

# Association Meeting

*Agenda/Minutes*



## Call To Order

2020 March 23

7:00 pm

Digital

[Video Conference Link](#)

Phone Conference: (312) 626 6799, Meeting Code: 506-426-585#

## Attendance

Blaise Blasko, Mike Galfi, Tony Ciezadlo, Xavy Berry, Scott Phillips, Joe Rogalski, Adrian Batista, Tom Huml, Jake Luketin, Scott Hagel, Frank Novakowski, Ryan Dengel, Keith Mukai, Dan Bajek, Doug Foerch, Don Raymond, Sam Zeman, Erik Bostrom, Alex Pajor, Jason Orna, Greg Gebhardt, Eric Harima, Bill Cordts, Paul Kim, Keith Mukai

## Balance

- Current Balance:
- Balance at this time last year:

## Covid-19 Status

- IHSA has not decided to postpone or cancel the state series at this time
- All schools are closed until at least the 8 April
  - CPS closed until April 20
- Virtual Stars Meet, sent by Jeff Levin
  - Flyer:  
<https://drive.google.com/file/d/1J2MRXbhncaAQsg4la7HDbrQ8I5N2Fyv/view?usp=sharing>
  - Waiver:  
[https://drive.google.com/file/d/1mIVhd2pJ-7\\_UHpn4CS3TgwG9DLyAy3K6/view?usp=sharing](https://drive.google.com/file/d/1mIVhd2pJ-7_UHpn4CS3TgwG9DLyAy3K6/view?usp=sharing)
- Thoughts about HOF Banquet and All-Star meet?

Dan Bajek - sharing google drive folder with workouts to do every day, notes about rules and routines

Galfi - sending kids videos every day, google classroom

Blaise - IHSA requires 2 weeks of preseason workout before the first meet. May be a limiting factor about when we can start having competitions. Not sure how firm they would be on state series. Maybe we can delay state meet until June

Scott Phillips - Hoffman hosts state volleyball after gymnastics, June 5th and 6th. Could be a conflict

# Rule Proposal Presentations

Clarifying questions only. Discussion will occur at the April meeting.

- Replace the Freshman Compulsory Routine with a tumbling event -- Blaise Blasko, **Second Greg Gebhardt**
  - A routine will consist of three passes with a minimum of three skills per pass. Event Requirement (ER) 0.4
  - Forward and backward tumbling skills must be demonstrated. ER 0.4
  - Event requirements are:
    - alternating skills. Skills must be off the hands and feet. ER 0.4
    - bounding saltos. Difficulty is combined. ER 0.4
    - twisting skill of at least 1/2 twist. ER 0.4
  - FIG and IHSGCA recognized skills are to be used.
  - Repetition of skills is permitted for credit, unlimited number of times.
  - Judge on a 10.0 scale.
  - After the last skill of a pass the gymnast can walk to the end of the mat. Within two seconds they must start the next pass.
  - **Rationale**
    - Return of a tumbling event to the freshmen level would be close to having an attraction event for kids similar to trampoline. These rules are what we used for tumbling prior to FIG rules.
- Restructure the Floor Exercise Freshmen Compulsory Routine with new tumbling requirements, specified bonus, and virtuosity. -- Blaise Blasko, **Second Greg Gebhardt**
  - Replace skill 1, forward handspring, with round-off salto backward. Jump 1/2 turn.
  - Eliminate Specified Bonus #1 Full Pirouette. Replace with Specified Bonus #1: Front salto with twist (minimum 1/2 twist), add jump 1/2 turn after or back salto with twist (minimum 1/2 twist). SB:+0.4. Virtuosity for full twist skill with less than 0.3 deduction. 0.1
  - Eliminate Virtuosity for doing split or pancake (0.1)
  - Eliminate Specified Bonus #2 straddle press handstand hold 2 seconds and Endo roll press to handstand.
  - Skill 6 dive roll change to salto forward tucked to stand. Virtuosity for salto shoulder height 0.1.
  - Eliminate Specified Bonus #3 in #6 skill box salto forward tucked.
  - Insert Specified Bonus #2 bounding saltos (front or round-off back, or round-off back to front. SB 0.4 After front bounders do jump 1/2 turn.
  - Eliminate back extension Virtuosity (0.1 through handstand).
  - Skill 9: back leg of scale at horizontal.
  - Eliminate scale Virtuosity (0.1 scale leg horizontal).
  - Eliminate Specified Bonus #4.
  - Add new Specified Bonus #3: Round off, back handspring, back salto tucked. SB 0.4
  - Eliminate Specified Bonus #5.
  - Add new Specified Bonus #4 & #5. Alternating salto backward . #4. (BH, BS (0.4), #5 BH, BS (0.4) or BS (0.4), BH, BS 0.4)
  - Eliminate \*Note p50.
  - **Rationale**
    - Implement tumbling Event Requirements into the freshmen Floor Exercise event if one wants to keep the FX event.
- Do not adopt the 2020-2024 FIG Book, Part III Apparatus Skills. Maintain the 2017-2020 FIG Part III Apparatus as our skill values. -- Blaise Blasko, **Second Greg Gebhardt**
  - **Rationale**

