Second
- MSL East – Zack Crandall, Scott nominate, brown second
- MSL West – Scott Hagel, Zack nom, brown second
- DVC – Greg Gebhardt, Zack nom, bostrom second
- WSC Gold – Mike Galfi, blaise, nom, Frank second
- WSC Silver – Frank Novakowski, Zack nom, brown second
- Independent – Lee Wood, Blaise nom, Zack second

- South Suburban – Peter Calland, Frank nom, blaise second

Rules Proposals

- Voting on rules proposals (see attached ballot)
 - *PROS and CONS:*
 - *Changing value: Con- could encourage throwing skills for value and not safety, Pro- encourage adding new skills for value and promote higher level skills*
 - *Non Diagrammed A Limit- Con- JV high bar very difficult, Pro- not about a score, would separate kids with real skills and those with not*
 - *Frosh pommel – Con- inconsistent with other events, could get hit for fall and form for trying multiple circles, Pro- incentive to start learning circles, OPTION 2- Con- too confusing, Pro- creates additive rather than deductive, makes more sense what we want to do*
 - *II.C.1.c- multiple flip/twist- Con- why give same value to full and double? Pro- incentive to more twisting, upgrading dismount*
 - *FIG A dismount .1 bonus- Con- could get confusing only letting it go from A to A, Pro – guys already doing upgraded dismount are getting a bonus anyhow, this will encourage lower level kids to go giant to flyaway*
 - *Frosh Pbars- instead of manna for bonus, make back off for bonus- Con- if promote dismount handstand skills could take a hit, safety an issue? Pro- good lead in for useful skills for next 3 years*
 - *Judges responsibility flashing start value- head judge responsible for flashing correct values, Con- could extend length of meet, Pro- natural responsibility of a judge and removes some error and a potential protest*
 - *If incorrect start flashed- this will not count against permitted inquiry, Con- could write it down anyhow, Pro- submitted inquiry after wrong start value and got vague answers on status of first one so didn't want to risk second one*
 - *Seeding sectional format, suggested by Tracie, seed 5 highest then fill in from there, Con- could have to travel far if seeded by score not geography, Pro- more score separation for teams and individuals*
 - *Shift sectional to 6:30, Sat to 1 and 6, Con- some may have trouble getting to there, Pro- gets meet over earlier, still later than girls, should not be too difficult for teams to arrive*
 - *Medals same as number on list of participants- Con- cost or time to awards? Pro- everyone gets a medal on the team*
 - *Move boys gymnastics to the fall- Con- lose athletes and potential programs, Pro- could potentially lead the reverse of getting high school level kids INTO the clubs with the new timeline*
 - *Change length of gymnastics season- Con- coach 5 extra days, Pro- get to share your gym still*
 - *Require quorum of voters to pass constitutional amendment- Con- for it to be successful, everyone should be at every meeting, and we don't need this if you are there, Pro- protect against a tiny meeting making major changes*
 - *One week grace period for rules changes before effect- Con- gymnast would have to wait a week to get value you got interpretation on, Pro- gives people time to get used to it and not have a curve ball*
 - *Include officials as full membership- Con- slightly lower bar as a judge than a full season coach, Pro- allows judges a voice in things that affect them, broader array of opinions*
 - *All evening meets start 6:30- Con- harder to celebrate after or get home later, or people are less likely to judge because it is another late night during the week,*

Pro- make it easier for coaches who are judging to get to meet without leaving too much from practice

- *Conferences will not schedule meets on 3rd wed of march and april- Con- teams might have to reschedule two meets, Pro- coaches can go to more meetings, boost attendance*
- *Amend rules committee chairman- will be the interpreter, the interpreter and head clinician would be permanent members of rules committee, next highest 5 members would be voted in- Con- same two guys every year, Pro- know the rules the best, would be on committee*
- *Change and limit date of interps happening during season – Con- how can you “stop providing clarity” after a certain point, Pro- takes a week to take place, then blaise has to get to officials and coaches, then we are at 2 weeks- at conference meet, gives the lag time.*

