



***2023-2024***

***Competition  
Handbook***

# USA

## Gymnastics

### SOUTH CAROLINA

## ***2023-2024 Due Dates to Remember***

Tracking Fees: Must complete online registration & payment at [MeetMaker.com](https://www.meetmaker.com)

**Due December 15-** All Levels- Email Questions to [Joey Smith](mailto:joey.smith@usa-gymnastics.com)

Xcel & Optional State Meet Event Specialist Form

**Due January 31-** Send to [Mendi Knisley](mailto:mendi.knisley@usa-gymnastics.com)

SC Graduating Senior Form & Louise Peck Scholarship Application

**Due December 31-** Email Questions to [Abby Reid](mailto:abby.reid@usa-gymnastics.com)

Spirit of Pam Nominations

**Due December 31-** Email Questions to [Abby Reid](mailto:abby.reid@usa-gymnastics.com)

Level 6, 7, Silver, Platinum, Diamond & Sapphire State Meet Entry  
Must complete online entry & payment on MeetMaker

**Due February 23-** Host Club: Carolina Gymnastics Center

Declaration Date for All Levels- **February 26, 2024**

Level 8-10, Bronze & Gold State Meet Entry

Must complete online entry & payment on MeetMaker

**Due March 1-** Host Club: Upstate Gymnastics Center

Level 1-5 State Meet Entry

Must complete online entry & payment on MeetMaker

**Due March 15-** Host Club: Thomas Gymnastics at the Beach



## 2023-2024 SC USA GYMNASTICS CALENDAR

Date	Meet	Host Club	Location
For a full listing of Invitationals hosted by SC Member Clubs, please visit <a href="#">our website</a> .			
March 15-17, 2024	Level 6, 7, Silver, Platinum, Diamond & Sapphire State Meet	Carolina Gymnastics	Florence, SC
March 22-24, 2024	Level 8-10, Bronze & Gold State Meet	Upstate Gymnastics/MGK Productions	Pendleton, SC
April 5-7, 2024	Compulsory State Meet	Thomas Gymnastics	Conway, SC
April 12-14, 2024	Level 9 & 10 Regionals	Tampa Bay Turners	Bradenton, FL
April 26-28, 2024	Level 6, 7, & 8 Regionals	Bama Bounders	Foley, AL
May 3-5, 2024	Xcel Regionals	Greenville Gymnastics/MGK Productions	Greenville, SC
May 3-5, 2024	Development Program Eastern National Championships	Thomas Gymnastics	Myrtle Beach, SC
May 9-12, 2024	Development Program National Championships		Daytona, FL

# 2023-2024 SC USA GYMNASTICS COMPETITION FORMAT

Level	Age Groups	Awards*	Qualification to State Meet	State Meet Info
<b>Level 1 &amp; 2</b>	Actual birth dates will be used to determine equal age groups with no more than 15 in an age group and no more than a TWO year age span beginning at the youngest age.		Must participate in at least one USA Qualifying Competition prior to State Meet.	STATE MEET ENTRY FEE \$85  Two Judge Panel
<b>Xcel Bronze, Silver &amp; Gold</b>				STATE MEET ENTRY FEE \$85  Two Judge Panel
<b>Xcel Platinum, Diamond &amp; Sapphire</b>		100% Placement Medals in the AA	32.00 AA  8.5/Event for Specialists	STATE MEET ENTRY FEE \$95  Two Judge Panel
<b>Level 3-5</b>		Team Awards: 6 places for 1-15 Teams, 10 places for 15+ teams	32.00 AA	STATE MEET ENTRY FEE \$85  Two Judge Panel
<b>Level 6 &amp; 7</b>			32.00 AA	STATE MEET ENTRY FEE \$105  Four Judge Panel
<b>Level 8-10</b>			32.00 AA  8.5/Event for Specialists	STATE MEET ENTRY FEE \$105  Four Judge Panel

*\*No ties will be broken at State Meet for any individual all-around or team awards.*

***Declaration Date for All Levels  
Monday, February 26th***



# **2023-2024**

## ***South Carolina State Meet***

### ***Admissions Guidelines***

SC Invitational Meets may set their own admission fees. This information must be published in the pre-meet information.

