

LOUISIANA NEWSLETTER

FROM THE DESK OF YOUR STATE DIRECTOR- HASHIM DAWAN

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LOUISIANA BOYS- GENERAL INFORMATION

Summer is winding down and the hurricane season is winding up. The summer has given us some incredibly hot days and hopefully the gym is just as hot with activity. The following is a few dates to keep in mind as competition season approaches:

Safety Certification– Do not forget you must be current with your safety certification and pro-membership to be legally on the floor at competitions. If you missed the July 15th course at C.G.'s Gymnastics, C.G.'s will again offer a course on October 15th. You can also get your certification or re-certification online at www.usa-gymnastics.org

Congress-U.S. Championships

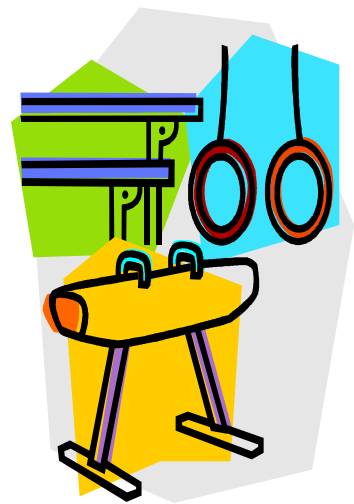
in conjunction with Congress will be held in Indianapolis, Indiana August 10-13, 2005.

GAT Convention-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. The convention will be Sept. 2-4 in Austin, TX (cleanest city in US). Early bird registration should be post-marked by July 30.

www.gatx.org

Gestalt Gym Hop– Cajun Kips has graciously decided to host the first Gym Hop on Friday July 29. Pizza and push-ups will fill the boys up nicely along with a fun filled day of training, games

and challenges. Its in two weeks so email hdawan1@lsu.edu and kevgym2002@aol.com with the gymnasts name and level. Directions to Jennings Gym (Cajun Kips) will be sent to all those who respond. Bring eight dollars per gymnast to cover food, drinks, and gym expenses. Half of money collected goes to LA. Men's Gymnastics. Hope to see you there!



THINGS TO DO

- Updating and checking email.
- Check all equipment for wear and tear.
- Register coaches for congress and GAT conventions.
- Support LA. Gymnastics by attending the Gym Hop July 29.
- Have fun in the sun!

VITALLY IMPORTANT CLUB AND COACHES INFORMATION

LA. Men's Website: We are still in need of a website, *last month*. Coaches and gym owners please inform all team parents of the state's need of a website and webmaster. Remember, to the parent who takes the position, their child will receive free competition entry to all Louisiana meets.

E-mail Update: Only four clubs in Louisiana have responded via email with up-to-date email addresses. So, only these three gyms will receive info from the state. If you want to be a part of Louisiana Men's Gymnastics, please send a currently used email address to your state director now!!

Judges Workshop: The workshops have been postponed until further notice. Due to interested people wanting to participate but unable to make summer dates the workshops will be moved to later in the year. Coaches, continue to convince team parents to participate in the workshops.

STATE UPDATES

State Clinic– Dates have been set to bring Steve Butcher of Mission Valley YMCA in California to Baton Rouge. The clinic will be held September 17 at Mandeville Gymnastics. (Formerly A.C.E.S.)

State Meeting– If not conducted at the State clinic will be held as soon as possible before competition season.

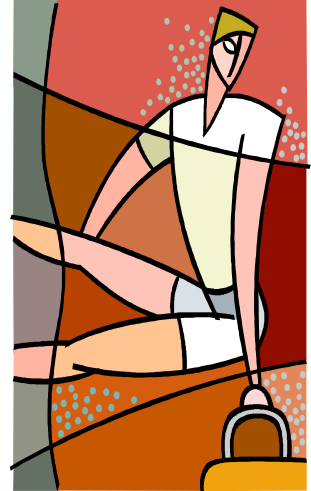
State Meet Bids– Are to be

sent via email to me with appropriate information such as where, when, venue location, equipment specifications, etc.

Future Stars– USA Gymnastics has decided to password protect the future stars material on its website. Why? To protect the program materials and efforts of this country's coaches. I will be given the new username and password. Coaches can then con-

tact me via email. USA Gymnastics considers this a security issue.

State Fees– The boys state fees will increase to fifteen dollars. The state club fee will remain the same at twenty-five dollars. Each year we fall into the red with expenses, this is necessary to afford more clinician programs, state expenses, and to support Team Louisiana.



TEAM LOUISIANA 2005

A concept that originated with our six years of being state director, Chuck McLallen. He actually created a Team Louisiana in 1999 and I think its time for the state to re-institute this program. It involves selecting the best gymnasts at each level from across the state to create competitive teams (for each level) to represent Louisiana at competitions outside the state. HGC for

example is a money prize competition. If we created these teams we can send them to such competitions to put Louisiana on the map. Not to mention the notoriety each club and gymnast will gain. I am sure everyone will agree that this is an opportunity for clubs, gymnasts, and Louisiana.

If you are interested in Team Louisiana and would

like to be part of the idea, please contact your state director via email. List your gymnast(s) that you would like to be a candidate for Team Louisiana.



“ It involves selecting the best gymnasts at each level from across the state to create competitive teams to represent Louisiana...”

COMPETITION CALENDAR

Future stars:
Regionals Oct. 15 Dallas
Nationals Nov. 10– 13 @
USOTC.

