

PA NAWGJ NEWS

January 2024

Pennsylvania Judges Cup

Pennsylvania Judges Cup was held at AJS Pancott this year the weekend of December 15-17. What a success! A big THANK YOU to the following judges for volunteering their time or making a donation -



Susan Adamczyk
 Marcy Blitz
 Leslie Boyer
 Kristin Bradford
 Amy Busse
 Carla Ceralde
 Barbara Cutillo
 Marianne Edwards
 Alison Fischer
 Angela Friend
 Ashlie Grimes
 Jessica Guffey
 Julia Harris
 Stella Hewlett

Cynthia Hills
 Barb Jani
 Denise Johnson
 Linda Kothe
 Amanda Lane
 Betsy Lee
 Tamara Lomanovitch
 Cindy Loring
 Anne Malone
 Michelle Marshall
 Kelly McLaughlin
 Carole Micsion
 Amy Miller
 Margie Myers

Jean Noecker
 Kris Olson
 Mary Ann Olson
 Lynn Ross
 Connie Schultz
 Debi Schwab
 Janet Stultz
 Kate Shiller
 Tracy Siverson
 Kathy Vicario
 Shannon Watson
 Debbie Yohman



And thank you,
thank you, thank you
to Laurie Lengel for planning
and organizing the entire
weekend!

Do you want something included in the next newsletter?
 Let me know! Email llengel3987@gmail.com

Quiz Korner | Questions

Test your knowledge with the following questions (answers can be found later in this newsletter) -

Determine the start value and "up to level" compositional deductions for the following routines

- Level 8 Floor - Dance includes a sissone → cat leap full turn → straddle jump indirect series and a 1 ½ turn in passe. Acro pass #1 - front pike → roundoff → layout. Acro pass #2 - front tuck → front tuck. Single acro skills - valdez and dive roll
 - SV - 10.0; up to level - 0.20
 - SV - 10.0; up to level - 0.25
 - SV - 9.5, up to level - 0.20
 - SV - 9.5; up to level - 0.25
- Level 9 Beam - Mount: Backhandspring over beam to candle (from rear stand). Dance elements: Cat leap → switch side leap, full turn in coupe, and double stag leap → tuck jump. Acro series: Front aerial → back handspring. Dismount: Roundoff → layout full.
 - SV - 10.0; up to level - 0
 - SV 9.5; up to level - 0
 - SV - 9.3; up to level - 0.10
 - SV - 8.8; up to level 0.30
- Level 10 Bars - Jump from board to HB kip (facing LB) → cast handstand → free hip handstand full pirouette → Tkatchev → Pak Salto → kip → cast handstand 1/2 pirouette → sole circle → long hang kip → cast handstand → double back tuck dismount
 - SV - 10+0.10; up to level - 0
 - SV - 10+0.10; up to level - 0.10
 - SV - 10; up to level - 0
 - SV - 10; up to level 0.10

CRITIQUE CLINIC



A Critique Clinic was held at GymSport. A special thank you to Sara McCoy for organizing the clinic, which raised money for the PA/DE NAWGJ education fund. Also, thank you to the following judges for volunteering -

Katt Bennington
 Cathy Cormier
 Martha Dunn
 Cindy Hills
 Crystal Hinnebusch
 Debbie Hinnebusch
 Sherrie Horne
 Barb Jani
 Jeannie Lippert

Derek Marmo
 Tammy Nulph
 Abby Peters
 Audrey Rozinsky
 James Rossi
 Charity Ruhl
 Joyce Shaffer
 Sarah Shindler

Kim Silloway
 Patty Spisak
 Amy Short
 Mike Tautin
 Stacy Upham
 Mark Welch
 Laura Winters
 Deb Yohman

Save the dates...

UPCOMING CLINCS/EVENTS

National Congress - June 28-30 | Minneapolis, MN
Please see the USA Gymnastics website for more information and to register.

Region 7 Congress - July 12-14 | Harrisburg, PA
See your email for information about group registration with PA/DE NAWGJ.

PA USAG State Clinic - July 20-21 | Centre Elite
Stay tuned for more information and volunteer opportunities.

GymJAS Reminders

- Please confirm the meet location prior to arriving at an assignment. You can view meet details through the "Display Meet Details" button, and also check with the meet referee if you aren't sure.
- Please log into the system and accept all outstanding contracts. If you need to decline a meet please let the assigner know as soon as possible so they can work on a replacement. ***It is important that you create a contract in addition to accepting the meet. By accepting the contract you can also accept in one step!***
- Please log into the system and make sure your availability is as up to date as possible. This will help the assigners out very much!
- Contact your assigner if you are affiliated as soon as possible.

Activity Reports

Please enter a Professional Activity Report anytime you go into a gym in your role as a NAWGJ judge and you do not have a NAWGJ contract.

There is a button on GymJas called "Activity Reports".

This form allows you to report professional activity (mock meets, in-gym experience, Training Camp, volunteering, etc.) related to your role as a NAWGJ gymnastics judge in case a report is needed for General or Professional Liability Insurance documentation.

Please also fill out one of these forms for every NCAA assignment as the contracts come directly from the schools or NCAA and not NAWGJ.

You DO NOT need to fill out this form for any activity where you receive and accept an official contract from NAWGJ -- it is just for those activities that do not come with a contract.

As an active NAWGJ judge, you are covered by insurance during all of these activities in the event an accident should occur, and this form simply assists with documentation.

REMINDERS/UPDATES

Please NO solicitation!
Our personal information is to be used for professional reasons only.

