

## **MARCH 2016 USAIGC MEMBERSHIP NEWS BRIEF 4**

**Dear USAIGC & IAIGC Club Members,**

Fallbrook Gymnastics, CA, did a great job in hosting the Las Vegas Mega Meet. We had 5 USAIGC sessions over two days. Next year they are moving into a larger facility.

### **COMPETITION DIRECTORS:**

1. **Dynamo Gymnastics, NJ, Paramount Sports Complex, PA** MAY NOT COMPETE in ANY USAIGC COMPETITION. Rising Star Gymnastics, just joined and will have 4 weeks to complete the process.

**Competition Directors** are responsible to check our **Club Directory Page** for Clubs **Background Verification** and the **Expiration date**.

Clubs **cannot register athletes nor sanction competitions** if the Club has not renewed their Club Membership.

2. **Competition Directors:** can **download all USAIGC athletes** into their sanctioned competitions by following the download instructions sent to each Competition Director.

3. **Competition Scores** are **posted** on our **Calendar page**

[http://usaigc.com/Competition\\_calendar.cfm](http://usaigc.com/Competition_calendar.cfm)

If you see the word **SCORES** after your Sanction Number, your scores have been posted. You click on the word scores to view them. If that space is blank, your scores have not been received (or misplaced).

**RESEND. Educational Fees** due 3 days after competition.

-----  
**Regional Championship Qualification scores** are a point above the State Championship Qualification score. Gymnasts can go to one or both Competitions if qualified. Qualification to our World Championship can only be attained from our State or Regional Championship.

-----  
**USAIGC Logo & IAIGC logo (PDF Files)** have been e-mailed to all Club Owners. Use our Logos to **PROMOTE Your Club** and our **International Competitive Program**. Include logos on **ALL** Club advertising and information. The last batch of our USAIGC SAFE CLUB DECAL has gone out to all Clubs.

### **USAIGC INDIVIDUAL EVENT COMPETITION**

**Date: Sunday APRIL 24, (23<sup>rd</sup> if needed) 2016**

New Image Gymnastics, Edgewood, NY 11754

[http://usaigc.com/competition\\_individual.cfm](http://usaigc.com/competition_individual.cfm)

This Competition allows our gymnasts the opportunity to **compete on:**  
(1) their next competitive level up on 2 events **OR**  
(2) their primary level **PLUS 2** events on their next level up **OR**  
(3) just their primary level.

Competition Scores can be used for State Championship qualifications.  
**The USAIGC does not have mandatory move-out “scores except for gymnasts scoring 38.00AA** who must move to their next competitive level. All scores in any sanctioned USAIGC competition count for the State and Individual Event Championships and Regionals.

---

## **5<sup>th</sup> USAIGC WARRIOR MEETING**

**Wednesday April 27, 2016 11:30am**

**FIVE STAR GYMNASTICS:** 21 Ryder Place, East Rockaway, N.Y. 11518

**USAIGC Warrior Co-Directors: Alexis Valvis & Antonio Rogers,**

Progressive Gymnastics, NY. [pgninjaathlete@gmail.com](mailto:pgninjaathlete@gmail.com)

President USAIGC/IAIGC: Paul Spadaro: [paul.spadaro@usaigc.com](mailto:paul.spadaro@usaigc.com)

**It's time to start building our USAIGC Warrior Class Program**

**together.** I invite all USAIGC Club Owners and their Warrior Staff to our **5<sup>th</sup> USAIGC Warrior Meeting** pertaining to the **organization and structure** of a **Warrior Class**; leading to the development of a USAIGC/IAIGC **Free Warrior Manual.**

**E-mail Your Questions NOW** to Alexis and me **prior** to the Warrior Meeting. They will be answered at the meeting.

**Meeting Goals:** Formulation and structure of a USAIGC/IAIGC **Warrior Class Program.**

**Questions: for those with Warrior Programs:**

What is your **Class Structure & Organization?**

a. Student Teacher Ratio? b. Is it the same for all classes? c. Length of a Class? Does it vary? d. Class Structure: by age, warrior level, boys, boys & girls, girls etc.? e. Class Flow: How and when do your Warriors move from challenge to challenge? f. **Cost** of class? g. **Size** of class. h. **Age** groupings. i. **Cost.**

**Warrior Course:** a. Multi-level, b. based on age and difficulty? c. One course that has a multitude of obstacles/challenges for all of the levels? d. How many challenges/obstacles? E. How often do challenges change?

**Instructors:** a. Instructors training? b. How are they used in a class? c. What is the ratio? d. How are the Instructors positioned around the

- course? d. Do they stay with their group or at a station?
- e. Do you keep records of each Warrior? What kind?
- f. Have you described the benefits of each challenge?
- g. What are the goals and objectives of your warrior class?
- e. Progress Chart? f. Progression Chart? g. Value of obstacle described?
- f. What equipment do we have in our gyms that we can use?

**Those with existing Warrior Programs:**

1. Name and describe those challenges.
2. Take a **picture** of your **challenges** and email them to me in a PDF file along with the description/explanation of the challenge, safety procedures, goals, objectives and the value of the challenge. Is there anything interesting you have discovered working on your Warrior Program? **It's time to share ideas.**

**Pizza and Soft drinks will be served by USAIGC.**

**E-Mail Alexis on any thing you want addressed at this meeting.**

**VISIT:** Alexis Warrior Website: [ninjaathletes.com](http://ninjaathletes.com)

-Check out about tag: **cognitive benefits**

-Clinic information

-Certification for owners and coaches

-Build your own program

Alexis Website will be linked to our Warrior Page.

