

**January 2015**

## THE DIRECTOR'S COLUMN

Welcome to 2015! Here is an upcoming rundown of the rhythmic meets that have been scheduled so far:

*March 21, 2015:* Equinox Invitational—Bluefield, VA  
*April 11, 2015:* Tri-State Championships—Middletown, NJ  
*May 31, 2015:* Northeast Regionals—Middletown, NJ  
*June 26, 2015:* USAIGC/IAIGC Nationals/Worlds—Orlando, FL

If any gym is interested in sanctioning and hosting a rhythmic competition, please let us know. We will send out registration forms for the USAIGC/IAIGC Rhythmic Nationals in March. There are no qualifying scores or competitions to attend the Nationals as yet. More information will follow in next month's newsletter. The hotel that the committee and most gymnasts will be staying at is the Liki Tiki in Winter Garden, Florida. This is about a half hour from the Orlando Sports Center.

In addition, the Athlete Committee will run a contest for gymnasts to submit their design for the 2015 USAIGC/IAIGC T-shirt for our national championships in Orlando. An email will go out shortly. The gymnast will get credit on the shirt for her design.

We want to wish Linda and Ed Weaver a fond farewell. Linda and Ed have served on our USAIGC/IAIGC Rhythmic Gymnastics committee for seven years. They have decided to retire and do some traveling. We wish you all the best!!!

**Adrienne Coleman**  
*USAIGC/IAIGC Rhythmic Gymnastics Director*

## HANGIN' AROUND THE GYM



Under the leadership of head coach Alysia Yan Wu, All-Star Rhythmic World, based in Vienna (Fairfax County), Virginia, was founded and established a USAG program; they participated in the USAIGC program the first time a few years ago. Four students flew to California for the national competition, and the experience was rewarding. The Program Director and the Committee members were friendly and very helpful. The girls made friends with other club students during a short stay at the competition.

Since then All-Star runs both the USAG and USAIGC programs. "USAIGC is a great program for students who love rhythmic gymnastics, but cannot commit to the vigorous USAG program," said Coach Alysia. In addition, since USAG Level 3 students cannot go to USAG regional and national competitions, the coach sends these students to the USAIGC regional and national competitions instead. This gives the young gymnasts the full experience. Last year, the club sent 16 students competing in Florida.

This year, the club has 16 USAIGC students. They have been learning new skills at different levels since the beginning of the school year. As the code of points has just been released, we are assessing

their skills and continue to refine the training program.

Last year, the Club was invited to participate in a local elementary school International Fair Program. Educators, school children, parents and guests cheered the team as they demonstrated different apparatus in their performance. What a great way to promote this sport!

~Alysia Yan Wu  
All-Star Rhythmics



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# Orion Rhythmics

Invites you to attend the

## 2015 Equinox Invitational Rhythmic Gymnastics Competition

**When:** March 21, 2015

**Where:** Peak Gymnastics Training Center, 121 Fairway Drive, Bluefield, VA 24605

**Registration Deadline:** March 1<sup>st</sup>, 2015

**Fees:**

\$45.00 per individual gymnasts

\$20.00 per each gymnast in a group (i.e. four gymnasts competing in a group routine would total \$80)

\$10.00 Late fee per gymnast for registrations postmarked prior to March 1, 2014

Gala routines welcome! Awards for Individual, Group, and All-Around!  
Award Placements (1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, etc.) available! Achievement Certificates!

**Hotel:** To Be Announced

Please make all checks payable to "**Billy Bailey**" and mail out by March 1, 2015.

**Mail to:** 6490 Black Oak Road, Rock, WV 24747

**Email:** [Info@OrionRhythmics.com](mailto:Info@OrionRhythmics.com)

## IN THE GYM: TIPS & TECHNIQUE

### The Passé Pivot

Long Back  
and Neck

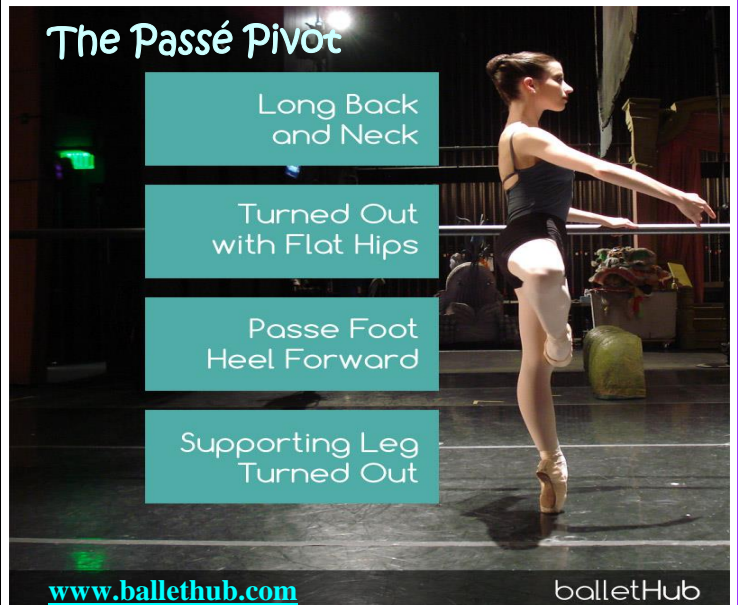
Turned Out  
with Flat Hips

Passé Foot  
Heel Forward

Supporting Leg  
Turned Out

[www.balleshub.com](http://www.balleshub.com)

balletHub



## Scheduled Rhythmic Competitions (as of January 25<sup>th</sup>, 2015)

Equinox Invitational	<i>March 21, 2015:</i>	Bluefield, VA	<a href="mailto:Info@orionrhythmic.com">Info@orionrhythmic.com</a>
Tri-State Championships	<i>April 11, 2015</i>	Middletown, NJ	<a href="mailto:Adriennecol3@gmail.com">Adriennecol3@gmail.com</a>
Northeast Regionals	<i>May 31, 2015</i>	Middletown, NJ	<a href="mailto:Adriennecol3@gmail.com">Adriennecol3@gmail.com</a>
USAIGC/IAIGC Nationals/Worlds	<i>June 26, 2015</i>	Orlando, FL	<a href="mailto:usaigerhythmic@yahoo.com">usaigerhythmic@yahoo.com</a>

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• INTERNATIONAL ASSOCIATION OF INDEPENDENT GYMNASTICS CLUBS •



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