- The FIG Part III Apparatus Skills are moving toward removing basic skills that our high school athletes can perform. FIG athletes practice year long while our high school athletes are three month athletes.
- The non-element “A” skills list will apply only to lower level gymnasts (JV/Soph). -- Blaise Blasko, Second Frank Novakowski
  - **Rationale**
    - It has been several years since transitioning to FIG skill values. Initially the non-element skill list was developed to bridge this gap. Most of these skills should not count as varsity level skill values. It is time to require varsity level skills for our varsity athletes.
- The following non-element “A” skills will receive value at the varsity level -- Blaise Blasko, Second Frank Novakowski
  - Parallel Bars:
    - Fly away at end of bars.
    - From support Moy to upper arm.
    - Peach to upper arm.
    - Kenmotsu to upper arm.
    - Front salto to upper arm.
  - Horizontal Bar:
    - Cross arm giant swing in over grip.
  - **Rationale**
    - These are acceptable varsity level skills to have in a routine rather than single leg circles, round - offs, shoulder stands, forward rolls etc.
- Remove Rule II-A-2-d from 2017-2020 NFHS Boys Gymnastics Rules and Procedures -- Blaise Blasko, Second Frank Novakowski
  - (All B value dismounts on Floor Exercise will not receive stick bonus.)
  - Correct Bonus Table - Optional Levels
  - **Rationale**
    - Sticking a dismount is good gymnastics. A “B” value dismount in Floor Exercise should receive stick bonus as other events.
- Change all underleveled competitions from Frosh/Soph to JV2. -- Bill Cordts, Second Jake Luketin
  - **Rationale**
    - To follow suit with what girls are doing
- Eliminate compulsory routines for Freshman and follow the same rules as Varsity. -- Bill Cordts, Second Tony Ciezadlo
- Change to IHSA Rules Book, D.5 Parallel Bars -- Zach Crandall, Second Jake Luketin
  - Current rule: Only one of the following static skills can be used in a Parallel Bar routine. They will receive Element Group I credit and assigned the appropriate difficulty. A legs together planche or “V” will be given “B” difficulty value. A legs together planche on one bar, any Manna or swallow/maltese will be given “C” difficulty value.
  - Proposal: Modify the bolded section above to read, “Only TWO of the following static skills can be used in a Parallel Bar routine. They will receive Element Group I credit and assigned the appropriate difficulty. A legs together planche or “V” will be given “B” difficulty value. A legs together planche on one bar, any Manna or swallow/maltese will be given “C” difficulty value.”
  - **Rationale**
    - Our high school gymnasts should be rewarded for being able to do a legs together and a “V” or a swallow/maltese, so they should be able to get credit for more than just one.
- Extend the current JV/V rules one more year. The current rule book would apply to years 2017 - 2021. The next rule book would apply to years 2022-2025. -- Tony Ciezadlo, Second Chad Jaros
  - **Rationale**
    - It doesn't make sense to vote on rule changes when we do not know what rules will be in place.