**I look forward in seeing everyone at Five Star.**

---

**STATE & REGIONAL CHAMPIONSHIP INFORMATION is found under Competitions** <http://usaigc.com/competitions.cfm> soon we will have a second navigation bar specifically for USAIGC & IAIGC State, Regional, International, World Championships, and USAIGC Run Competitions. **Competition Directors** send me your State & Regional Championship information to post on our Competition Page.

**State or Regional Information click on either link**

[http://usaigc.com/competition\\_state\\_championship.cfm](http://usaigc.com/competition_state_championship.cfm)

[http://usaigc.com/competition\\_regional\\_championship.cfm](http://usaigc.com/competition_regional_championship.cfm)

---

**2016 WORLD CHAMPIONSHIP LINK:**

[http://usaigc.com/competition\\_world\\_championship.cfm](http://usaigc.com/competition_world_championship.cfm)

Reserve your Hyatt Hotel Room(s) at our negotiated USAIGC **Discount Rates** on our World Championship Webpage:

-For **Hotel suites** call the hotel directly.

**-Please do not over-book. You are preventing other USAIGC and IAIGC Members from securing hotel rooms.**

-Our Hyatt Rep: Sarahi Martinez [sarahi.martinez@hyatt.com](mailto:sarahi.martinez@hyatt.com)

**ALERT:** The **Normal Double Rooms** have sold out! **Regency Club Double Rooms** are available (at a higher rate). These rooms are not part of our room block and are priced higher because they come with additional amenities. The Hyatt has opened these Special Double Rooms for USAIGC/IAIGC Guests at the higher rate. You must email Sarahi.

**CALL HYATT IMMEDIATELY WITH CANCELATIONS SO THE ROOM CAN be placed BACK INTO OUR BLOCK FOR OUR other USAIGC/IAIGC PARENTS.**

**USAIGC DISCOUNTED DISNEY and ALL PARK TICKETS and Attractions link is posted on our Championship Page. The Florida Sports Commission provides the LOWEST PRICES AVAILABLE. Tickets must be purchased on or before May 31.** You can also purchase all Park Tickets and Attractions from the **Hyatt Hotel** at a 10% discount.

**NEW:** Within 2 weeks a:

**ON-LINE WORLD CHAMPIONSHIP GYMNAST REGISTRATION FORM** will be available to register your gymnasts who have qualified to the World Championship. To make your job a little easier the on line form WILL ALLOW YOU TO CLICK ON YOUR QUALIFIED GYMNASTS INFORMATION AUTOMATICALLY AND PLACE THEM ON THE WORLD CHAMPIONSHIP REGISTRATION FORM.

-----  
**USAIGC / IAIGC 5<sup>th</sup> EVENT - TUMBLING**

<http://usaigc.com/FifthEvent.cfm>

**Chair: Jeff Sabol** [sabolscience@gmail.com](mailto:sabolscience@gmail.com)

Tumbling Track now at:

**First Class Gymnastics, PA-** until April 9

**NEXT: Delco Gymnastics, PA,** - until May 10

**Gym Starz, PA** – until June 10,

**Vernon Lee Gymnastics Academy, CA** – July 6

**Fusion Gymnastics Center, PA** August 7 – September 7

**Curriculum includes: FIVE TUMBLING LEVELS with Judging & Scoring.** Curriculum information will be posted on our **5<sup>th</sup> Event Education Page** on June 1. Our Tumbling Chair & Committee will make any necessary changes based on recommendations from the testing Clubs.

**2017 - MARCH USAIGC FIFTH EVENT LAS VEGAS, NEVADA!**

HOST: FALLBROOK GYMNASTICS, CA. in conjunction with their MEGA MEET!!!! Which includes USAIGC Artistic Gymnastics!

**USAIGC/IAIGC SPECIAL CLUB PRICING FOR AIRTRACK**

**\$500.00 Discount to USAIGC/IAIGC Club Owners**

Model: 403-517 Air-Track P2 8" X 39' X 6.5'

Cost: \$5885.00 - \$500.00 USAIGC discount and Free Shipping.

USAIGC CLUB OWNERS COST: \$5385.00 Plus tax \$430.80 =

**\$ 5815.80. Info is posted on our Website STORE**

-----  
**USAIGC COACHES EDUCATION CLINIC**

**AUGUST 27-28, 2016 Freehold Elite Gymnastics, NJ**

**1-2 Days 5 hours (per day) with lunch break**

Freehold Gymnastics has all of the training tools necessary to make this clinic an extremely positive one. **It's time to rethink training models for USAIGC/IAIGC" Coaches and provide educational support.**

Our Clinic Goal is to create a long-term education program with a progression of drill and skills leading to the Premier level. Our initial emphasis: UB, but all events will be covered beginning with conditioning, strong lead up skills and drills. It's time to establish training procedures, goals and objectives (maybe even competition rules).

**Clinic Site: Freehold Gymnastics** has: 2 FX Mats, Strip Tumbling Floor, 2 Pits (one with UB over the pit, Vaulting etc.

**Duke Nelligan** past Maryland State Collegiate Coach is our Coaches Education Chair.

**Dan Miranda** Elite Coach originally from South America now working at NYC Elite is another excellent clinician. I have at least another 2 - 4 clinicians if needed and they will be rotated in and out of our Coaches Education Program based on Duke's needs. I believe this first clinic should be establishing our base line developmental program.

**Registration Fee\*:**

\$200.00 per coach - one day clinic

\$325.00 for two - day clinic

Coaches from the same club 10% discount on second/additional Coaches

---

**Our Associations' Main Function**

-Promote and support our club owners and our Sport.

-Educate our Parents about the benefits of our Class Programs.

WE have a different and unique Competitive Program and Philosophy.

Let's continue to work together, share ideas and develop a safe, healthy and successful program in our USAIGC & IAIGC Clubs

**Regards Paul.**