



IHSGCA November Meeting Agenda/Minutes

Nov. 14, 2018

Call to Order: 7:03

Attendance: Frank Novakowski, Bill Cordts, Jason Brandenburg, Blaise Blakso, Alex Pajor, Tim Whelan, Howard Rubin, Erik Bostrom, Eric Harima, Michael Costa, Keith Mukai, Matt Meyer, Scott Hagel, Kris Wright

Treasurer's Report: This will be made available once approved by accountant

Current Balance: \$7803.25, Last year at this time: \$9453.71

2017 - 2018 Fundraising:

- Revolution Brewery: held on Monday, Aug. 6, 2018
 - Overall, positive responses from those who attended; approx. 50 people
 - The food was great; it was much less work because Revolution provided the food as opposed to us bringing the food in.
 - \$435 in profit, about \$400 less than last year had the same number of people attended. Need more numbers to make these worthwhile!

- 50/50 Raffle -
 - \$18 profit
 - This raffle was only held at one sectional: Wheaton Warrenville South (Wheaton Coop).
 - At most other schools/sectionals we weren't able to get approval from administration due to game of chance regulations.
 - We can still continue to try them at the schools who do allow them.
 - Prior to the conference and sectional meets, 50/50 kits will be created; kits will contain the following:
 - Letter to the AD and principal relaying pertinent information regarding the IHSGCA, the 50/50 raffle, and how the profited funds will be used.
 - Instructions on how to run a 50/50 Raffle.
 - Posters and signage to be displayed at the event.
 - Raffle tickets.
 - The hope is that being provided everything necessary to conduct the raffle, more locations will host them.

- Senior All-Star Meet Donations
 - Due to new site, door entrance fee was collected for the host to pay their workers, rental fees, hospitality, etc.
 - This did not lose us money, but did not gain any either
 - The assn. and host will work together this year to amp up any potential door donations, shirt sales, etc. to raise funds for the assn.
 - Perhaps shout outs, program advertisements, solicited donations, can generate funds and asking for volunteer workers instead of paid could help as well.

- Open Gym: USGTC & Gymnastics Shop
 - Thank you Julian Basler for offering these fundraising open gyms.
 - None were run this past season (2018) due to conflicts of dates/times with his gyms and our season.
 - We hope to revisit this as a viable and successful fundraising option for this season.
 - We can also possibly reach out to other gyms more centrally located to host “open gyms” just like Julian so that we can hit more schools within all areas of Illinois. If anyone has ideas please feel free to let us know.

2018-2019 Fundraising:

Lagunitas Fundraiser – 11/19/2018

Lagunitas Brewing Company

1843 S. Washtenaw Ave.

Chicago, Il 60608

In the “Basement” area- follow the Willy Wonka beer path... Enter parking lot at 17th and Washtenaw

- 5:30pm - 8:30pm
- \$20 entrance, includes admittance, food and one BEvERage, each additional BEvERages are \$6
 - *We need more attendees to not lose money at this event. Without successful fundraisers we will not be able to fulfill our mission and provide the scholarships and events/awards that we do.*
 - *Add Games? rock paper scissors was one suggestion- players buy entries and create a tournament with multiple chances for buy in, gets everyone involved.*

- **Other possibilities for this year:**
 - Repeat Revolution Brewery Fundraiser - Frank Novakowski has booked next year, Monday, August 5 for our summer brewery date. Thank you Frank for the legwork on all of this.
 - Team set-up and tear-down of club invites - Frank to help organize.

- Fast, easy, and large sum of money
- *Several dates are open this year at Pheasant Run, and will gain \$1500 approximately each time*
- *Pineapple classic tear down is another option - 15 dollars an hour per person, Dec. 16, 5:30-10pm, Could received pay and split however we'd like*
- Another date at Lagunitas if there is enough interest.
- Repeat raffles, restart open gyms, and continue asking for donations before and at the All Star Meet for entrance and programs, shout outs ec.
- Other ideas:
 - Kind of like “jump rope for heart” but “back flips for association”
 - Have gymnasts get sponsors for doing “x” amount of backflips during a set date and time where ALL teams in the state will participate, competition amongst schools? Competition at Senior All Star? Total Amount raised? Number of backflips performed?