- We allow one year for FIG to iron out issues regarding their new rules before we start using them. Last time FIG changed their rules, we were subjected to several last minute changes which led to confusion among coaches and gymnasts.
    - This would be easier on gymnasts, coaches and judges in the short term and will allow an extra year to learn the new rules.
- Freshmen will compete using varsity rules, but allow gymnasts to repeat each skill one time. -- Tony Ciezadlo, **Second Frank Novakowski**
  - **Rationale**
    - Provides an easier start for freshman, enabling a smooth transition to varsity, and potentially being able to retain participation numbers,
    - Easier for judges, which could increase growth of future judges.
  - Allows for more flexibility for coaches to work on the specific needs of their gymnasts.
- Rule 2.II.A Routine Construction Table - Frank Novakowski, **Second Alex Pajor**
  - Modify Difficulty Values - change a B from 0.3 to 0.2. All others remain the same.
  - **Rationale**
    - Encourages and incentivizes gymnasts to perform higher level skills.
- Move gymnastics season to the Fall season - Greg Gebhardt, **Second Frank Novakowski**

## Motions

The IHSGCA Rules Committee will evaluate the FIG 2020-2024 Part III Apparatus and make a recommendation at the 2020 May association rules voting meeting to accept the new skills or continue use of the existing 2017 - 2020 apparatus skills. -- Blaise Blasko, **Second Chad Jaros**

## Finances

### 2020 Association Fees

- Head Coaches: \$25
- Assistant Coaches: \$20
- Judges: \$15
- Hall of Fame: \$0
- December Clinic: \$45 + normal fee

## Fundraising

- Casino Night
  - Casino night on Tuesday, May 26th
    - 1pm - 12am
    - Astoria Banquets  
1375 W Dundee Rd  
Buffalo Grove, IL 60089
    - Volunteer Schedule
      - <https://docs.google.com/spreadsheets/d/1vIUZFw1p5oRvr44HIB1h5gkGuGMf1FtWBhfAPSWg7DY/edit#gid=0>
    - Event is still planned to occur at this time
  - Looking to set up additional dates in June and July. Poll availability of membership for popularity of dates
    - List of dates pending from RCG Poker

## Philanthropy

- Brinkworth Scholarship
  - April 16th deadline
  - Nomination Form
    - <https://drive.google.com/file/d/1ko9H3QnpVrQkmd17DLjt7BQMCPs2JzY3/view?usp=sharing>

## 2020 Season

### Open Positions

- Highland Park – Assistant coaches
- Stevenson – Assistant coach
- Hinsdale South – Head coach and two assistant coaches
- Hinsdale Central – Head coach and assistant coach
- Homewood-Flossmoor – Head coach or assistant coach
- Lake Park – Head coach
- Schaumburg—Assistant coach

### State Meet

- USAG letter to IHSA regarding USAG State Series
  - [https://drive.google.com/open?id=1\\_xpEj\\_n5FGIaGdwAnbqPQLPI\\_nmpKuo](https://drive.google.com/open?id=1_xpEj_n5FGIaGdwAnbqPQLPI_nmpKuo)
- 60th anniversary Hall of Fame gathering
  - HOF Reunion
    - Scott Philips to contact HOF members
    - Hall of Fame members will be announced at walk-in of Individual Prelims on Saturday, before the teams are announced
    - Banquet will be catered at Hoffman Estates between Prelims and Finals
      - Spouses invited to banquet
  - Alumni Reunions
    - Need Head or Assistant coaches to organize alumni gatherings at state meet
    - Alumni are not invited to banquet
    - Attendance at the state meet is KEY to balancing the IHSA deficit
    - Alex Pajor made a Facebook group for the IHSGCA (Illinois High School Gymnastics Alumni) as a means to gain attention and keep alumni in touch. Also a means for communication amongst our association and everybody else.
      - <https://www.facebook.com/Illinois-High-School-Boys-Gymnastics-Alumni-105273324391749/>

Motion to postpone HOF reunion to following year - Blaise Blasko, Second Greg Gebhardt  
- Motion passes unanimously  
- Scott to try to get ahold of folks

## Brinkworth All-Star Meet

We don't have a school locked in to host. If you have a nice facility, please see if you can host.

