

REGION 4 UPDATE NOVEMBER 2020

NEW NAME FOR JO

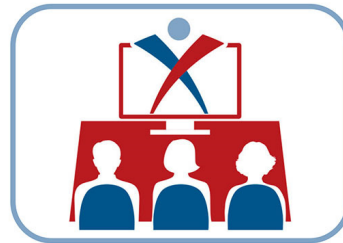
INDIANAPOLIS, October 21, 2020
– USA Gymnastics today announced that “**USA Gymnastics Development Program**” will be the new name for the development program formerly known as the Junior Olympic program.

USA Gymnastics made the decision to change the program name following increased restrictions around the use of the title ‘Junior Olympic’ earlier this year. No substantive programming changes will accompany the change in name. **WE WILL BE THE USA GYMNASTICS WOMENS DEVELOPMENT PROGRAM.**



Please check out the changes on **WHO TO CONTACT FOR SAFESPORT ISSUES**
<https://www.usagym.org/pages/education/safesport/>

VIRTUAL MEETS



The Virtual Meet Handbook is now available at USA Gymnastics. Print off one if you are going to host a meet for guidelines.

<https://usagym.org/pages/post.html?PostID=25700>

NOTES FROM REGION 4 COMMITTEE

RACC – RICK NELSON

Review the Rules & Policies: Updates are made each season to rules & policies. Meet Directors should take the time review these, to ensure they are aware of any changes. [Click Here - 2020 - 2021 Rules and Policies](#)

Professional Photography and Medical Services at a Meet:

https://usagym.org/PDFs/Women/Rules/Rules%20and%20Policies/2020/04_meetdirectors_102820.pdf

to view the USA Gymnastics sanctioned event policy regarding professional photography and medical services at a meet.

Westerns and Nationals:

The National will be running Westerns and Nationals this year even if it has to be all virtual. They will be doing everything possible to host them in person. We will update you as we know more.

REGION 4 TO HOST COMPULSORY WORKSHOP 2021

Mark your calendars now to learn the new Compulsory Routines in Cedar Rapids, Iowa the weekend of June 19-20. More info coming.

XCEL CLINIC FOR COACHES/JUDGES

Bring your Xcel staff along to the Region 4 Compulsory Workshop. There will be a day of training on **June 19**. Send your new coaches to learn how to coach at a meet, learn the rules and help their athletes.

MEET WITH ELT

The Executive Leadership Team of USA Gymnastics will meet with any Club Owner/Director/Coach via a Zoom meeting on **November 20 at noon**. This is your chance to ask the office any questions you have pertaining to your program or USA Gymnastics! **Please email Paige Roth questions to cover!**
Paiger@iowagymnest.com

RTCC – LINDA THORBERG

The Women's Technical Committee is meeting virtually now in several different sessions to prepare for 2021. Some of our projects include:

- Testing for judges on the new Compulsories – all online and open book!
- Procedures for testing in 2022 all levels
- Developing Base Scores for State Meets for the new Compulsories
- Congress lectures for next year – We hope they are all LIVE
- Training for Virtual Meets

We also worked to create more flexibility for meets, allowing more break time between sessions, adjusting to Covid restrictions, etc. It has been very busy. I look forward to helping our Region through this crazy time. Linda4rtc@aol.com

JOCC – PAIGE ROTH

I, like many of you, am a gym owner and a coach. I never expected to experience a worldwide pandemic and forced closure, but then it happened. It has forced all of us to learn to adapt and (hopefully) improve. There are a great many resources available on the USA Gymnastics website that provide information for operating during a pandemic, positive coaching, and SafeSport to name a few. Please take advantage of these resources. In addition, the USA Gymnastics staff want to answer questions that you have. Do not hesitate to reach out to them. I, too, am more than happy to answer questions you have about the Development Program – please feel free to email me at paiger@iowagymnest.com or call me at 319-530-5317, if I don't know the answer to your question, I will get with someone who does!