#### **Outside Facility**

Adults (18-64): \$20 per weekend  
Children (6-17)/Seniors (65+): \$10 per weekend  
Children 5 & Under: Free  
Competing Athletes: Free

#### **Home Gym Facility**

Adults (18-64): \$10 per weekend  
Children (6-17)/Seniors (65+): \$5 per weekend  
Children 5 & Under: Free  
Competing Athletes: Free



# 2023-2024 SC USA GYMNASTICS STATE ADMINISTRATIVE COMMITTEE

<p><b><u>State Chairman</u></b> <b>Mendi Knisley</b> (C) 864-320-8602</p>	<p>9 Tall Tree Lane Taylors, SC 29687 <a href="mailto:meknisley10@gmail.com">meknisley10@gmail.com</a></p>	<p><b><u>Apparel</u></b> <b>Anna Sexton</b> (C) 864-992-1617 <a href="mailto:annacsexton@gmail.com">annacsexton@gmail.com</a></p>
<p><b><u>Awards</u></b> <b>Tricha Tapio</b> (C) 843-906-5745 <a href="mailto:tricha78@hotmail.com">tricha78@hotmail.com</a></p>	<p><b><u>Communication</u></b> <b>Dana Browy</b> (C) 803-447-2220 <a href="mailto:danamorrisbrowy@gmail.com">danamorrisbrowy@gmail.com</a></p>	<p><b><u>Compulsory Clinic Coordinator</u></b> <b>Pat Faulkner</b> (C) 603-748-1506 <a href="mailto:pefaulkner@comcast.net">pefaulkner@comcast.net</a></p>
<p><b><u>Development Member at Large</u></b> <b>Karimah Thorne</b> (C) 803-466-4583 <a href="mailto:coachkam8@gmail.com">coachkam8@gmail.com</a></p>	<p><b><u>NAWGJ Representative</u></b> <b>Sue Dolinar</b> (C) 864-906-1388 <a href="mailto:susan.dolinar@gmail.com">susan.dolinar@gmail.com</a></p>	<p><b><u>Optional Clinic Coordinator</u></b> <b>Valerie Snow</b> (C) 843-513-0908 <a href="mailto:val@gymnasticsacademyofcharleston.com">val@gymnasticsacademyofcharleston.com</a></p>
<p><b><u>Secretary</u></b> <b>David Gale</b> (C) 864-884-9790 <a href="mailto:degale4@gmail.com">degale4@gmail.com</a></p>	<p><b><u>Technical/Educational Resource</u></b> <b>Sabina Jokulis</b> (C) 803-617-9801 <a href="mailto:sabina@gforcecable.com">sabina@gforcecable.com</a></p>	<p><b><u>TOPS Representative</u></b> <b>Abby Reid</b> (C) 803-603-3943 <a href="mailto:abbyreidlmq@gmail.com">abbyreidlmq@gmail.com</a></p>
<p><b><u>Xcel Clinic Coordinator</u></b> <b>Amanda Selwold</b> (C) 803-760-4156 <a href="mailto:mandalynn1231@yahoo.com">mandalynn1231@yahoo.com</a></p>	<p><b><u>Xcel Member at Large</u></b> <b>Tim Rule</b> (C) 717-376-5505 <a href="mailto:gaccoachtim@gmail.com">gaccoachtim@gmail.com</a></p>	<p><b><u>Webmaster/Athlete Tracking</u></b> <b>Joey Smith</b> (H) 803-233-1460 <a href="mailto:joecargym@gmail.com">joecargym@gmail.com</a></p>

