

NEBRASKA GYMNASTICS NEWSLETTER

Winter/Spring 2006

EXCITING NEW PROGRAM FOR NEBRASKA STARTING SPRING OF 2007

The Nebraska State Committee is currently working on putting together an exciting new competitive program. The program will fall under USAG's term as "Prep Op" (PO).

For Nebraska only, the "PO" program will consist of 4 different levels: PO 4, PO 5, PO 6, and PO Novice. The PO 4-6 levels will utilize the USAG compulsory levels 4-6 routines with a few exceptions in order to enhance scoring.

This program is your solution to a spring compulsory season.

- PO membership is only \$15

- PO gymnasts must still get a qualification score in USAG Level 5 to compete USAG Level 6 (fall season). It is not possible to compete PO 5 then try to compete USAG Level 6.

Question: Why offer this when AAU and other organizations already have a program in place?

ANSWER: USAG is the national governing body of gymnastics. Everyone, from the recreational class gymnast to the small town competitive gymnast to the high caliber gymnast, has the right to be a

USAG member and should feel comfortable being a part of such an organization. In addition, it would be fun and exciting to see 700 gymnasts competing at a state championship rather than 400.

More information regarding the entire Prep Op program will be available soon. If you have questions you can email Jody Newman at jodynewman@qwest.net.

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Special Points of Interest:

- Thank you to Premier Gymnastics for Hosting Compulsory State Championships!
- Thank you to Chuck Chmelka and NSG for hosting the Optional State Championships!
- Thank you Don Houlton for hosting Regional Championships!
- Elections will begin soon for 3 state committee positions.
- Be sure to tell a committee member who you would like to see get recognition for their contributions to Nebraska Gymnastics.

3rd Quarter Financials 2005**INCOME:**

Rebates (Pro):	\$127.80
Rebates (Athletes):	\$121.13
Competition Fees:	\$520.00
Awards:	_____
Competitions:	_____
Clinics:	_____
Dona- tions/Fundraisers:	_____
Testings (specify):	_____
_____	_____
_____	_____
Promotional Items:	_____
Newsletter:	_____
Travel:	_____
Education:	_____
Loan (specify):	_____
_____	_____
Interest:	_____
Other: Credit Al- lowance	\$9.90

TOTAL INCOME:	\$778.83
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EXPENSES:

Phone:	_____
Postage:	_____
Office:	_____
Competitions:	_____
Awards:	_____
Program Support:	_____
Testing	_____
Clinic	_____
Promotional Items: Newsletter (printing & Postage):	_____
Travel:	\$392.90
Board Meeting:	\$114.88
Education:	_____
Loan (specify)	_____
_____	_____
Bank Charges:	\$16.20
Membership fees:	_____
Other: Per Diem for Congress	\$180.00

TOTAL EXPENSES:	\$703.98
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Beginning of Quarter Bal- ance:	\$3,323.65
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Total Income:	\$778.83
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Total Expenses:	\$703.98
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End of Quarter Bal- ance:	\$3,398.50
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4th Quarter Financials 2005

INCOME:

Rebates (Pro):	_____
Rebates (Athletes):	_____
Competition Fees:	\$2,950.00
Awards:	\$1,372.24
Competitions:	_____
Clinics:	_____
Donations/Fundraisers:	_____
Testings (specify):	_____
_____	_____
_____	_____
Promotional Items:	_____
Newsletter:	_____
Travel:	_____
Education:	_____
Loan (specify):	_____
_____	_____
Interest:	_____
Other: Bank Credit	\$10.68

TOTAL INCOME: \$4,332.92

EXPENSES:

Phone:	_____
Postage:	_____
Office:	_____
Competitions:	\$24.00
Awards:	\$1,319.70
Program Support:	_____
Testing	_____
Clinic	_____
Promotional Items:	\$1,082.84
Newsletter (printing & Postage):	_____
Travel:	_____
Board Meeting:	_____
Education:	_____
Loan (specify)	_____
_____	_____
Bank Charges:	\$17.40
Membership fees:	_____
Other:	_____

TOTAL EXPENSES: \$2,443.94

Beginning of Quarter Balance:	\$3,398.50
Total Income:	\$4,332.92
Total Expenses:	\$2,443.94
End of Quarter Balance:	\$5,287.48

1st Quarter Financials 2006

INCOME:

