



IHSGCA Meeting Agenda/Minutes

March 18, 2019

Call to order: 7:08pm

Attendance: Blaise Blasko, Erik Bostrom, Jason Brandonburg, Josh Cimo (V), Bill Cordts, Doug Foerch, Greg Gebhardt, Scott Hagel, Eric Harima, Chad Jaros, Paul Kim, Jeff Levin, Jim Lutz, Joey Mandarino, Rick Meyer, Keith Mukai, Alex Pajor, Scott Phillips, Joe Rogalski, Brandon Tucker, Joon Yun,

If you would like to attend digitally next time- Please let us know so we can keep an eye out for who might be trying to log in. You will click the below link to login to see a stream of the meeting, which we will post at the start of the meeting. You may need to sign in with your email or Gmail, and/or download a plugin in order to do so. You may listen in, and if your Mic is on, speak when you have something to input.

Google Hangout - <https://hangouts.google.com/call/9uBVNEuAo7BpKCbWh1VDAEEE>

Current Balance: \$12,025.46

Balance at this time last year: \$10,128.21

Fundraising:

- Revolution Brewery: To be held on Monday, Aug. 5, 2019
- Another date at Lagunitas if there are available dates
- 50/50 Raffle -
 - Prior to the conference and sectional meets, 50/50 kits will be given to hosts with letters, instructions, posters and tickets
- Senior All-Star Meet Donations
- Open Gym: USGTC & Gymnastics Shop
 - *First Open Gym Fundraiser: This was held Sunday Feb. 24th and went well. We had 17 gymnasts in attendance and a \$20 donation for a total of \$190 raised.*
 - *We are looking at a second open gym will be held most likely on the tail end of Spring Break or potentially on Good Friday April 19, and we will let you know when it is finalized.*
 - *Thank you Julian Basler for offering these fundraising open gyms!*
- Pheasant Run- Repeat additional Team set-up and tear-down of club invites
 - Fast, easy, and large sum of money

- Several dates are open this year at Pheasant Run, and will gain \$1500 approximately each time.
 - **NEXT DATE/Details Has yet to be communicated**
- **VIRTUAL STARS MEET - Please Speak with Jason Orna if interested, to come up with a collective date that works for all! Only a few coaches have expressed interest thus far, and we'd like to finalize details otherwise we will have to cancel.**
 - Josh Levin can “host” Intersquad meet - best gymnast from each level on each event
 - Coaches would Upload videos of routines & judged on-line
 - Great way to start a season; can do during spring break; don't have to go anywhere!
 - Money earned will be donated to the IHSGCA
 - \$150 entry fee per team - breaks down to \$10/gymnasts
 - If 7 schools enter: Total of \$1050
 - There should be 105 gymnasts/routines being scored. The website charges \$3/gymnasts or routine. The site makes \$315 and the IHSGCA would get the remaining \$735.
 - There could be accolades for winners and this provides good opportunities for all participants and our association.
 - **If you think this might be something you are interested in doing please let us, or Jason Orna know - We will need to know ASAP to organize!!**

2019 Season:

Season Begins:

- Rules Video - ***Deadline was March 19, if you were unable to complete, please contact the IHSA***

ALL COACHES remember to log in to do this, and “get the red out” by completing all required items- ***judges ratings, top 15***, etc!!!

Judges - contact Tracie Henry so you don't have to view twice

Sectionals:

- ***Seeds due March 26, 2019- Be sure to submit these digitally through the email that Laura Hennings sent on Tuesday.***
- Sites TBD, posted March 28
- Monday April 29 - Saturday, May 4, 2019
- List of Participants due April 15- Be sure to complete this and accurately screen shot it so you have record of it!

State Meet:

- Fri.-Sat., May 10-11, 2019, Hoffman Estates High School
- **Friday Team State Meet WILL START AT 5PM, NOT 6PM**
- Hoffman Estates High School, 1100 W. Higgins Rd, Hoffman Estates.
- ***Senior Gymnast of the Year:*** nominations are due prior to the April meeting, 4/15/19.
 - Nominations are submitted online on the IHSGCA website.
 - <http://ihsgca.org/index.php?pageID=17>
 - Resumes will be emailed prior to the voting at the sectional meet.