# SOUTH CAROLINA MEMBER CLUBS

Member Club	Team Contact	Team Email Address
Acrosmith Gymnastics	Shawn Smolen	information@acrosmith.com
Aiken Gymnastics	Sabina Jokulis	sabina@gforcecable.com
All In Academy	Ashley Nickel	kristi.cribbs@allinacademy.net
Balance Point	Beth Sexton Deloach	balancepointgym@gmail.com
Beach Team Gymnastics	Chris Mula	team@beachteamgym.com
Brussels Gymnastics	Kristina Brunson	brussellsgymnastics@gmail.com
Capital City Gymnastics	Karimah Thorne	capitalcitygymsc@gmail.com
Carolina Gymnastics Center	Anna Sexton	carolina_center@bellsouth.net
Carolina Stars Gymnastics	Alisha Bussman	carolinastarsgym@yahoo.com
Cayce Gymnastics Center	Teresa Todd	caycegymnastics@yahoo.com
Champions Gymnastics	Lydia & Richard Sorrow	champions.cgrh@gmail.com
Chapin Christian Gymnastics	Millie Godines	chapinchristiangym@gmail.com
Charleston Gymnastics	Chelsie Bishop	bishopch@charleston-sc.gov
Choice Gymnastics	Cliff & Deb Wilson	choicégym@gmail.com
City of Goose Creek Gymnastics	Brittany LaRoche	blaroche@cityofgoosecreek.com
Coastal Gymnastics Center	Carrie Conway	team@coastalgymnasticscenter.com
Coastal Gymnastics of Hilton Head	Carrie Conway	coastalgymhhi@gmail.com
Davita's Charleston Twisters	Davita Ivey	iveygym@bellsouth.net
Easley Gymnastics Training Center	Robyn Easlick	staff@easleygym.com
ECG, LLC.	Casey Prady	electric.city@ecggymnastics.com
Empire Gymnastics Training Center	Veronica Jordan	teamempiregym@gmail.com
Envi Gymnastics	Ginelle Jackson	envigymnastics@gmail.com
Excel Gymnastics	Sarah Birnbaum	excelgymandtumbleacademy@gmail.com
Flex Gymnastics	Tamee Tindal	info@flexgymnast.com
Florence Gymnastics	Chasadee Buchanan	Cbuchanan@cityofflorence.com
Foothills Gymnastics & Cheer Center	Kim Patterson	kimfgc@aol.com
The Foundry	Madison Roth	info@thefoundryfitness.com
Grassroots Gymnastics	Katie Cramer	katie@grassrootsgymnastics.com
Greenville Gymnastics	Greg Force	gforce@greenvillegymnastics.com
Gymnastics Academy of Charleston	Valerie Snow	gacstaff@gymnasticsacademyofcharleston.com

Member Club	Team Contact	Team Email Address
Gymnastics Academy of Charleston, West Ashley	Val Snow	westashleygym@gmail.com
Gymnastics Center of Hartsville	Ashleigh Richardson	gymofhartsville@aol.com
Gymnastics, Inc.	Taylor Edwards	teamgymnasticsinc@gmail.com
Gymnastics & More	Louie Ligouri	gymandmore@yahoo.com
Lake Murray Gymnastics	Abby Reid	abbyreidimg@gmail.com
MEGA Gymnastics		
Miss Libby's Elite Stars	Mary Andrews	elitestarsgymnastics@yahoo.com
Next Level Gymnastics Academy	Lauren Fowler	nextlevelgymnasticsacademy@gmail.com
Olympia Gymnastics	Trista Frazor	office@olympiagymnastics.net
Olympia Gymnastics Surfside	Val Spirov	valsspirov@yahoo.com
Palmetto Athletic Center	Erica Conklin	pac.ericac@gmail.com
Palmetto Gymnastics Academy	Horatiu & Kristina Sana	palmettogym@aol.com
Premier Force		premierforcegymnastics@gmail.com
Raw Talent	Simone Bennett	rawtalentgymnasticscheer@gmail.com
Rhythms Tumbling, Gymnastics & Cheer	Jennifer Eleazer	rtginfo@gmail.com
Rock Hill Gymnastics	Chris Orr	info@rockhillgymnastics.com
Rock Solid Gymnastics	Emily Schutte	rocksolidgymnastics@gmail.com
Simpsonville Gymnastics	Danny Van Acker	simpsonvillegym@gmail.com
Soda City Gymnastics	Lauren Walker	sodacitygymnastics@gmail.com
Southern Stars Academy	Melissa Vinkler	southernstarsacademy@yahoo.com
Sparkle City Gymnastics	Raven Magwood	ravenmagwood@gmail.com
Spartanburg Gymnastics	Christina Jones	southernstar.coach@gmail.com
Spirit Athletics	Brittney Holland	brittney@spiritac.net
Sports Academy Gymnastics	David Kirkwood	sagym@hargray.com
Summerville Gymnastics	Jordan Devlin	jordand@summervillemca.org
Sumter YMCA	Mike Domagalski	
Tapio School of Dance & Gymnastics	Steve Breland	stevieb@tapioschool.com
Thomas Gymnastics at the Beach	Ashleyanne Murray	info@thomasgymnasticsatthebeach.com
Ultimate Gymnastics	Lauren Foxworth	ultimategymnasticsacademy@gmail.com
Upstate Gymnastics Center	Talene Amirkhanian	talenea@gmail.com