NOTES: Reopen casino nights? Large sum of money for just working a few hour shift. Perhaps we can poll at the clinic if coaches would be willing to work, perhaps we can find out what our role would look like. Amazon smile?

2019 Season:

Season Begins:

- Monday, February 11, 2019

Sectionals:

- Seeds due March 26, 2019
- Sites TBD, posted March 28
- Monday April 29 - Saturday, May 4, 2019
- List of Participants due April 15

State Meet:

- Fri.-Sat., May 10-11, 2019
- Hoffman Estates High School, 1100 W. Higgins Rd, Hoffman Estates.
- Thank you Ryan Brown for hosting- it was a great meet and very well run!
- *Non- competitors were brought by a few teams and got kicked out between sessions and had to wait outside in the cold before coming back in. Not a huge deal if they had to pay again to get back in, but could we create a waiting room or lobby area that is indoors for non competitors who are sticking around?*

Golf Outing / HOF Banquet:

- Monday, May 13, 2019, 7:00pm
- Morava Center 110 W Camp McDonald Rd, Prospect Heights
- Inductees: Greg Gebhardt and Scott Phillips
- Coaches awards will be announced before state competition on Saturday
- Certificates will be handed out at the HOF Banquet
- Old Orchard Golf Club in Mt. Prospect
- Golfing is optional; please make every possible attempt to attend the HOF Banquet to support these fantastic coaches and all they do.

Brinkworth Senior All-Star Meet:

- Last year host was Hinsdale South
- Tentatively - Friday, May 17, 2019, 6:00pm
- Date flexible
- Last year was a great meet, Thank you to Anthony Colant for hosting. If others are interested we can discuss options for this season. Anthony please let us know also if you are still able.

Judges' Clinics and information:

- **Tuesday, Nov 13, 2018 and Thursday Nov 15, 2018** (must attend both sessions) 6:00pm - 9:00pm
- Glenbard West High School - Biester Gym - upper classroom - G5
- Food provided, please come prepared with judging materials, sheets, rules books, etc.

Saturday, February 2, 2019 9:00am - 3:00pm

- Glenbrook South High School - Enter East Side and follow signs, Room TBD
- Food will be provided.

- We need more judges - another crop of judges have retired or stepped away - please plan to attend one!
- Reach out to former graduates to help. Reach out to girls' coaches, assistants, etc.
- It's better to be certified and ready to judge than to have to force a coach to judge. Reflects poorly on us if we run out of judges.
- Additionally, being a judge makes you a better coach and helps you know the rules more thoroughly.
- Taking just one or two meets helps tremendously- take an early season or under-level meet to start
- Take advantage of shadowing opportunities for your own education or for the \$25 incentive

NOTES: Communicate early to assignment chairs to ensure convenient or preferred judging assignments We've emailed alumni list we have and have received several interested responses already- it just takes a simple email to your graduates and they might want to help- please consider helping both recruit and sign yourself up for a meet this season.

Rulebook:

- The most current edition of the rules, rules addendums, interps, FIG book, etc. which IHSA Boys Gymnastics abide can be found at
 - <http://www.ihsgca.org/index.php?pageID=19>

Winter Coaching Clinic

- Friday, December 7, 2018, 8:00am - 2:30pm
- Hoffman Estates High School

Tentative Schedule:	8:00 am - 8:30 am	- Registration and Sign In
	8:30 am - 9:30 am	- IHSGCA Meeting
	9:30 am - 10:30 am	- Rule Interpretations
	10:45 am -12:00 pm	- Presentations
	12:00 pm -12:45 pm	- Lunch (provided)
	12:45 pm - 2:15 pm	- Small group discussions/clinics
	2:15 pm - 2:30 pm	- Conclusion

NOTES: We will look into perhaps a practice judging session and a portion to go over inquiry process among our other sessions on coaching tips, nutrition, pre-hab, etc.

