



NAWGJ Mission:

to provide professional development for its members and to support and promote women's gymnastics in the United States



MARCH 2023

CONTENTS:

UPDATES & REMINDERS

EDUCATION



TAAF State Meet Availability

Due 2023-03-17

[Apply now](#)

SafeSport Requirements for 2023



As far as USAG knows today, they do not recommend registering for the SafeSport renewal course until 2023-08-01.

If anything changes, we'll let you know.

[SafeSport link](#)

CPE Is Due

Submit your completed annual CPE form to [Bonnie Crawford](#) no later than 2023-05-31.

[Details](#)



New Practice Judging Requirements

Practice judging is now required when you test up to a new level.

[Texas Form](#)

Preparation

Everyone should prepare for each and every competition by reviewing the rules:

- Special Requirements

- Value Parts

- Unique situations

and by practice judging with compulsory, optional, and Xcel videos:

- [NAWGJ Practice Judging Videos](#)
- Many have scores

Friendly Reminders

Balk vs. Void Vaults

Balk

- A balk is a running approach that results in a fall during the run, stops mid-run, runs off the runway, or **contacts the board or the vault table without coming to rest or support on top of the vault table.**
- A balk will count as one of the three attempts to complete one or two vaults.

Void examples

- Gymnast rebounds from board, has flight and places her hands on top of the vault table to shift her weight over her hands in support, but does not driver her heels overhead, and finishes in a squat stand on the table or lands back down on the board.
- Gymnast has flight from board to an almost inverted handstand position, runs out of momentum and steps down onto vault table or lands back down on the board.
- Gymnast's steps are off on the run, she cannot slow down her horizontal speed and ends up in a "belly slide" on top of the vault table.



CPE Opportunities

- 2023-06-16 **Region 3 & 4 Congress**, Cedar Rapids, IA
- 2023-06-24 **Region 3 Training Camp**, Texas Dreams, Coppell
- 2023-07-14 **NAWGJ National Symposium**, Grand Rapids, MI
- 2023-07-15 **Region 3 Training Camp**, CGI, Aurora, CO
- 2023-07-22 **S&S College Bound**, WOGA, Frisco
- 2023-08-05 **Region 3 Training Camp**, Incline, Littleton, CO
- 2023-08-25 **National Congress**, San Jose, CA
- 2023-09-02 **GAT**, Austin, TX

Potential clinics in:

- San Antonio
- Houston

More details to follow

Review regularly:

- [USAG CPE Clinics](#)



Volunteer Opportunities

State meets:

- 2023-03-17 – 03-19 L6 State @ The Rock @ Weatherford Ninth Grade Center Gym
- 2023-03-24 – 03-26 L9/10 State @ Rock Solid Athletics, Lubbock
- 2023-03-31 – 04-02 L7 State @ WOGA, Frisco
- 2023-03-31 – 04-02 XG State @ Powerhouse TNT, San Antonio
- 2023-04-14 – 04-16 XPDSa State @ Lone Star @ Birdville Coliseum, Haltom City
- 2023-04-21 – 04-23 XBS North State @ Metroplex, Allen
- 2023-04-21 – 04-23 XBS South State @ River City @ Alamo City All-Stars Sportsplex

Regional+ meets:

- 2023-04-11 – 04-14 L9/10 Regionals @ Stormont Vail Events Center, Topeka, KS
- 2023-04-21 – 04-23 L8 Regionals @ Oklahoma City Convention Center, Oklahoma City, OK
- 2023-04-28 – 04-30 L7 Regionals/L6 All-Star Meet @ Statehouse Convention Center, Little Rock, AR
- 2023-04-28 – 04-30 XG Regionals @ TAV Houston Volleyball Club, Spring, TX
- 2023-05-05 – 05-07 L9 Westerns @ Idaho Central Arena, Boise, ID
- 2023-05-05 – 05-07 XPDSa Regionals @ Arapahoe County Fairgrounds and Event Center, Aurora, CO
- 2023-05-12 – 05-14 L10 Nationals @ Oklahoma City Convention Center, Oklahoma City, OK

