

LOUISIANA NEWSLETTER

FROM THE DESK OF YOUR STATE DIRECTOR- HASHIM DAWAN

INSIDE

LA. BOYS

CLUB & COACHES

STATE UPDATES

EYES ON THE PRIZE

COMPETITION
CALENDAR—UPDATED

JUDGES SPOTLIGHT

CLASSIFIEDS



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.

LOUISIANA BOYS- GENERAL INFORMATION

1

Well, I thought 20.00 was the highest you could score. Not so, 22 is this years hurricane record. Katrina and Rita were the two hurricanes that pummeled our state to unbelievable proportions. Every gym has been affected either with damage or having the good grace and ability to take in those who have suffered any loses. It will take time to fully recover but being in a sport where patience to achieve any goal is pertinent, we will fight with formidable work ethic and commitment to a return to excellence.

State Clinic: Due to the hurricanes devastating effects throughout the state, the state voted to cancel the clinic altogether. In place of the clinic, I would like gyms to host Gym

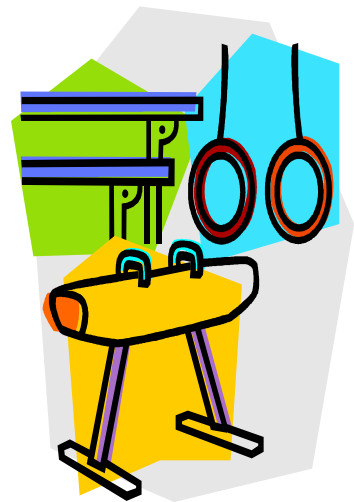
Hops throughout the state to bring together gymnasts and coaches for fun and higher education.

Code-of-Points: The 90% complete code is available free of charge at this link <http://bios.figgymnastics.com>. Use this as a template for the final copy to arrive very soon...Hopefully!

Future Stars: Congratulations to Tate Foley of the Cajun Kips who placed fourth all-around at the Future Stars National Championships held at the Olympic Training Center on November 11.

Again, lets welcome all of those that were affected by the hurricanes into our gyms and homes and provide as much comfort to them as we can.

coaches have moved out of Louisiana due the devastation. Lets wish Henry Menn and Scott Lawless a safe and happy future wherever they are.



VITALLY IMPORTANT CLUB AND COACHES INFORMATION

LA. Men's Website: We are still in need of a website, *last month*. 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: I have received emails from every single club in

LA. Let us continue to communicate on a regular basis. This will allow me to understand the needs of clubs and gymnasts in the state.

Judges Workshop: The workshop will not be conducted this year for obvious reasons. The FIG is still finalizing the code of points which in turn has an affect on the JO rules. There

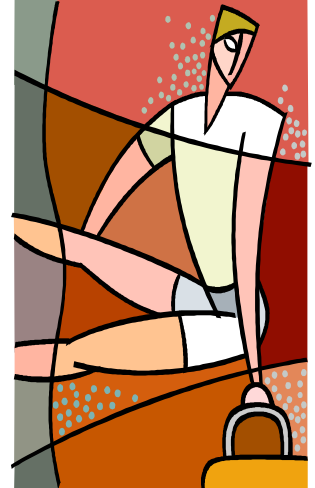
well be a judging clinic and exam that Judging Director Kevin Nee will conduct on Saturday December 10th, 8am. till 8:ish pm. Cost: \$45. (All currently certified are expected to attend). On Sunday Dec. 11 there will be a judging clinic and exam for the Junior Olympic course for those who have never been a judge. (From 9am till 6:ish pm. Cost: \$40). To hold a slot, email Kevin Nee at : laklimer@aol.com

STATE UPDATES

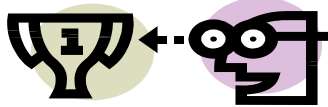
State Championships for Recreational Boys – At the state meeting we all agreed that a once a year championships for recreational boys would be a great idea. I am developing routines for two levels of recreational boys, unsanctioned Level II and Level III. Most of us already provide a competition of sorts for our rec. boys. Lets up the ante to find the top rec. gymnasts in the state.