Rules Proposals

- Discussion of Rule Proposals per the May meeting

RULES PROPOSAL DOCUMENT can be found here:

<https://docs.google.com/document/d/16Dg03RkYbEOc6MgMs5H4tRfNgALQ7nxxE-8KJH7ztP0/edit?usp=sharing>

PROPOSALS & DISCUSSION:

New Proposals (Discussion in November, Voting in December):

- Advisory Board Proposal to bring back the regional (week 44), pushing the state meet back a week, proposed by Frank Novakowski
 - judging and seeding issues, later state meet, chance for more awards, another meet for gymnasts to compete in
- Constitutional Amendment to update the timeline for proposing rule changes from May (voting in December) to March (voting in May), proposed by Blaise Blasko
 - faster into a rule book
 - December clinic could suffer
 - get ample time to develop book

- proposing rules from the season before instead of at end of the season
 - could be a 1.5 year delay if you think of something late in season but can't propose until next March and wait for changes.
- Advisory Board Proposal to move gymnastics to a Fall sport, proposed by Bill Cordts
 - https://drive.google.com/file/d/0B_BwcOqIAb0oWm1wd21UTWh6SIZTZXP6R3NKMmdEU2NtYmtj/view?ts=5aefe04f
 - This proposal is thorough on the attached document- would provide potential for less competing sports, lead in from potential summer camps, think outside box and doesn't conflict with club, could diminish numbers of frosh on team. would need to look at sport balance, and have to be approved by us and advisory board.
- Resolution to allow digital attendance to association meetings, limiting to one for credit for voting rights, proposed by Chad Jaros
 - <https://docs.google.com/document/d/1p15NgGdcNIgVBJkioUUYvLD3qftKft7VGMtb1O8Stb8/e/dit?usp=sharing>
 - increasing participation and eliminates excuses
 - people viewing might not be paying attention and still get credit
- Constitutional Amendment to update definition of voting rights, proposed by Chad Jaros
 - <https://docs.google.com/document/d/1p15NgGdcNIgVBJkioUUYvLD3qftKft7VGMtb1O8Stb8/e/dit?usp=sharing>
- Rule Update to eliminate 0.5 team deduction for a failed second inquiry, proposed by Zack Crandall
 - https://drive.google.com/file/d/0B_YCc-NWDL3qZ3ZJVMZiZ0hscWVda3Bac1BVWnlPTDlsNkR3/view?usp=sharing
 - We don't need an added penalty to dissuade inquiry
 - could potentially lengthen meets
 - judges are human and make mistakes
 - it is worth it to potentially make the meet longer in order to make sure we get it right
- Rule Update to update/clarify touching a gymnast on a skill, a skill is still awarded and a .5 deduction, but is left to judge's discretion, proposed by Doug Foerch
 - opens up judges interpretation of a skill
 - makes a safer environment
 - we all know when the spotter facilitates the skill and when they don't
- Rule Update to clarify the requirement to circle out of a skill on PH, proposed by Keith Mukai
 - https://drive.google.com/file/d/0B_BwcOqIAb0oVEpMUzF2M0d0VUYyX1RfVkr4emV4TVdZekhv/view?ts=5aefe05c
- Rule Update to replace frosh mushroom bonus 2 flares with 1 moore, proposed by Keith Mukai
 - https://drive.google.com/file/d/0B_BwcOqIAb0oQVdSUkh2bWw3WVIBam1WSnFGUTJoUGc2a1FJ/view?ts=5aefe06f