College:

- 2023-04-05 – 04-08 USAG Women's Collegiate National Championships – all slots *may* already be filled @ Texas Woman's University @ Kitty Magee Arena, Denton
- 2023-04-13 – 04-15 NCAA Women's Gymnastics Championships – collegiate judges only @ Texas Woman's University @ Dickies Arena, Fort Worth



Updated National and Brevet Course Forms

- [National form](#)
- [Brevet form](#)
- Due 2025-11-01

CODE UPDATES

<https://txnawgj.org/index.php/resources/cop-updates>

Compulsory Program Update:

- <https://usagym.org/pages/women/events/devcompulsories/>
- Updated **2023-02-08**

Development Program Code of Points Update:

- <https://usagym.org/pages/women/pages/jooptionals.html>
- Updated 2022-12-05

Xcel Code of Points Update:

- <https://usagym.org/pages/women/pages/xcel.html>
- Updated **2023-02-14**

New Xcel Sapphire Division Rules Overview:

- https://usagym.org/PDFs/Women/xcel/sapphire_rules.pdf
- Pilot program for Region 3



NAWGJ National Symposium 2023

<https://www.nawgj-symposium.com/>

Registration:

- <https://www.nawgj-symposium.com/event-details/nawgj-national-symposium-2023>
- Early bird (2023-03-02 through 2023-05-01): member \$260 / non-member \$320
- Regular (2023-05-02 through 2023-07-01): member 310 / non-member \$370
- On site (2023-07-02 forward): member \$360 / non-member \$420
- There is no group discount

Hotel Information:

- <https://book.passkey.com/event/50369936/owner/2529966/home>
- Amway Grand Plaza by Hilton
- \$159 per night
- Rooms are booking fast

Events and Activities:

- Pickleball tournament
- Scavenger hunt
- Duckpin bowling

>>> Contact [Bonnie Crawford](#) if you will be attending Symposium and would like to represent Region 3 in any of these competitions.



Region 3/4 Congress

<https://www.usagymrc.com/region-3-4/>



National Congress

<https://www.usagymcongress.com/>

Cedar Rapids, IA
2023-06-16 – 2023-06-18

Price:

- Regular registration begins 2023-03-16 for \$150
- TX NAWGJ is offering a group [discount](#).

San Jose, CA
2023-08-25 – 2023-08-27

Price:

- Early-bird registration ends 2023-04-12 for \$160
- Regular registration begins 2023-04-13 for \$200
- TX NAWGJ is offering a group [discount](#).



<https://gatx.org/>

GAT

- Renaissance Austin, TX
- 2023-09-02 – 2023-09-03
- **Guest presenter: Priscilla Hickey**
- Annual TX NAWGJ membership luncheon and meeting (no GAT registration required)
- Test on Sunday
- Registration TBD

**TX NAWGJ State Committee
2021-2023 Members**

Be sure to add sjd@txnawgj.org to your contacts, so that messages don't go to your spam folder. You may be missing something important.

If you have questions, please reach out to your state committee members.

Please thank them for their many volunteer hours and dedication to Texas gymnastics.

[Jack Dunlop](#) - District 1 Assigner and High School Coordinator

[Kevin Freeman](#) - District 2/3 Co-Assigner

[Amy Heidel](#) - District 2/3 Co-Assigner

[Denise Coats-Lauriat](#) - District 2/3 High School Assigner

[Stephanie Bell-Turner](#) - District 4/7 Assigner

[Erika Franklin](#) - District 5/6 Assigner

[Jennifer Porter](#) - Secretary/Newsletter Editor

[Tiffany Schwartz](#) - Treasurer

[Tracy Brewer](#) - Event Coordinator

[Bonnie Crawford](#) - State Judging Director (SJD)

About Texas NAWGJ

TX NAWGJ Mission

To provide professional development, leadership, and support to Texas NAWGJ members and to unify and promote women's gymnastics throughout the state.

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