The committee has been working hard developing and finalizing the 2021 compulsory program. We have finished proofing and are preparing for the unveiling of the routines at the National Workshops in Reno and Atlantic City. I am so excited for you all to see and learn these new routines, I think everyone is going to love them! And, more good news: you do not have to travel to Reno or Atlantic City to learn the routines, Region 4 is hosting a workshop June 19-20 in Cedar Rapids, Iowa. This will be an excellent opportunity to get all your staff trained on the new routines without having to leave our Region! More information about this will be coming out soon.



In addition to the new compulsory program, the Development Program Committee has been working on helping implement Virtual Competitions. Region 7 has been running a pilot program for several months and in conjunction with USA Gymnastics have developed a Virtual Competition Playbook to help meet directors wade through this new type of competition. Scores from Virtual Competitions WILL satisfy mobility requirements. It is our hope that by allowing both Virtual Competitions and mobility through them that our athletes will have a meaningful 2020-21 competition season in these crazy times.

It is looking hopeful that most of our Region 4 states will be able to hold in-person competitions this season. USA Gymnastics has developed a resource to help clubs safely manage in-person competitions during the pandemic. View the document:

<https://usagym.org/PDFs/About%20USA%20Gymnastics/covid/returntocompetition.pdf>

The Region 4 administrative committee is moving forward with plans for an in-person Level 6-10 Regional Championships which will be held in Bettendorf, Iowa April 16-18. We are excited to host one meet for all optional levels!

I am looking forward to seeing you all again! Paige Roth
Region 4 USAG Development Program Chair

RXCC – MEGAN BANKOLE

I hope all of you are well and enjoying being back in the gym as much as I am! The Xcel Committee met virtually for our May meetings and joined the other committees of women's program in voting to make as few changes as possible this year. Instead, we chose to use our time to reflect upon the philosophy of the program and how some of the needs of our members can be met while honoring this philosophy. We created a sub-committee, of which I am a member, to explore the addition of a division above Diamond, discussed the large gaps that seem to exist between some of the divisions, and are working to create a method for feedback from our Xcel members. We feel strongly that our major changes should wait until our next code, but realistically this is right around the corner!

As always, I welcome feedback and insight into the success and challenges that you face in the practical application of the Xcel Program in your own gyms. Please feel free to reach out via email, region4xcel@gmail.com, if there is anything that you would like to share.

What's going on around Region 4?

Minnesota – Ryan Rohloff

MN clubs are open 100% as long as social distancing can be achieved for each group. Currently we have 1,177 registered Developmental Program athletes and 1,373 Xcel athletes. It appears that combined we are holding with approximately the same number of athletes from last year. Some levels have fewer and some have more.

We have moved our Level 3-5 season from the fall to the winter to go along with the Optionals and Xcel season. We have 19 competitions being held throughout the state not including our State Championships. Currently MN is under a large gathering size limit of 250. That means for most meets, we are only allowing one spectator per athlete. Meet hosts have added admission rates to their meet entries to help offset the loss of revenue. However, if meets are able to have the spectators 12 feet away from the competitive area, then the athletes, coaches, judges, and meet personal do not need to be counted in the 250. This will allow some meets to have more spectators. All of our Championship meets will allow for this!

Our state has adopted the policy for using last year's scores for State Championships qualification if the athlete is in the same level. Additionally, we have approved Virtual meets for State qualification

MN has adopted the following policy for all State Championships: MN State Championship refund policy will be to offer 100% refund 2+ weeks out, 75% refund in the 2 weeks prior but more than 48 hours in advance, and 0% refund if less than 48 hours out.

Missouri – Kathy Sanford

Missouri clubs are open 100%. We do not have a state-wide coronavirus response here, it is a county by county and city by city approach. For instance, in the St. Louis area, St. Charles County has almost no restrictions and masks are not required but in St. Louis County there are limits on event sizes and masks are required.

We are down about 18% for athlete registrations. I believe that percentage will decrease as several teams are still registering their athletes. We have had 4 gyms close and there are a handful more who have decided they will not be competing this year and therefore did not register with USA Gym. Our professional membership is down by nearly 40%.