- Rule update to specify that PH non-diagrammed A skills (single leg circle and single leg travel) begin and end in front support with leg moving in correct direction, proposed by Blaise Blasko
 - https://drive.google.com/open?id=0B_YCc-NWDL3qOUFoYWdtZFRpWUE2UWRhT09Za0o0WkVPVFZR
- Rule update to limit bonus on high bar turns into or out of giants. A .1 Bonus would be awarded once to each of the following: one ½ pirouette, one blind change skill (no half higgins), and one full pirouette, for a maximum of .3 possible bonus. proposed by Doug Foerch.
 - why no half higgins?
- Rule update to clarify that 6-8 parts are needed to get bonus for .8 or less execution deductions, proposed by Blaise Blasko
 - https://drive.google.com/open?id=0B_YCc-NWDL3qOUFoYWdtZFRpWUE2UWRhT09Za0o0WkVPVFZR
- Rule updates to eliminate .1 bonus for .8 or fewer deductions, proposed by Brandon Tucker
 - <https://docs.google.com/document/d/1AcLhIpKu6cBze4xY1BM6CEynVQ1xiXsAzTICa6F2L8s/edit?usp=sharing>
 - This is a J.O. rule, we should push for more from and emphasis technique
- Rule updates to eliminate unnecessary specific/difficult skills from IHSA bonus, proposed by Brandon Tucker:
 - <https://docs.google.com/document/d/1AcLhIpKu6cBze4xY1BM6CEynVQ1xiXsAzTICa6F2L8s/edit?usp=sharing>
 - FX Eliminate- element group III D or higher multiple layout salto will receive 0.2 bonus
 - PH Eliminate- element group II, E or higher including E flop will receive 0.2 bonus
 - PH Eliminate- E or higher element group III travel with 360 turn will receive 0.2 bonus
 - PB Eliminate- D or higher element group II skills receive 0.2 bonus
 - PB Eliminate- E or higher element group III skills will receive a 0.2 bonus
 - HB Eliminate D value jam to handstand will receive 0.2 bonus
 - Again these are J.O. updates so if we are trying to stick with the rule book they provide then these just stay in. Not terribly necessary to remain since so many skills most are not doing.
- Rule Update - PH Add- a 0.1 Bonus for all circling FIG skills that include at least 180 turn (i.e. spindle, czeckehr, Russian, schwabenflank), proposed by Brandon Tucker
 - <https://docs.google.com/document/d/1AcLhIpKu6cBze4xY1BM6CEynVQ1xiXsAzTICa6F2L8s/edit?usp=sharing>
- Rule Update - SR Add- any FIG skill done to handstand for credit will receive a 0.1 bonus, proposed by Brandon Tucker
 - <https://docs.google.com/document/d/1AcLhIpKu6cBze4xY1BM6CEynVQ1xiXsAzTICa6F2L8s/edit?usp=sharing>

- Rule Update - PB Add - B or higher swing to hand will receive 0.1 bonus, proposed by Brandon Tucker
 - <https://docs.google.com/document/d/1AcLhIpKu6cBze4xY1BM6CEynVQ1xiXsAzTICa6F2L8s/edit?usp=sharing>
- November Voting agenda item:
 - Resolution to have a two judge meet at one home meet. One experienced judge and one inexperienced judge. Proposed by Blaise Blasko
 - To have registered officials an opportunity to judge with an experienced official.
 - One Pro and one Con can be given - no further discussion, voting will take place after
 - passes with 10/2

Voting Eligibility:

- Voting will take place at the winter clinic following the announcement of the proposal, one pro and one con; no further discussion is to be had.
- Full members must attend two meetings before voting to be eligible to vote on association matters.
 - The Winter Clinic does count as one meeting.

IHSGCA Meeting Calendar:

Assoc: Wednesday, November 14, 7:00pm @RMHS
 Assoc: Friday, December 7, (Winter Clinic) @HEHS
 Assoc: Wednesday, January 16, 7:00pm @RMHS
 Assoc: Wednesday, February 20, 7:00pm @RMHS
 Assoc: Wednesday, March 20, 7:00pm @RMHS
 Assoc: Wednesday, April 17, 7:00pm @RMHS
 Assoc: Tuesday, May 7, 7:00pm @RMHS
 HOF: Monday, May 13, 7:00pm @Morava Center

For the good of the Membership/Additional Items:

NAIGC – National Association of Intercollegiate Gymnastics Clubs

- [List of club teams throughout the country](#)
 - https://www.naigc.net/club_list.php
- Please promote NAIGC to our coaches/gymnasts
 - A Great way to get gymnasts involved post-high school. Many athletes don't want to be done after graduation, but are forced to. Publicize these clubs for them in case they aren't aware their college has one.