Joe Rogalski at Stevenson is a potential

Jake Luketin at Lake Park is a potential

Adrian Batista at Niles West is a potential

Julian Basler at USGTC in Lake Zurich might be interested

Ryan Dengel at Elk Grove can host as backup; they don't have a ring rig

Doug - Maybe we an Unofficial" Senior State Invitational if the IHSA state series is cancelled, so that the kids have something

Can we host one of these things at a club, like an unofficial competition. Tom Worth (St. Charles Gymnastics) used to host at Addison Trail and managed the insurance policy.

## Coach Participation and Recruiting

### Participation in the Association

- Call your friend coaches, ask them to come
- Bring your assistants
- Peer pressure works

### Recruiting new coaches

- Please help us collect emails for graduating seniors and recent graduates using the following form
  - [https://docs.google.com/forms/d/e/1FAIpQLSdr3EBpbOI0bpFhfzJ6fHjbUmxnWbe2IQhe1JI397YMCJf5Zg/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLSdr3EBpbOI0bpFhfzJ6fHjbUmxnWbe2IQhe1JI397YMCJf5Zg/viewform?usp=sf_link)
- We will attempt to regularly contact them to recruit for judging and coaching positions

### Winter Clinic Videos on YouTube

- <https://www.youtube.com/playlist?list=PL2h1bUGemMrf1O9PuNBeCDwKFerfNWKX1>

## Judging

- Please sign up if you have not. First year judges do not have to pay a late fee

### Please rate your judges

- When hosting a meet, please help coaches remember to rate judges
    - Add judges names to score sheets so that it's easier to remember who judged each event
    - If using Meet Scorer, there is a "notes" feature that can be used to add information to the printouts
  - The following blurb may help
    - Please remember to log in to <https://center.ihsa.org/go/ihsa/login.asp> and rate your judges from tonight
- Judge 1 - FX, HB

Judge 2 - SR, V  
Judge 3 - PH, PB

## Judges Training Videos

To help with your training for both judging and coaching- 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! They can also be found on the association webpage.

- [General overview](#)
- [Floor Ex](#)
- [Rings](#)
- [Vault](#)
- [Parallel Bars](#)
- [High Bar](#)

If you have underclass routines, please send them to Brandon Tucker.

## Judging Resources

New [Judges "Welcome Letter"](#)

New [Judges "Starter Pack - rules in, go to skill sheets, and sample judging sheets"](#)

## Rules & Interps Updates

<http://www.ihsgca.org/index.php?pageID=19>

## Recent Changes

- 2019 May
  - Freshman FX - Can receive credit for Bonus #5 (back tuck) without completing Bonus #4 (second flip flop)

## Calendar

Public Calendar with Association Events for the season:

<https://calendar.google.com/calendar/embed?src=gm5n1jc9updj7jvq5ugjs8c8l4%40group.calendar.google.com&ctz=America%2FChicago>

## Upcoming Dates

- 2020 March 23
  - Association Meeting
    - 7pm, Rolling Meadows High School
  - Rule Proposals Due!
- 2020 April 15

- State Series seed scores due
  - Must complete rules exam and video in ihsa.org
- 2020 April 16
  - Brinkworth Scholarship Nominations Due
- 2020 April 20
  - Association Meeting
    - 7pm, Rolling Meadows High School
  - Before meeting, nominations due:
    - Senior Gymnast of the Year
    - IHSGCA Scholarship
  - During meeting nominations taken for:
    - new board and committee postings
    - outstanding press coverage
  - List of State Participants Due

**For the good of the Membership/New Business:**

## **Meeting Adjourn**

Adjourned 8:30