Rebates (Pro):	_____
Rebates (Athletes):	\$414.88
Competition Fees:	_____
Awards:	_____
Competitions:	\$450.00
Clinics:	_____
Donations/Fundraisers:	_____
Testings (specify):	_____
_____	_____
_____	_____
Promotional Items:	_____
Newsletter:	_____
Travel:	_____
Education:	_____
Loan (specify):	_____
_____	_____
Interest:	_____
Other: Credit Allowance	\$6.01
TOTAL INCOME:	\$870.89

EXPENSES:

Phone:	_____
Postage:	_____
Office:	_____
Competitions:	\$490.00
Awards:	_____
Program Support:	_____
Testing	_____
Clinic	_____
Promotional Items:	\$951.29
Newsletter (printing & Postage):	_____
Travel:	_____
Board Meeting:	_____
Education:	_____
Loan (specify)	_____
_____	_____
Bank Charges:	\$6.40
Membership fees:	\$480.00
Other: Regional Apparel Fund &	\$100.00
Region IV Head Tax	\$279.00
TOTAL EXPENSES:	\$2,306.69

Beginning of Quarter Balance: \$5,287.48

Total Income: \$870.89

Total Expenses: \$2,306.69

End of Quarter Balance: \$3,851.68

NEBRASKA STATE CHAMPIONSHIPS

State Championships were held in Lincoln and hosted by Chuck Chmelka and NSG. It is always a wonderful opportunity for the girls to compete at the Devaney Center.

All Around State Champions

Level 7

<u>AGE Group</u>	<u>NAME</u>	<u>GYM CLUB</u>
7-9	Allie Jurgens	Solid Rock
10	Sara Heldenbrand	Premier
11	Kelsee Richardson	Pioneer
12-13	Shelby Hilkemann	Solid Rock
14+	Chelsea Whitney	Omega

Level 8

<u>AGE Group</u>	<u>NAME</u>	<u>GYM CLUB</u>
9-11	Maggie Steier	Premier
12-13	Alex Marasco	Premier
14-15	Courtney Cahoy	Nebraska Twisters
16+	Jessi Jones	Capital City

Level 9

<u>AGE Group</u>	<u>NAME</u>	<u>GYM CLUB</u>
11-13	Maddie McConkey	Solid Rock
14-16	Jamie Schleppebach	Solid Rock

Level 10

<u>AGE Group</u>	<u>NAME</u>	<u>GYM CLUB</u>
13-15	Raven Gau	Nebraska School of Gymnastics
16-18	Taylor Sanford	Premier

TEAM State Champions

Level 7	Solid Rock
Level 8	Premier
Level 9	Cahoy's
Level 10	Cahoy's

REGION IV CHAMPIONSHIPS

Region IV Championships were held in Lincoln at the Devaney Center. They were hosted by Don Houlton and Nebraska Gold. Congratulations to Don Houlton and Nebraska Gold for putting together a wonderful event for the state of Nebraska! Many coaches were impressed with the facility and how well it ran.

Congratulations to the following girls for placing on these events at Regionals:

Level 8

<u>AGE Group</u>	<u>NAME</u>	<u>EVENT</u>	<u>GYM CLUB</u>
Jr. B	Maggie Steier	Floor	Premier
Jr. C	Alex Marasco	Beam	Premier
Sr. A	Payton Michaud	Floor	Capital City
Sr. B	Courtney Cahoy	Beam	Nebraska Twisters
Sr. C	Hillary Sadler	Floor	Omega

Level 9

<u>AGE Group</u>	<u>NAME</u>	<u>EVENT</u>	<u>GYM CLUB</u>
Jr. C	Jamie Schleppenbach	All Around	Solid Rock

Level 10

<u>AGE Group</u>	<u>NAME</u>	<u>EVENT</u>	<u>GYM CLUB</u>
Jr. A	Raven Gau	Vault, Bars	Nebraska School of Gymnastics
Sr. A	Brittany Vontz	Vault, Bars, All Around	Nebraska School of Gymnastics

Congratulations to the following girls who qualified to Level 9 Westerns or Level 10 Nationals:

LEVEL 9 WESTERNS

<u>AGE Group</u>	<u>NAME</u>	<u>GYM CLUB</u>
Jr. B	Hailey Parker	Premier
Jr. C	Jamie Schleppenbach	Solid Rock
Jr. C	Halee Butt	Nebraska Twisters
Sr. B	Alison Ewoldt	Nebraska Gold