McDonalds Inv. Nov.19 @
New Iberia

Pelican State Inv. Dec. 3 @
Mandeville

Le Bob Temp Jan. 14 @ Gon-
zales

Gymnastics ETC. Jan. 28 @
Sulphur

LA. Open Feb. 5 @ Baton
Rouge

New Orleans Jazz Feb. 11 @
New Orleans

River Boat Feb. 17 @ Slidell

State Meet Mar. 25 @ Prepare your bids

Regionals Apr. 7-9 @ Oklahoma

Nationals May 4 –7 @ Missouri

These dates are tentative. Please notify me of any changes.

COACHES SPOTLIGHT- KEVIN ANDERSON- CAJUN KIPS

Gym- Jennings Gymnastics in Thibodaux, LA.

Q: How long have you coached gymnastics? **A:** Nine years.

Q: Where did you start gym and who was your coach? **A:** "Age 3, at Jennings Gymnastics with my current boss, also my pre-school coach, Bill Jennings. I competed from age eight to nineteen years old with coach Frank Tardo at Jennings Gym."

Q: Why do like coaching gymnastics? **A:** "It's the best job in the world. Don't tell my boss, but if I had to I would coach for free. It's a great blessing to be paid for doing what you love. It is the greatest sport, and I love teaching and working with kids."

Q: What is the difference in coaching girls and boys? **A:** "It's like night and day. I love both, but I have to try harder to coach girls. I know what my boys are going to say and

do before they do it. I know all their tricks, because I pulled the same stunts when I was a boy. With girls, I am always on my toes; I never know what's coming. Yeah, it's a different world."

Q: How do you view LA. gymnastics? **A:** "LA. Gymnastics is growing in strength and in numbers thanks to the hard work of many great coaches and gymnasts. As a state, we still have a long way to go. Coaches need to get more involved, not just in their own clubs, but state-, region-, and nation-wide. We have to aim high and expect higher results from ourselves. We can't be closed off and compare ourselves to LA. only. We have to look outward and produce more gymnasts that can be regionally and nationally recognized."

Q: What do you think about the way the code of points has changed every four years to a more difficult code? **A:** "I

am opposed to the continual increase of difficulty. I know that as gymnasts get better difficulty increases, but I think the rate is too much, too fast. Our sport is approaching an "X-Games" style that I don't agree with. Historically gymnastics has been focused on artistry—Not just what you can do, but how well you can do it. I feel many are abandoning that. I am afraid that perfect routines will be beaten out by harder routines with a few mistakes. I truly hope that the FIG will come to their senses and decide to stress artistry and perfection over just difficulty."

Q: What is the most important thing you teach your gymnasts? **A:** "Good character. Some may be champions, some may never win but they all learn good sportsmanship, pride, confidence, and respect. More important than the skills they learn, and medals they win, these boys

must learn self-discipline, hard work, and determination— all essential tools to developing strong character and becoming great men."

Interview Extra: Kevin has two children, Luke who is four years old and Claire who is two. Both are having fun exercising with gymnastics.



"We have to aim high and expect higher results from ourselves."

GYMNASTS SPOTLIGHT- NICHOLAS BARFIELD- CAJUN KIPS

Nicholas' Coach- Kevin Anderson

Q: How old are you? **A:** thirteen.

Q: How long have you been in gymnastics? **A:** Five years

Q: How long have you been on team? **A:** Five years.

Q: What is your favorite event? **A:** High Bar.

Q: What is your favorite strength exercise? **A:** Lifting weights.

Q: What level are you? **A:** Nine

Q: How do you feel when you miss practice? **A:** I don't miss.

Q: Are you training harder than your competition? **A:** I

don't know how hard my competition is training, but I hope I am working harder than they are. I train harder skills than I compete, but my coach will not let me compete new skills until they are safely perfected.

Q: What is your favorite food? **A:** Salad

Q: What is your favorite Competition? **A:** State Meet.

Q: How long can you hold a handstand without moving your hands? **A:** Three minutes.

Q: Best competition results? **A:** Floor state champion four years running.

Good Luck Nicholas at this years competitions!

CLASSIFIEDS

If there is any information that you would like to share with your gymnastics community, this space is for you. You can list classifieds, any special results, advertise, etc. This publication will be sent throughout Louisiana to all gyms. Even though this is a men's gymnastics publication, all gyms run multiple programs and the information will be seen by everyone. The cost will be five dollars

for each column of space. Checks should be made out to LA. Men's Gymnastics.

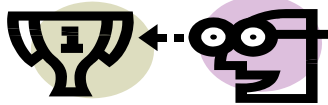


The Men's Louisiana Newsletter will be published once every two months. This is of course until a website can be created and a webmaster can be found. If you like this publication, please write to your state director with your suggestions and comments. I am trying to get some sponsors for this publication to help raise money for the state.



EYES ON THE PRIZE

Have you heard the phrase, "There is always somebody stronger", or "There is always somebody working harder than you are". Have you ever met this person? Sure you have. He is the guy with his eyes on the prize. He wins first place at every competition. The fact is, you can be the person that everybody says is stronger or works harder. Whenever you are feeling a little weak and tired



or lazy, try to remember that your competition is not feeling weak, tired or lazy. In fact, your competition is having a great workout. How does that make you feel? You should feel motivated to get up, dust your shoulders off and get to work. We all have not-so-good days, but it is important to remember that to succeed in anything is to struggle for your goals. So,

when you get a rip on high-bar or rings, don't stop. Try to go one or two more times. Because your competitor is counting on you to give up at the first sign of weakness. Your teammates believe in you, your coaches believe in you. Believe in yourself. You can do it!



"Your teammates believe in you, your coaches believe in you. Believe in yourself. You can do it!"