- If you are an affiliated judge, and you are listed as a head judge when event assignments are released, please let your meet referee and event assigner know immediately so that she may make the proper changes.
- **If your CPE credits are not up to date, you may not be assigned to sanctioned meets.** In an unusual circumstance where there is an absolute necessity to assign a judge who is delinquent in completing their CPE credits, the judges' compensation will be reduced by \$5.00 per hour.
- If any of your information changes (i.e. rating, address, etc.) please notify Laurie Lengel, PA/DE Co-SJD and Linda Kothe PA/DE Co-SJD, and update your information on the GymJas, USAG and NAWGJ websites.
- Please do not wait until the last minute to renew your USAG membership, safety certification, safe sport and/or background check. If any of your dates are not current, you will not be allowed on the floor at a sanctioned meet.
- If you are on any medication, please keep a list of your medications in your purse in case of emergency. Also, be sure to carry on your medications if you are flying to any away meets

MILEAGE UPDATE



Effective January 1, 2024, the rate for mileage reimbursement for judges is \$.67/mile to reflect the recent adjustment in the IRS standard mileage rate.

No Phones on the Floor

Please remember per USAG policy that no phones are to be out while you are on the floor. Please walk off the floor at the appropriate time if you need to use your phone.



BUDGET 2024

Beginning November 1, 2023 for current fiscal year.

Approximate Beginning Balance on 11/1/2023	121,195
Income	
Pa Judges Cup	30,000
Western Critique Clinic (October 2024)	3,000
Clinics	10,000
Assigning Fees	5,500
Raffles	1,000
Other Income	
Region 7 Congress (Registration)	
Interest Earned	48
Total Income	49,548
Expenses	
PA Judges Cup	16,850
NAWGJ Membership	3,000
National Judges Cup - 2 Judges	3,500
National SJD Meeting	2,500
SJD Attendance at Regional Congress	1,000
State Board Meeting	500
Operating Supplies	1,500
Telephone/Internet/Website Fees	1,250
Gifts (memorials, hospital, etc.)	500
Donation to Helping Hands	250
Bank Charges	50
Assigning Website	700
Other Expenses	
Education: State Clinic	2,000
Region 7 Congress (Registration)	
Western Critique Clinic (October 2024)	2,000
Assistance for National Symposium	0
Outstanding Gift Certificates:	
Educational Gift Certificates	17,150
Testing Gift Certificates	0
Camp Gift Certificates	1,000
Total Expenses	53,750
Net Income [Positive / (Negative)]	(4,202)
Projected Ending Balance on 10/31/2024	116,993

LEVEL 7 NATIONAL JUDGES CUP TEAM

Pennsylvania sent 2 Level 7 teams to the National Judges Cup. The PA State Team represented PA in the state team competition and finished 6th. The All-Star team competed in a level 7 session and placed 3rd. Alexa Kelly of Stallone's finished first on floor! The meet was held January 5-7 in Tinley Park, IL.

Barb Cutillo and Anne Malone volunteered their time.

The team members were -



Kate Belle | Centre Elite • Kaydee Chobanian | Elegance Elite
 Lanie Clements | Hershey • Maya Deysler | Stallone
 Allie Diaddigo | Elegance Elite • Ryan Diehl | Hanover
 Emmi Feroce | Elegance Elite • Alexa Kelly | Stallone
 Kayla Klein | Hanover • Cadence Kretschmer | United Sports
 Ella McManus | Silvia's • Aspyn Uzelac | Uzelac

IMPORTANT EMAIL ADDRESSES

Jane Caruso, Region 7 Technical Director
 janecaruso2@gmail.com
 Bonnie Synol, RJD | bsynol61@gmail.com
 Carla Ceralde, PA USAG State Chair
 pausag155@gmail.com
 Laurie Lengel, PA/DE Co-SJD | llengel3987@gmail.com
 Linda Kothe, PA/DE Co-SJD | lkothe65@gmail.com
 Cookie Batsche, NAWGJ President | cbatsche@tampabay.rr.com
 Jen Skorski, Region 7 Xcel Chair | jcp giant@gmail.com

CPE cards are to be sent to
 Connie Schultz by June 1.
 Please send them to her at the following address
 -
 2555 Prince Drive, Coplay, PA 18037
 or email them to her at cmsjudge@ptd.net

BE SURE TO CHECK OUT THE FOLLOWING WEBSITES -

www.panawgj.org
www.region7usagym.com
www.pagymnastics.com
www.usagym.org
www.nawgj.org

It is your responsibility to let the assigner know if you are going to be affiliated at a meet. Please let the assigner know as soon as possible.

Kwiz Korner | Answers

1. C
2. D
3. B

Judges' Expense Voucher 2023-2024

Date: _____

Meet: _____

NAME/ADDRESS	MILEAGE		MEALS	MISCELLANEOUS Itemize	SUBTOTAL	FEE			TOTAL
	Miles	\$ Amount				DAY 1	DAY 2	DAY 3	
Rating_____ Rate/Hr_____									
Rating_____ Rate/Hr_____									
Rating_____ Rate/Hr_____									
Rating_____ Rate/Hr_____									
Rating_____ Rate/Hr_____									
Rating_____ Rate/Hr_____									
Rating_____ Rate/Hr_____									
Rating_____ Rate/Hr_____									

DAY 1
Report Time:
Meet End Time:
Total Time on site = hours paid:

DAY 2
Report Time:
Meet End Time:
Total Time on site = hours paid:

DAY 3
Report Time:
Meet End Time:
Total Time on site = hours paid:

Reminder: Meet Referees need to mail the original copy of this sheet within 5 days of the meet. Eastern judges mail to Leslie Boyer and Western judges mail to Kathy Ritchie.
 Leslie Boyer ~ 107 Crossings Lane, Lewisburg, PA 17837 | Kathy Ritchie ~ 6001 Pudding Stone Lane, Bethel Park, PA 15102