LEVEL 10 NATIONALS

<u>AGE Group</u>	<u>NAME</u>	<u>GYM CLUB</u>
Jr. A	Raven Gau	Nebraska School of Gymnastics
Jr. D	Jenny Peter	Solid Rock
Sr. A	Brittany Vontz	Nebraska School of Gymnastics
Sr. A	Taylor Sanford	Premier
Sr. A	Emily Mann	Solid Rock
Sr. D	Molly Ohnoutka	Nebraska Gold

NEBRASKA SENDS LEVEL 7 TEAM TO COMPETE

Nebraska is sending a team of 6 Level 7 gymnasts to compete in Norman, OK. On April 29th, Bart Conner's Gymnastics, is hosting the International Gymnastics Hall of Fame Classic. This meet is held in conjunction with Level 10 Nationals.

Nebraska decided to take the top 6 All-around gymnasts at state regardless of age. 5 scores count

toward the team score.



The gymnasts selected were:

- Sara Heldenbrand - Premier
- Shelby Hilkemann - Solid Rock
- Julie Jirovec - Solid Rock
- Kelsee Richardson - Pioneer
- Alli Jurgens - Solid Rock
- Chelsea Witney - Omega

We wish these girls the best of luck!

2006 - 2007 COMPETITION CALENDAR



The 2006 - 2007 competition calendar is currently being prepared. Please email any information you would like on the calendar to:

jodynewman@qwest.net

Regional training camps have already been set for 2006. The dates are as follows:

- First training camp will be Sept. 9-10 (second week of Sept)

- Second training camp will be Sept 23-24 (4th week of Sept)
- High performance will be Oct. 21-22 (third week of Oct)

Also, if you have any interest in hosting the state meeting and safety certification course please email that information as well.

WHO DO YOU WANT TO RECEIVE THE CONTRIBUTOR OF THE YEAR AWARD?

Many people through out the past year and even in years past have helped to make the sport of gymnastics in Nebraska what is today. We would like to recognize these people.

Region IV will have a hospitality party at National Congress where each state will present their award. Recipients of this award have been Linda Books in 2004 and Francis

Allen in 2005.

Send all nominations to Jody Newman at the following address:
jodynewman@qwest.net

Please give a reason why you feel they should be the recipient of this award.

Remember contributors can be: coaches, judges, parents or anyone else who as helped strengthen

Nebraska gymnastics.



NEBRASKA STATE ADMINISTRATIVE COMMITTEE

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Omaha, NE 68134

Phone: 402-561-0988
Fax: 402-571-9522
Email: jodynewman@qwest.net



3 STATE ADMINISTRATIVE COMMITTEE MEMBERS' TERMS WILL BE ENDING

It is getting closer to that time of year again when the State Administrative Committee must hold its annual elections for committee members. This year the committee has 3 people whose terms are ending: Carol Balerud, Danelle Catlett and Connie Tomes . Their time and dedication has been greatly appreciated. All are eligible to run again.

We are soliciting nominations for the 3 committee positions. You will find a nomination form below.

You may email any nominations to the following address: jodynewman@qwest.net. If you do decide to email, please put 'State Committee Nomination' in the subject line.

All nominees must meet the following criteria: professional member of the Women's Program in good standing, minimum of 21 years of age, and active in Nebraska gymnastics. The ability to correspond by email is very important for these positions.

The following are responsibilities of committee members: support the USA Gymnastics program and its rules and policies, must represent their area and/or level, must support and consider the total State program, shall carry out the specific duties of their positions as determined by the state, and expected to attend all state committee and general membership meetings.

Nominations are due by June 1, 2006.

STATE COMMITTEE NOMINATIONS

Please Fill out this nomination form and return by e-mail or postmarked by June 1, 2006

Send to: Jody Newman @ 10702 Browne Street, Omaha, NE 68134

or

e-mail to: jodynewman@qwest.net

Nominee's Name: _____

Nominee's Address : _____

Nominee's Phone #: _____

Nominee's e-mail: _____

Has this person accepted their nomination? _____ YES _____ NO

Please inform your nominee to write a brief bio and have them send it to one of the above addresses.