- **John Brinkworth Scholarship:** nominations are due by April 15.
 - *Nomination form and letters of Recommendation are emailed to Betty*
 - *Nomination for this award is attached!*
 - Axelson-McClelland: Eggsgymbetty@aol.com
 - Nomination form is found on the IHS GCA website
 - http://ihsgca.org/_fileUploads/20180117_080351_10.pdf
- **IHS GCA Scholarship:** nominations are due prior to the April meeting, 4/15/19.
 - Nominations are submitted online on the IHS GCA website.
 - <http://ihsgca.org/index.php?pageID=16>

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:

- Host and details: Hinsdale South
- Friday, May 17, 2019, 6:00pm
- Last year was a great meet, Thank you to Anthony Colant for hosting. We will send more details closer to the Meet

Judge's information:

- Coaches and officials - video/test are now available
 - **March 19th was the final date to register as well as take the test.**
- **If you are still able to judge, please see an assignor to make this happen.**
- ***Assignors can ONLY assign judges IF your names are on the registered list. If they are not, they cannot assign you to any meets. They will also not see you if you haven't passed the concussion exam.***
- ***Number of meets need to be filled.... 69 ~~52~~ ~~42~~ ~~31~~ 26 SPOTS LEFT TO BE FILLED- Thanks to those who stepped in, please continue to do so! Please click this link for remaining openings -there have been several meets where coaches have had to judge their own meets. please help alleviate this problem.***
- 11 judges have not re-registered or come back this year. We need coaches to help out!
- Take advantage of shadowing opportunities for your own education or for the \$25 incentive
- Take, or make your own, flyer to advertise at your meets, or on twitter, to reach potential judges
- Officials will need to sign up for Arbiter Pay for state series. This is how the IHSA will pay officials now.
- Please be sure you have updated and completed your concussion exam as well.
- Please be patient with new judges

- Please rate officials after each varsity meet- Stay current with this and your top 15 list

Doug – A lot of meets seem to be clustered on the same days. I looked at the openings and I have a meet on all the days where there is an opening. Maybe next year we can do something to split up the days that schools are hosting meets so that more judges can be available.

Blaise – A protocol was put in to the constitution last year, so we need to follow that protocol. One person needs to judge everyone on a single events. Head coaches, please have a plan now.

If you have former gymnasts, please encourage them to shadow

JUDGES TRAINING VIDEOS:

- To help with your training- Brandon Tucker has graciously begun to develop judges training video tutorials on youtube for those of you who could not attend the clinics or mini clinics. Please view these videos and consider joining our team of judges, and thank you Brandon for developing these!

[- General overview](#)

[- Floor Ex](#)

[- Rings](#)

Rulebook/Rules Interps:

- *Please stay up to date with Rule Interps. And check them frequently on the website. There was a new one released 3/12/19.*
- Please be aware that the new current IHSA Rule Book, addendums, etc can be found here:
 - <http://www.ihscca.org/index.php?pageID=19>

Rules Proposals

- Due to the new Voting timeline, if you wish to make a rules proposal for next year, you must have submitted your Rules Proposals in writing before today's MARCH meeting, with discussion in April, and voting in May.
 - Please see the Constitution excerpt for complete rule change details.
 - The Constitution in total can be found on the IHSGCA website.
- IX.A.4 "A proposer will read and explain his proposal(s) and answer questions only for clarification."
- IX.A.5 "No debate shall be allowed on any proposal at this meeting."
- IX.A.6 "A proposed rule change must be seconded by a full member to be brought before the membership for debate; otherwise it will be dropped from further consideration."
- In May- Voting will take place following the announcement of the proposal, one pro and one con; no further discussion is to be had and Full members must have attended two meetings before voting to be eligible to vote on association matters.

