

LOUISIANA NEWSLETTER

FROM THE DESK OF YOUR STATE DIRECTOR- HASHIM DAWAN

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LOUISIANA BOYS- GENERAL INFORMATION

YeeHaw!! Summer time is here and its time for fun, vacation and oh yeah...hardcore gymnastics training. Let us not forget how important the summer is for preparing for the next competition season. Let us also pray that this hurricane season leaves everyone together and safe.

2006 State Championships:
Wow! What a great competition! After two hurricanes that wiped out sections of our state, still every single gym was represented at State championships; thus showing our dedication and passion to achieve success in the faces of adversity. Congratulations to all the boys that successfully completed the competition. And special congratulations to all the 2006 Regional Qualifiers.

Congratulations to the new Mandeville Gymnastics Academy for running a successful State Championship competition.

2006 J.O. National Championships results : The top all around gymnast in our state this year was graduating senior **Corey English** from Mandeville Gymnastics Academy. At level 10, 16-18 age group Corey placed 56th AA out of 214 gymnasts that completed the qualification round. Corey tied for 7th on vault and 13th on rings. The top 36 qualified for the all around finals. Almost made it Corey, great job! Good luck at Oklahoma! **Robert Rosfeld** from Gymnastic ETC, level 10, 16-18 placed 124th AA. Robert tied for 34th on vault and 49th on floor. Awesome job Robert! **Brandon Walker** level 10, 16-18 from Jill's

Gymnastics placed 176th AA. And wrapping it up for the Louisiana Boys at National Championships was **Chase Brown**, level 9, 14-15 from C.G.'s Gymnastics. Chase placed 182nd AA out of 207 gymnasts that completed the qualifying sessions of the all around. Only the top 34 qualified for the all-around finals. Congratulations to these boys that represented their gyms and our state. Let us continue to strive for excellence and success.

Noteworthy: Hashim Dawan and Kevin Nee judged Regionals on Floor and Vault respectively. They were treated to judging Olympian Sean Townsend as well as many other National Team members.

THINGS TO DO

- Updating and checking email.
- Check all equipment for wear and tear.
- Check and renew Pro-memberships and Safety for expiration.
- Support LA. Men's Gymnastics by hosting a Gym Hop.

VITALLY IMPORTANT CLUB AND COACHES INFORMATION

LA. Men's Website: We are still in need of a website. Please inform all team parents of the state's need of a website and webmaster. Remember, to the parent that takes the position, their child will receive free competition entry to all Louisiana meets.

2006 Congress and U.S Senior National Championships: Will

be held in St. Paul Minnesota. This is the crème-de-la-crème of gymnastics conventions. The absolute top gymnastics coaches from around the world lecture on technique, skill acquisition, routine construction and more. Also are lectures on building a top quality gymnastics business and program by the man himself Jeff Metzger. Anyone interested in attending congress should

contact Hashim ASAP. It would be great to have a Louisiana group going to congress. Contact Hashim at Hdawan1@lsu.edu.

GAT Convention 2006: If you miss Congress, this is an awesome opportunity to catch what you missed. Many of the presenters at Congress will repeat their lectures and be on hand for more personal question and answer sessions. GAT is during Labor Day weekend in Austin, Texas. www.gatx.org for info.

STATE UPDATES

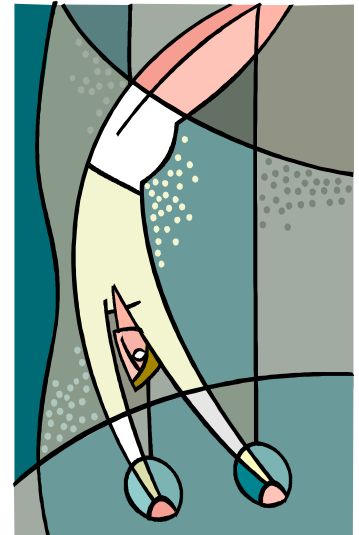
Gym Hop- Lets start the summer off right and bring all the coaches & gymnasts together for some fun in the gym and sun. We have all looked for ways to increase the fun factor of workouts while being productive. A Gym Hop is the very thing your boys need to increase their motivation and enthusiasm for gymnastics. The Gym Hop will include lectures from some of our own coaches, an open ques-

tion and answer session, and of course food and drinks. Be the first to host a Gym Hop this summer. \$15 per gymnast will cover food, drinks, gym expenses and state fund raising. Coaches attend free.

Competition Calendar: Please submit to me via email your competition dates. The next newsletter will list all Louisiana men's competitions for the 2006–2007. Go to www.Region3men.org for

regional men's competitions.

State Meeting: Time and place is being decided upon. I would like to have it before summers end. A Gym Hop/ State Meeting would be optimal. Anyone interested in hosting a Gym Hop contact Hashim at hdawan1@lsu.edu



THE GREAT GESTALT GYM-HOP (REPEAT)

What does this mean? It is just a fancy name for bringing together gym boys and coaches to train during a weekend at each others gyms during the summertime to strengthen community relations. I already know of a few coaches who love the idea. I would like to here from gyms that would like to host the first gym-hop. I think this is an awesome opportunity to enjoy the company of

the states best gymnasts and at the same time pick the brains of coaches for tips and tricks of the trade.

Let's start something that can strengthen the fun and competitive spirit of our boys gymnastics program. Many of us have only a few boys in the gym and could use the change in atmosphere to fuel better performances.

FYI: **Gestalt**- a term that

describes the whole is greater than the sum of its parts. Example:



Get the idea? Bringing our boys and coaches together has the ability to build a larger, stronger, more beneficial community.

“Let’s start something that can strengthen the fun and competitive spirit of our boys gymnastics programs.”