## 2023-2024 Tracking Registration

All gymnasts need to be registered online at [MeetMaker.com](https://www.meetmaker.com)  
*MeetMaker will be used to register all gymnasts, as well as collect tracking fees.*

### **Tracking fees are as follows:**

Levels 1-2 - \$5 per athlete  
Levels 3-10/Xcel - \$10 per athlete

Tracking registration must be completed by:  
**December 15, 2023 - All Levels**

### **Late Fee:**

December 15th to February 28th - \$100/team  
March 1st & Beyond - \$150/team

***\*\*If a team does not pay their tracking fee, the club will not be allowed to participate in the team competition at all levels at the SC USA Gymnastics State Meets.***

### ***Club Competition Intent Form - Due December 15, 2023***

This form will be used to notify the SC Tracker which competitions your club will be attending this season. We will use this information to download your gymnasts' scores from online databases (i.e. MeetScoresOnline.com, MyMeetScores.com) to track scores for regional and state qualification, as well as for mobility. This eliminates the need for individual clubs to fill out the end of the year score tracking spreadsheet we have been using for the previous years. After March 10th, we will email each club a spreadsheet of the scores that we have tracked for that club. The form can be found at [SC-Gymnastics.org](https://www.scgymnastics.org)

# Important South Carolina State Meet Information

All State Meet entries & payments must be completed on [www.meetmaker.com](http://www.meetmaker.com)

Any entry received after the deadline **WILL** be fined a \$25 late fee per gymnast.

## SC USA Gymnastics Level 6, 7, Silver, Platinum, Diamond & Sapphire State Meet

**March 15-17, 2024**

Meet Location: Florence Center, 3300 W Radio Drive, Florence, SC 29501  
Host Club: Carolina Gymnastics Center  
Meet Director: Anna Sexton  
Email: [annacsexton@gmail.com](mailto:annacsexton@gmail.com)  
Entry Fee: Xcel Silver \$85  
Xcel Platinum, Diamond & Sapphire \$95  
Level 6 & 7 \$105  
Event Specialist \$95 (No 6, 7, or Silver specialists)  
Team Entry \$50-per level  
Entry Deadline: **February 23, 2024**

## SC USA Gymnastics Level 8-10, Bronze & Gold State Meet

**March 22-24, 2024**

Meet Location: T. Ed Garrison Expo Center, 1101 W Queen St, Pendleton, SC 29670  
Host Club: Upstate Gymnastics Center  
Meet Director: Gary Knisley  
Email: [garyknisley27@gmail.com](mailto:garyknisley27@gmail.com)  
Entry Fee: Xcel Bronze \$85  
Xcel Gold \$85  
Level 8-10 \$105  
Event Specialist \$105 (No Bronze or Gold specialists)  
Team Entry \$50-per level  
Entry Deadline: **March 1, 2024**

## SC USA Gymnastics Level 1-5 State Meet

**April 5-7, 2024**

Meet Location: Conway Sports & Fitness Center, 1519 Mill Pond Rd, Conway, SC 29527  
Host Club: Thomas Gymnastics at the Beach  
Meet Director: Garrett Murray  
Email: [tgmeetsupply@gmail.com](mailto:tgmeetsupply@gmail.com)  
Entry Fee: Levels 1-5 \$85  
Team Entry \$50-per level  
Entry Deadline: **March 15, 2024**

# ***2024 XCEL & OPTIONAL STATE MEET EVENT SPECIALIST INTENT FORM***

WHO: Any SC USA Gymnastics registered athlete:

Xcel Platinum, Diamond & Sapphire, Optional Level 8-10

WHAT: Compete at the Optional State Meet or Xcel State Meet as a Specialist on one, two or three events

COST: \$95 for Xcel & \$105 for Levels 8-10

\*Registration and payment for State Meet are made on MeetMaker. Do not send money by mail.\*

QUALIFYING SCORE: 8.5 per event for the 2023-2024 Competition Season

These athletes will receive awards and may count towards team competition.