▪ **See attached .pdf file for voting results**

For the good of the Membership/Additional Items

- *Meet Scorer- Keith- offers a scoring program, contact him or Adrian for details- it works fluidly and can be live updated online, etc. very user friendly, web based, etc.*
- *Big need for judges, but also for coaches- Stevenson (asst), prospect (head and asst), Lincoln way?, Lake Park Head and asst, Addison Trail asst, Highland Park asst, could train if no gymnastics background, Hersey asst, Glenbard East asst,*
- *PLEASE TRY TO GET WORD OUT, seek former gymnasts, PE teachers that need a spring sport, etc. we cant let sport die through lack of judges or coaches even more so*
- *UIC is hosting several dual meets, windy city and now the MAC championship- great meets to go to to show kids college gymnastics, fun time, cheap, get a group rate if you call ahead, etc...*
- *For increased attendance- could we do virtual attendance, more voting, etc for those who can't be there due to distance or home life*
- *Please check job board (<http://ihsgca.org/index.php?pageID=4>) for names to see if they need to be added or removed from website in case they are no longer active*

Official Meeting Adjourned, 10:35a.m.

COACHES RESOURCES PORTION:

NOTES:

- Frank: DVDS
 - Coach from Oklahoma made video series of proper skill technique and progression,
 - Have high expectations, perhaps a true high school kid can achieve some of these higher level skills
 - Show progressions on pommel- show floor mushroom, hips out, no pike, etc, then go to horse no pommels, then work the way up to higher level skills with pommels
 - Use a floor level with pommel, also use a no pommel full floor horse
 - Pbars- work swing into mat at uprights, work moys, then bigger tap for moy support, starting a giant- support swing to flyaway off end, then work support swing to handstand, through bottom to then giant on top
 - Videos can be found on USAG and amazon, advanced one is good but maybe not as good of progressions as the other two.

- Have written list of skills shown in case you want to see the skills first to see if it is worth it
- Available for purchase: <http://www.amazon.com/Mastering-Mens-Gymnastics-Beginning-Progressions/dp/B0007A101Q>
- Zack: Hudl- (technique is free for playback, but if you want to share out to kids, it is paid- check with AD to ask about paying)
 - Introducing the program/app “Hudl”... you can use it to record a meet or practice-
 - Online, put in kids names and email addresses in the roster portion of the website
 - Record on ipad through huddle app, upload, it will share with students automatically and can watch the meet immediately
 - You can use comments that pause the video, you can use audio comments that they will hear
 - You can zoom in or use arrows, etc
 - Shared with kids, you can add score in, you can go back and watch old meets, you can share with current gymnasts or use to show skills from old gymnasts
 - On roster you can see the activity to see who has watched and who hasn't, etc.
 - Holds kids accountable, and does not take practice time
 - Look to see and ask AD if you have a paid subscription, and if not, ask to see if they will
- Zack: Twitter- free
 - A way to get the team out there, teammates repost celebrations, you can advertise meets to the community, keep up to date, etc...
- Mike Opsal: Gymnopedia App
 - Stick figure figures on events doing different skills
- Mike Opsal: Trick List App- free
 - Some break dancing, but also, many more gymnastics skills and tutorials
 - Proper handspring, shows a written explanation,
 - Zoom in on video, slow down, etc
- Mike Opsal: Coaches Eye (\$4.99, kids could share or you do it and use it in gym)
 - Similar to huddle- record, notate, slow down, etc...
 - Also, use schoology- usually for classes and assignments, team is on there, post on there – easy way to communicate, get info out. Could also use as contact with parents
- Keith Mukai:
 - If you use twitter, hashtag “IHSABGY” or something so all can see the “trending” stories
- Josh Cimo: App called “Video Delay”
 - Set it up like a Tivo, set it up for a 30 sec or minute delay, instant feedback, delay the live video
 - Set up the app on a tripod and you're good to go
- Alex Pajor
 - Go on youtube all the time for samples, “Japanese training camp”, 6min long, attainable, good technique, look for tutorial videos on youtube, focus on good technique
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SKILL RESOURCES:

- **Floor:**
- Layout vs. Whip: Layout- hollow throughout, lift of body and height, whip- extension, tight arch to hollow at the end, flip flop with no hands, quick turnover, use arms to initiate, train multiple flip flops, then do flip flop whipback flip flop and keep all same height
- Arabian- drill- jump ½ over barrel into diveroll- to initiate height, jump and go up and over, not around to side; round off, jump half turn don't hit box, arms up half turn follow the first arm, both arms up but one leads unevenly, forces a twist, arms are up and ready for front

- Side somi- do on tramp, or do over a barrel with shoulders, punch forward into it or out of roundoff
- **Horse-**
- Russians- side support, teach good uphill, swinging clockwise, arm on pommel, arm is bent and then not centered, during uphill, shrug shoulder and close daylight instead of bending elbow, hand on front of pommel, should leaning forward so you see angle going forward, pulling and be on top better chance of making skill consistent. Then teach hand placements on buck or pommel less horse on floor- jump up, square up to prone position, then drop down and support self with chest over, then work around towards $\frac{3}{4}$ Russian on no pommels, bring back to real pommel and using the uphill pull and combining the $\frac{3}{4}$ and loop. Can use this as a mount or also a loop around into Russian dismount.
- Can lead that into “bardi” with Russian technique as well and turn it into the loop travel down. Don’t hop it you want to stay square and lead with hands- almost like 4th type of circle it is a walk with leading hands, no pike, stay flat, torque and pull.
- Could also turn this into a “kroll” and you’ve now created a 4th skill from these drills
- Schwabenflank is also a derivative from the front skill work, moores, half sivado, etc. it is circle, post, grab pommel, travel then Russians stocklis etc.
- 30* flip of feet on dismount- very difficult. Almost have to create dip on end of horse, create torque, get hand down and lean over forward to get feet to flick at end. On the downhill of loop need to dip down into it, then lead shoulders in to get feet going into the flick. To be honest a handstand is easier to learn.
- Walk around- tempo between hands and where heels are, need to do 360*, heels are furthest and need to be certain speed, in line with hands, 1,2,3,4, find a tempo and let heels keep speed up.
- **Rings:**
- Drills for swing hand and swing strength?
- Back up handstand- start in seal on floor, drive heels up, hollowback, get springboard or panel mats, and lay on the angle to help drive heels up. Strong guys – inverted hang, cast, one big swing and swing through positions, or drive through incoates. Focus on arm circle.
- Get on low pair of rings, on a block so kid is level with rings, drop chest, arms out, heels up. Flick rings and get up to handstand, go through inverted cross position up to handstand, and drive the kids waist and chest up. Bounce the chest up off block.
- Trampoline- knee bounces to jap handstand, then progress into pass jap into regular handstand
- Also have to work bail, too much segmentation, shoulders then butt drops their swing to the ground. Hit handstand, fall in a J hollow, and hit candlestick. Cannot allow to fall in with hips bent, literally a parabola, short turnover. As come through in the J hollow, quick thumbs down and crack the whip. Shoulder flexible- maybe keep head up not buried. Tight shoulders, drive the chest to back wall.
- Stomach bail- 10 and 2 with rings, pushing chest and hips down, start with shoulder bails, push rings away.
- Swing to strength- front uprise could be an alternative- front up rise and keep arms straight and go right into cross
- Use the crutch technique- pad it, throw crutch up in their belly during back uprise maltese. Stick arm through ring straps, grab ring across so ring supports weight, or buy ring/cross trainers to alleviate weight
- Presses- start on pbars, L then go to feet. Then from feet on bars up to handstand, hips are already elevated. On low rings, separate blocks, do L, press up to feet on blocks, then jump pike press to handstand. Use blocks make it 3 steps- L, to blocks, bounce feet and continue up.
- Put rope or hula hoop so feet don’t go over the top when in handstand. Also, grab rings from outside to force rings out.
- **Parallel Bars:**

- **High Bar:**
- Vault vs. versonin, vault- butt to bar, piked, versonin pike or stretched and hips face bar
- Vault- put belt on, shift clips to back instead of sides. And clip two ropes to one so you are only lifting on one end. Gets them to pull up and over out of underbar swing back uprise and will get them to go over. Arch and toes up on way during underbar swing.