Proposals:

- **Please take a look at the google doc or printed packet of proposals.**
- <https://docs.google.com/document/d/1M7eATeMbDI2W4QaHeD9Wr2k9MVklcbtKAVsxDQTcyg/edit?usp=sharing>
- **Constitutional Amendment:**
 - Proposal by Chad Jaros- Update the term of officers to be 2 years. Each year a new secretary and Vice President would be elected.
 - Second: Bostrom
- **Rules Changes proposed by Doug Foerch:**
 - 1. Only one 'B' value or higher scissor.
 - Second: --
 - 2. Frosh PH-Keep moore and replace spindle with back moore.
 - Second: Bostrom
 - 3. HB-only allow bonus once for each of the following turns, any kind of 1/2 piro, blind change, 1/1 piro.
 - Second: Bostrom
 - 4. FX-May receive no more than two 'B' or higher skills from EG I.
 - Second: Jaros
 - 5. SR-No bonus for 1/1 tw back somi.
 - Second: Pajor
 - 6. SR-.Remove shoulder stands from non EG list and make it a .2 deduction.
 - Second: Jaros
 - 7. PB-front up rise needs to finish with hips bar height, regardless of following skill.
 - Second: Mukai
 - 8. V-have a minimum distance required for no deduction.
 - Second: Bostrom
- **Rules Proposal, by Eric Harima:**
 - **Modify the third bonus on freshman mushroom from a moore to back to two flairs.**
 - **Second: Jaros**
- **Rules Proposals, by Blaise Blasko:**
 - Proposal 1: Starting time for all boys gymnastics meets on weekdays is 6:30.
 - Second: Bostrom
 - Proposal 2: On Pommel horse, all FIG skills that end in front support without a circle or circling attempt afterwards will receive skill value but no element group or bonus credit.
 - Second: Harima
- **Rules Proposal, by Ryan Dul:**
 - Proposal: To allow SB #5 on Freshmen Floor to be allowed following only one back handspring without having to perform SB #4. For example, a gymnast who competes Round-off - Back Handspring - Back Salto will still be able to receive SB #5 even though they did not compete SB #4. A gymnast who completes Round-off - Back Handspring - Back Handspring - Back Salto would receive both SB #4 and #5.
 - Second: Pajor

IHSGCA Meeting Calendar:

Assoc: MONDAY, April 15, 7:00pm @RMHS (SGOY, Schol. Noms. due)

Assoc: MONDAY, May 6, 7:00pm @RMHS (voting takes place)

HOF: Monday, May 13, 7:00pm @Morava Center

For the good of the Membership/New Business:

NCAA Championships:

- **Fri. Apr. 19 - Sat. Apr. 20, 2019 NCAA Championships in Champaign-Urbana**
 - Join the Facebook page for the most up to date information on how the IHSGCA is supporting UIUC and this prestigious honor hosting the NCAA Championships
 - NCAA Gymnastics Alumni -- Facebook Group
 - Purchase tickets at Fightingillini.com
 - Please see and hand out/publicize the attached flyer
 - PLEASE TRY TO MAKE THE TRIP TO SHOW SUPPORT FOR NCAA GYM!
- *Special guest Mike Burns from Minnesota*
 - *Thank you to Mike burns for chatting with us digitally tonight. Mike discussed how last year's NCAA championship was great, and how impressed they were with the attendance. He thanked our association for being the rock where gymnastics was a stronghold in the country and for providing coaches and gymnasts over the years, and for our continued efforts to continue the sport and help it thrive. He hopes he will see a lot of us at the NCAA next month and we can replicate the attendance numbers from last year.*
- *Jeff Levin*
 - *A couple of years ago with the Larry Nassar situation, gymnastics took a big hit*
 - *Need to change the narrative about USAG and NCAA gymnastics reorg / dropping teams*
 - *The association is about 60 years old*
 - *Illinois high school gymnastics fed the US for talent in the late 1900s*
 - *Used to have 185 collegiate teams*
 - *Blaise and Jeff proposed to have reunions at the NAAs last year, and it was very successful*
 - *Mindset of 'They' will get gymnastics out of the dire situation is something we have to eliminate. We are the people that can improve the health of the sport of gymnastics in the U.S.*
 - *Last year we put over 4,000 people in finals*
 - *This year NCAA championships are in Illinois again, the stronghold of gymnastics*
 - *Going to the NCAA is something WE can do to save the sport*
 - *You should approach this by **sending a bus** with your whole team*
 - *If the U of I athletic director sees stands with just parents, he can do whatever he wants with our sport*
 - *If we have 50 teams who each send 30 kids, that's 1,500 kids*
 - *Josh Levin made a video and bought 50 tickets, gave them to kids at his club*
 - *Mark Diab bought 100 tickets, and gave them out*
 - ***If we don't do it, it's not gonna get done***
 - ***Every coach should hire a bus, get your tickets in advance, bring your whole team down for one day, and watch the best gymnastics the U.S. has to offer***
- *Blaise*
 - *A bunch of teams have Kafka invite, the rest of the teams have practice on Saturday April 20th*
 - *Get on a bus at 2:00, arrive at U of I at 4:30*
 - *Meet starts at 6:00, ends by 8:30*
 - *Get home by 12 or 12:30am*