Please complete the form below with your intent to compete at the Xcel or Optional State Meet as an event specialist. If you have any questions, please email Mendi Knisley at [meknisley10@gmail.com](mailto:meknisley10@gmail.com).

Click [HERE](#) to fill out the Specialist Intent Form  
Specialist Intent Due: January 31, 2024



## **SC USA GYMNASTICS COMPETITION FEE**

**NAME OF MEET:** \_\_\_\_\_

**DATE OF MEET:** \_\_\_\_\_

**MEET DIRECTOR:** \_\_\_\_\_

**USA PRO #:** \_\_\_\_\_

**# OF ATHLETES** \_\_\_\_\_ **X \$2.00 COMPETITION FEE =** \_\_\_\_\_

**Maximum Competition Fee- \$2,500 per meet**

**All Meets listed on the calendar and in the competition booklet will be considered Qualifying Meets for state meets! If your meet is listed as a qualifier you must adhere to the following guidelines:**

- 1) Be open to any gym in SC
- 2) Pay \$2.00 Competition Fee per gymnast to SC USAG (cap of \$2,500 per meet)
- 3) Follow admissions guidelines listed in Competition Handbook (if charging more for admissions, must publish in Pre-Meet information)
- 4) Follow award guidelines set in the competition format found in the Competition Handbook. As always, you may exceed the guidelines.
- 5) Adhere to the following in regards to judges. For all levels, athletes must be judged by properly rated officials and an unaffiliated Chief Judge on each event. One judge is allowed at Level 1-3, Bronze & Silver, yet must be included in the Pre-Meet information. Two judges are required for Levels 4-10, Gold, Platinum, Diamond & Sapphire.

***\*Failure to comply with the above will result in your meet not counting as a qualifier to state meets.\****

**Make checks payable to SC USA Gymnastics.**

**Please mail checks within 2 weeks of meet date.**

Mail To: Mendi Knisley [meknisley10@gmail.com](mailto:meknisley10@gmail.com)  
9 Tall Tree Lane  
Taylors, SC 29687

# South Carolina Gymnastics Awards

All graduating senior forms and scholarship applications will be completed online for the 2023-2024 competition season. All forms are linked below. **Due Date: December 31, 2023.** If you have any questions about Louise Peck Scholarship or the Spirit of Pam Award or Forms contact [Abby Reid](#). If you have any questions about the Senior Award, contact [Dave Gale](#).

- **[South Carolina Senior Award](#)**
- **[Louise Peck College Scholarship Application](#)**
- **[Spirit of Pam Award Nomination](#)**

**>all award recipients will be announced and recognized at their state meet<**

**South Carolina Senior Award:** All SCUSAG athletes will be honored at their State Meet.



## The Louise Peck College Scholarship

The Louise Peck Scholarship was created to honor Louise Peck, a true pioneer of South Carolina Gymnastics and someone who has made gymnastics a priority in her life. Louise began coaching in 1967 at a YWCA in Columbia, SC. In just a few short years, she expanded her program and was offered a job with the City of Florence. She became the head coach and director of Florence Gymscamps and served in that role for 23 years.

Louise began her judging career in 1969, becoming the first rated gymnastics judge in the state of South Carolina. She was also one of the original members of NAWGJ established in 1971. She became an Elite (National) level judge in 1993 and continued to hold her rating until 2021.

Louise was one of the original members of the SC State Administrative Committee serving as the chairman of the fundraising committee from 1990 to 2013. Louise has also served on the SC NAWGJ board in a similar role for more than 10 years. Louise was the AAU District Chairman for 30 years, led the first coaching clinics in Columbia, SC, was instrumental in starting High School gymnastics and has served our State in many additional ways. In 2007, Louise was awarded the National AAU volunteer of the Year award. In 2014, she was inducted into the Region 8 Hall of Fame, She is credited with bringing gymnastics to South Carolina.