We have a mostly full calendar with state meets in the Spring as per usual. Our judges rethought the format of the Judges Cup meet and instead of one big meet in one location, held MUCH smaller events in-gym spread around the state with just a few judges at each. The Meet Me in St. Louis Meet which usually happens in St. Louis the first full weekend after the new year was cancelled this year. We have had more smaller meets added to the schedule. The SAC voted to allow one judge panels at state qualifying meets for all XCEL Divisions and Development Levels from 1-5 pending approval from you (expect an email to follow with that request).

Because so much changes from county to county and city to city, we have chosen not to adopt a state-wide policy for what MO SAC requires for meet safety above what is expected by USA Gymnastics and state and local authorities. We have not set a refund policy for state meets at this time. We have approved virtual meets for state qualification and named all sanctioned meets as state qualifiers.

Nebraska -Carol Balerud

Nebraska clubs are open however last week our Governor limited indoor events to 50% capacity and groups no more than 8.

Currently we have 431 registered Developmental Program athletes and 370 Xcel athletes. This is a slight decrease in Development Program athletes and an approx. 28% decrease in Xcel athletes. Some of this may be attributed to all seasons being pushed back to the Spring season and not all athletes are registered yet however Nebraska did lose 2 clubs from the pandemic.

On the State calendar, we have 2 dual meets in Nov/Dec and 3 or 4 invitationals in 2021 plus our State meet.

There was not a lot of interest shown in virtual meets and there's no set refund policy. This year we will allow 1 judge panels for Levels 2, 3, Bronze and Silver. Currently the meets are looking at limiting to 2 spectators per athlete but that may change throughout the season.

North Dakota – Whitney Beck

North Dakota clubs are open, however, many counties have been moved to the "orange" (high) risk live so capacity for events is limited. We currently have 10 active member clubs and 262 active athlete memberships (Developmental and Xcel). Athlete enrollment is at about 50% compared to last season's numbers, but it appears clubs are just beginning to prepare for meet season/register for meets, so the number should continue to rise.

The 2020-2021 Meet Schedule is "full" with nearly all annual events being hosted as regularly scheduled (2x Invitationals in December 2020; 8 Invitationals + State in Spring of 2021). The ND USA Gymnastics State Advisory Committee released a set of guidelines for hosting sanctioned events during the pandemic (attached) — the most notable changes being that a 1-judge panel will be allowed up through Level 5 and meet fees have increased for the season to make-up for loss of event revenue (gate admission is not permitted to be charged due to unknown/limited spectator capacity). Spectators will be limited at events according the current local risk level and gathering size allowance as identified by the North Dakota Department of Health.

Iowa - Todd Beyer

Iowa has the following numbers... As of a week ago
Bronze – 234, Silver – 269, Gold – 239, Platinum – 98, Diamond - 26
Level 3 – 56, Level 4 – 98, Level 5 - 37
Level 6 – 32, Level 7-50, Level 8-27, Level 9 – 29, Level 10-15

We, as a state will have more numbers, not everyone has registered yet. There are not a lot of restrictions in the state of Iowa concerning meets. I do believe people will practice good protocols throughout. But our governor has not put many restrictions out. Cities have put some mandates in such as masking. Iowa's meet schedule in on our website lowausag.com.

Wisconsin – Kathy Nelson

Wisconsin: Clubs are open at 25% capacity. WI has 1975 athletes entered as of today. I don't know how that is from past years.

Wisconsin has moved their compulsory session to November-March. We have 6 Nov & Dec meets for compulsories. All the optional meets will have compulsories at it and will be considered qualifiers. There are 10 main optional meet Jan-March. Wisconsin is currently at 25% capacity, 250 people is the going number at most places. Spector's are going to be limited depending on the venue. Meets need to have social distancing, and everyone must wear masks. A few large meets have canceled. Many of the colleges and high school venues have canceled outside rentals of their facilities.

Our state has approved virtual meets for state qualifiers. One judge panel are approved for Levels 2-4 and XS and XB.

South Dakota – Audra Rew