RULES INTERPS:

- Second week of season interp video will be available., 17th of feb?
- Basically same as last year
- Test if an official might have different questions.
- Things of interest we noticed last year- attire- starting at CONFERENCE meet you have to have collared shirt- duals you may have team t-shirt but that is it.
- To get 1.0 minimum score, must be A or higher FIG skill. If a nondiagrammed it will not be a minimum score.
- Floor- make sure you are not double dipping an element group skill and dismount skill.
- Horse- you can repeat another dismount if first try was not completely shown or did not finish- get back up and actually finish the dismount.
- Rings – 2 second hold that is not value (inverted hang, etc), it is .1 deduction
- Vault- need spotter on every vault, be near even for handsprings, an assist on vault is a 1.0 score, instead of void
- Parallel bars- Stutz- discouraged because of angle- if not 45 still get B element group just deduction for angles
- Blaise:
 - New FIG and USAG info coming, we thought we would incorporate into book and get it by summer. Texas thinks by August, we usually use that as guideline in relationship to high school kids.
 - This stuff is necessary to review and have input during season so we put together the book in way we all want.
 - New proposals possibly coming forward- 2013 had 10 elements, 5 EG, max 4 per EG. 2017 now will have 8 elements, 4 EG only, and no max to each EG.
 - These changes will be altered for JO, and then to us eventually.
 - Floor- changes to non acro, single salto fwd, single salto backward, and double salto fwd, bwd and side. Arabians would be same as corresponding bwd element. Other bonus needs to be reviewed
 - Horse- EG- 1 Scissors, 2 Circle/flair, Russians, etc, 3 travel, 4 dismount
 - Rings- Eg- 1 kip/swing, 2 swing to HS, 3 strength and swing to strength, 4 dismount
 - Pbars, EG 1 support, 2 upper arm, 3 long hang and underswing, 4 dismounts
 - High bar Eg1 long hang, el grip, etc 2 flight 3 in bar 4 dismounts
 - No piking on scissors to hand, leg swings too low, skew in cross travels
- We will have to talk about 4 element groups, values for elements and vaults, and other issues as they become available

Attendance:

REGISTERED:

- 1 Ryan Brown- 1
- 2 Erik Bostrom*- 2
- 3 Mike Opsal- 3
- 4 Anthony Avella

-5 Zack Crandall
-6 Brandon Tucker
-7 Scott Phillips
-8 Dave Calisch
-9 Joe Rogalski
-10 Matt Meyer
11 Ryan Dul*
-12 Mark Wanner
-13 Myles Laffey
-14 Chad Jaros
-15 Richard Meyer
-Alan Hirsch
-Jaqueline Parat
Greg Wilhelm*
Gerry Denk*
-16 Vic Avigliano
-17 Bob Russell
-18 Dave Donaldson
-19 Howard Rubin
-20 Eric Harima
-21 Blaise Blasko
-22 Howie Sokol
-23 Jason Orna
-24 Adrian Batista
-Steve Foerch
-Ray Payne
-25 Keith Mukai
-Eric Owusu
-26 Scott Hagel
-27 Jason Brandenburg
28 Bruce Beiesdorf*
-29 Kyle Padera
-30 Mike Galfi
-31 Greg Gebhardt
32 Josh Cimo*
-33 Brian Aites
34 Alex Pajor*
35 Frank Novakowski*
-36 Doug Foerch
-37 Sam Zeman
-38 Tom Huml
-39 Gregg Didech
Jake Weigle*
-40 Chris Stevens
-41 Lee Wood
-42 John Lodewyck
-43 Jeff Levin