## The Spirit of Pam Award

**\*\*Athletes of any age from any level are eligible to be nominated for the Spirit of Pam Award.\*\***

The SC State Administrative Committee continues to honor the memory, life, and fighting spirit of our dear friend Pam Mobley, who lost her battle with breast cancer in September 2016.

Pam was a fighter whose positivity was relentless, inspiring so many lives around her. It is our hope that the Spirit of Pam Award will honor her memory and allow her to continue to inspire youth in South Carolina gymnastics.

Nominations for this yearly award should be to an athlete that has a strong, fighting spirit, who never gives up and is a true inspiration to her teammates and coaches.

Someone who has the "Spirit of Pam" in their actions and words. Pam demonstrated amazing strength while also demonstrating perseverance, humility, dignity and kindness in the face of adversity. We are looking for a gymnast who has been strong, inspiring to her teammates, kind and respectful to others through difficult moments.

## **SOUTH CAROLINA PROGRAMS OF THE YEAR**

The Compulsory Program of the Year, Xcel Program of the Year, & Optional Program of the Year Awards will recognize the programs in South Carolina that have been successful in each division of USA Gymnastics. These three awards will be based on a point system derived from SC State Meet results and a SC Club voting system. Clubs will earn points based on the results of the state team competition & will earn bonus points for Regional & National accomplishments. See the charts below that outline specifically the Programs of the Year point system.

### **Clubs will receive bonus points for the following qualifications:**

1. 5 bonus points for athletes that qualify for Level 6-10 Regionals
2. 5 bonus points for athletes that qualify as Xcel Regional team members
3. 10 bonus points for athletes that qualify as Level 6-8 Regional team members
4. 12 bonus points for Level 9 gymnasts who qualify for Easterns **(carried over to next season)**
5. 15 bonus points for Level 10 gymnasts who qualify for Nationals **(carried over to next season)**
6. 15 bonus points for Level 9 & 10 gymnasts who place 1st-8th on an event at Easterns or Nationals **(carried over to next season)**
7. 20 bonus points for Level 9 & 10 gymnasts who place 1st-8th in the AA at Easterns or Nationals **(carried over to next season)**
8. 10 additional bonus points for Level 9 & 10 gymnasts who place 4th-6th on an event or in the AA at Easterns or JO Nationals **(carried over to next season)**
9. 20 additional bonus points for Level 9 & 10 gymnasts who place 1st-3rd on an event or in the AA at Easterns or JO Nationals **(carried over to next season)**

The top 5 gym clubs in each division with the highest point totals will be eligible for the 3 Program of the Year Awards. Once the top 5 teams are determined, a vote by SC USA Gymnastics professional members will take place. Each current SC Professional Member in the women's discipline will be permitted one vote. These awards will be presented in addition to the SC State Program of the year award at the beginning of the following season at the SC Annual State Meeting.

### ***Programs of the Year Point System: For all SC State Championship Competitions***

#### **Level 1-10 Team Points**

	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9	Level 10
1st Place Team	5	5	5	5	5	5	5	5	5	5
2nd Place Team	4	4	4	4	4	4	4	4	4	4
3rd Place Team	3	3	3	3	3	3	3	3	3	3
4th Place Team	2	2	2	2	2	2	2	2	2	2
5th Place Team	1	1	1	1	1	1	1	1	1	1

#### **Xcel Team Points**

	Bronze	Silver	Gold	Platinum	Diamond
1st Place Team	5	5	5	5	5
2nd Place Team	4	4	4	4	4
3rd Place Team	3	3	3	3	3
4th Place Team	2	2	2	2	2
5th Place Team	1	1	1	1	1



## ***Region 8 State Program of the Year***

The State Program of the Year is to be presented to the Region 8 USA Gymnastics Committee to represent South Carolina for the Region 8 Program of the Year.