- *We have the opportunity this year, please make the commitment, in future years it won't be this close and we won't have the opportunity to travel to support the championships*

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)
- Please see attached cover letter from the NIU club for more information as well

Membership

- If a member hasn't paid they can still pay for the membership in order to vote provided they attend the two required meetings.
 - \$25 dollars for head coach, \$20 for assistant

Ideas/goals for action plan of recruiting judges:

1. Flyers to be posted around local gyms, park districts, schools, etc ...
 - a. Creating a physical presence with visuals for people to see
 - b. At least it's out there and visible, and hopefully we get a few bites from club coaches, or even parents or former gymnasts.
2. Hiring/Getting an Advertising firm that can find, reach, and get information to a targeted audience through the use of social media (twitter, facebook, snapchat, etc ...) They have the ability and know-how of how to go about this and blast our goal audience with all things high school gymnastics. By doing this, it will:
 - a. Create awareness of our sport to "outsiders"
 - b. Reach out to those individuals and targeted audience to allow them "into" our world so that they can see and know of all the things that we do.
 - c. Be a way to get them more involved if they so want to by judging.
 - i. What is our target audience?
 - ii. Can we find a contact person amongst our own that would be willing to do this at a fair cost or even free out of pure generosity?
3. Reformat the "New Judge Shadow Program" to make it more like a mentorship program
 - a. New judges are assigned a mentor to a veteran judge

b. More details can be laid out and we can make this much more formalized

- **Blaise to Pajor – From the information you know, we would have to hire an organization to get the demographics that would help out?**
 - **For a given blast, it would be only \$50 for a 15 second video?**
 - **It depends on the platform and the demographics**
 - **To Pajor – Can you come up with a financial proposal, basically an estimate with the total expected cost for a social media outreach project**
- **Harima – We could have a Illinois gymnastics hashtag where we can tag all the videos and pictures that athletes and coaches post. This would allow people to search for a bunch of videos very easily, and potentially builds awareness**

Mini Clinic on Inquiries - Brandon Tucker:

Brandon explained the new format of the inquiry sheet for conference meets and state series. It is made in a way to be more descriptive of the routine and what your desired result is, to make it easier for both coaches and judges. Thank you to those who worked to revamp this form.

Mini clinic on judging techniques (practice judging videos)- Blaise B., Brandon T.,:

Thank you to Blaise and Brandon for running a brief clinic on how to break down a routine to figure out what the start value is, the parts of the routine and the basic deductions. We discussed how easy it can be with a little practice and after practice judging the one routine we had an even better understanding of pommel horse basics, and it took some of the stigma and nerves away from doing pommel horse, or judging in general. We will look to do another one of these at the April meeting, on a different event. We hope you can attend to educate yourself to become a judge or just a better coach.

Individual Gymnast- from Geneseo who is looking to get into a couple meets before the state series. Due to the drive, they are looking for one on a weekend. If you host a meet or invite that would be conducive to including an individual, please let me know, or contact the school/coach directly to invite them. It is great we have interest from club gymnasts wanting to get involved in the high school!

Contact:

Chris Ward 563 529 4515 or 309 945 0513, cward@geneseoschools.org

- **Blaise - It is very important for you as a head coach to print out the entry sheet (list of participants) for the sectional/state meet before you submit it. Double check it three times over, to make sure that every kid you MIGHT use is on there.**
- **Bill – Attendance is down big in WSC Gold on the frosh/soph level.**
 - **Are other teams having this happen?**
 - **Might we switch to a JV2 instead of frosh/soph like the girls do to help it be more competitive**
 - **For next meeting, can teams report back with numbers to help us make a decision about what to do next year?**
 - **Also ran into some past coaches and judges recently.**
 - **Why are we not targeting the retired hall of fame coaches for judging, and to help the sport stay afloat**

- *Many previous judges and coaches have retired or moved, but we will continue to reach out to them.*

Meeting Adjourn: 8:43pm