This will give boys an opportunity to actually participate in a competition and give dad the chance to see their son compete for something. The format will be very non-traditional. It will be more than gymnastics events. It will encompass gymnastics events and aspects of functional and physical fitness. Example: pull-ups, push ups, leg-lifts, handstand, rope climb, standing long jump,

standing high jump for power ,and flexibility. I think you get the idea. Very similar to the fitness tests that are still used today. Who knows which kids will stick to the sport for the long hall but lets give them a chance to be competitive and prepare them for any other sporting event in the world. The date for the first Rec. state championships will be Saturday May 13, 2006. Stay tuned for more details to come!



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!”

COMPETITION CALENDAR (UPDATED)

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

McDonalds Inv. Dec. 4 @
New Heights in New Iberia

Pelican State Inv. Dec. 3 @
Northshore (Canceled)

Battle Under the Pines Jan. 7-8
@ Mandeville Gym. Academy

Le Bob Temp Jan. 14 @ Lamar
Dixon in Gonzales (Canceled)

Gumbo Cup Jan. 28 @ Gymnas-
tics ETC in Sulfur

LA. Open Feb. 5 @ CG's in Baton
Rouge

New Orleans Jazz Feb. 11 @ New Orleans (Canceled)

River Boat Feb. 17 @ Gymnastics Plus in Slidell

State Championships Mar. 25 @ Mandeville Gymnastics Academy

Regionals Apr. 7-9 @ Oklahoma

Nationals May 4 -7 @ Missouri

JUDGES SPOTLIGHT- KEVIN NEE

Kevin Nee is the Head coach and physical education instructor at Baton Rouge High School.

Q: How long have you judged gymnastics? **A:** "Well, my first judging course was at Georgia Tech conducted by Bill Rotzheim in 1976. "

Q: Where was your first competition? **A:** "I really don't remember my first, although some of the earliest were LSU meets. I have judged in Southern Connecticut, and Nebraska."

Q: What are some competitions you have judged? **A:** "Back in the day, there was the Southern Intercollegiate Gymnastics League (SIGL). I judged that several times. The SIGL were 11 colleges in the southeast. I have judged Regionals, AAU Nationals, and I was an auxiliary judge at the USAG National Championships in New Orleans. I have judged Louisiana State Championships for the last

27 years. "

Q: Where you a gymnast? **A:** "I was a high school gymnast. I won Parallel Bars and Still Rings at the State Championships. I competed at Jacksonville State University from '73 to '78. I was red-shirted my sophomore year."

Q: How do you view LA. gymnastics? **A:** "Over the years I have seen great gymnasts come out of Louisiana. Louisiana has several very good coaches. Many of our gymnasts have received athletic (gymnastics) college scholarships. Louisiana has produced regional and national team members and a few have been national champions. Believe it or not, at one time Louisiana had a college that won both small and large college national championships. One of my college coaches was on the team, John Ellis. John Ellis went to what was then Northwestern and won both NAIA and NCAA team championships in the

same year, in the same week!"

Q: Is judging hard or easy? **A:** "Both. Your job as a judge is to separate the gymnasts. There are very many great gymnasts and we as judges know how hard they have been training. Unfortunately, there is only one spot at the top of the podium. It is made easy by just following the rules and guidelines set forth in the code. Let the chips fall where they may."

Q: Have you ever given a perfect 10? **A:** "To this point I have never given a 10.0, and with the new code, I don't think I ever will.

Q: What do you think about the new code of points? **A:** "I don't like getting rid of the 10.0 concept. Gymnastics has always been linked to the 10.0 ever since Nadia scored a 10 and they had to flash a 1.00 because the monitors were not set up for double digits. Otherwise, its just an-

Q: Do you have any tips for the coaches and gymnasts this year? **A:** "A lot of emphasis will be on form and execution with the new code. Small, medium and large deductions are now .1, .3, and .5. A fall is .8 points, so concentrate on form and execution. The top nine skills and the dismount count toward difficulty. No more skill elevation and only three events have connection bonus.

" There are very many great gymnasts and we as judges know how hard they have been training."

Kevin Nee wishes all the gymnasts good luck this year!

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.

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.

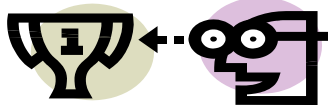


The Men's Louisiana Newsletter will be published once every two months. This is of course until a website can be created and a webmaster can be found. If you like this publication, please write to your state director with your suggestions and comments. I am trying to get some sponsors for this publication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