- Possible means of recruiting coaches/judges
- UIUC Flippin' Illini currently has 3 former SHS gymnasts, 1 Mundelein among others
- Northern Illinois University is growing their program and encouraging any local athlete to join whether or not they attend NIU. Josh Levin has been working with a few people to try and turn NIU into more of a varsity level team. There are a few teams that are involved in Gym Act: Temple, Washington, Arizona State, Northern Cal United, Southern Cal United and most recently NIU. Gym Act goes by NCAA gymnastics rules and Gym Act teams compete against NCAA teams. A few of the boys at NIU work out at Aerial but most of them work out at Energym in Sycamore. Please contact Josh Levin for more info: (joshlevin10@hotmail.com)

UIC/Windy City Invitational

- [Windy City Invitational](#)
 - <http://www.windycitygymnastics.com/>
 - January 18-21st, 2018 held at UIC pavillion, 6:00pm on the 19th
- [UIC Men's Gymnastics](#)
 - <http://www.uicflames.com/index.aspx?path=mgym>
 - As you've seen through the association emails, UIC has been told both of their gymnastics teams will be discontinued at the close of the 2019 season.
 - This is terrible news and terrible for the sport. The claim is that it is to be more equitable and alike to other schools in the conference, but it is for their gym space to have a larger weight training area for their baseball complex they've built within the PE building.
 - The pressure on the university is ongoing, but is needed to continue through phone calls, emails and letters. Please do your part if you haven't and even if you have send some more. Let us know if you need the sample letters sent again. Charley will try to attend our winter clinic to share any new information with us.
 - It is looking like an uphill battle for Charley, but we will continue to support and do what we can as an association to fight for them
 - What else can we do?
 - To show the area's support for the UIC gymnastics teams, please do everything you can to get yourself AND your team to their home meets. There are very few and we need to show the admin and NCAA that there is a fan base. Fill a bus and drive them down for an inspiring afternoon of great college gymnastics.

The Midwest Open Collegiate Meet

The Midwest Open this year on Sunday, March 3rd. The location and time will be announced soon. It will feature a few NAIGC teams: University of Iowa, University of Minnesota, University of Wisconsin and Northern Illinois University. The Midwest Open will donate money to each of these schools.

IHSGCA Meeting Mini-Clinics

- Following each of the association meetings, mini-clinics will be run by fellow coaches.
 - If you'd like to run a mini-clinic please let us know.

Other items:

- *The new inquiry sheets were discussed and pros and cons were developed and a few suggestions were made to streamline the process.*
- *We can discuss these at the clinic and mention what both coaches and judges can do better with inquires.*
- *Regarding the resolution to have a 2 judge meet-you will have to discuss with your conference and A.d. as to how they'll pay them, what meet it would be possible at, etc. assignment chairs will have to be notified and attempt to fill as such as well. You could run a 6 team invite and run 3 at a time and then rotate and it would utilize fewer judges that way.*
- *PROPOSAL: Constitutional Amendment to make association meetings on Mondays instead of Wednesdays to avoid meet and judging conflicts.*
 - ***Article IV***
 - ***Organization***
 - *The Association is hereby empowered to establish and direct the general policy of gymnastics, as it relates to the Association, and dual meet competition, as it relates to the Illinois High School Association.*
 - *A. The Association shall have one meeting per month from November through May.*
 - *1. Specific monthly dates will be the third ~~Wednesday~~ **Monday** of the month*
 - *2. The location will be a centrally located site as determined by the Steering Committee*
 - *3. May meeting will be held the ~~Tuesday~~ **Monday** prior to the state meet.*
 - *Proposed by Erik Bostrom, Seconded by Frank Novakowski*
 -

Meeting Adjourn: 9:11