In SC, the State Program of the Year award will be determined by providing a list of all clubs that had an athlete **compete** at JO Nationals or Easterns from the previous season to the SC USA Gymnastics Administrative Committee. The SC USA Gymnastics Administrative Committee will then vote to determine the SC State Program of the Year from the clubs submitted. The SC State Program of the Year will then be submitted to the Region 8 Program of the Year for consideration.



## South Carolina Request for Judges

All requests for judges will be completed online at [SC Gym JAS](#).

Select the Meet Directors Menu and fill in the blanks. At the time of your request, please fill out all the information to the best of your knowledge at the time. If you have updates or additional information that you would like the assignor to know, please email the [SC NAWGJ Assignor](#).

When judges are assigned to your meet, you will receive an email listing the assigned judges. A Meet Referee will be notated and will be in touch with you to collect information about the meet and provide that information to the judges. The Meet Referee will, also, help you with logistical information regarding the judges.

If you need to revise the meet later, your USAG number will be your entry into your request.

Once you click "SUBMIT," a copy of the form is emailed to Sally Foister, the SC NAWGJ Assignor.

**Please mail the assigning fee (\$5 per judge) made out to SC NAWGJ to:**

Sue Dolinar  
16 Hickory Chip Court  
Simpsonville, SC 29681

If you have any questions about assigning, please email [Sally Foister](#) or call her at 864-982-3340.





## ***USA Gymnastics Member Standards***

As USA Gymnastics Professional Members, it is our responsibility to know and understand the [USA Gymnastics Rules and Policies](#) (R&P) pertaining to our athletic discipline and levels of participation. At the beginning of the Rules and Policies, you will find the USA Gymnastics Purpose & [Code of Ethical Conduct](#), Safe Sport Measures, and Responsibilities of Professional Members. The R&P presents thoughtful and detailed information regarding our professional and ethical behavior. You are encouraged to read it thoroughly and reflect on all aspects of its execution.

# Gym Switching

Gym switching occurs for a variety of reasons. The following is a suggested course of action that the South Carolina State Administrative Committee recommends all club owners and head coaches consider when a parent from another gym approaches you about switching their competitive athlete to your club. The following is a guideline, not an enforceable rule. It is, however, a tried and true way of ensuring that parents respect you, your program and your professionalism, while also protecting your relationships with the other gym clubs in your area.

**1. IMPORTANT:** Encourage the parent to try to work out their problem(s) with their current coach. We know it sounds crazy, but explaining that you would only consider adding them to your team if you were sure they had taken this step goes a long way towards establishing respect for you and your professionalism should the athlete eventually switch to your gym. It also says to the athlete's current coach that you respect them, as well. Once this has been tried and you are sure the problems cannot be resolved, then sell your program! Be sure that the problem(s) will not be replicated in your gym. For example, is the athlete a level 10 who needs to be challenged intensely while the highest level in your gym is a level 6 who only works out 12 hours a week? Sometimes doing what is best means recommending another gym.

**2. VERY IMPORTANT:** Be sure to tell the parent that you will call the former coach before you allow the athlete to join your team. Prior to the call, you could allow the athlete a practice with your team. During the trial period and transition, be sure to maintain control of the process and the eventual outcome, while demonstrating respect for other club owner. You are a gymnastics professional and this is a critical step in building respect for you and your program. Inform the parent you will ask her former coach if they have completed their financial obligations to that gym. The worst mistake you can make is to accept a family into your gym that does not pay their tuition. This is a matter of fairness to the former club and sets the tone for making payments to your gym.

**3. MOST IMPORTANT:** Humbly call or contact the other coach! This simple phone call solidifies your professionalism with your colleagues. Remember that you will likely have a longer relationship with that coach than you will with the athlete. You can avoid future uncomfortable situations or grudges with a simple respectful phone call. Also, remember that it is likely that you will have an athlete leave your gym some day. When that day comes, you will want the other coach to call you.

**4. CRITICALLY IMPORTANT:** Accept the athlete on a trial basis. Establish your team rules and meet with the parent at the end of the trial period to discuss any issues the athlete is having, evaluate their progress, and make a decision regarding the athlete's status on your team. Again this is how we recommend handling a parent who approaches you about gym switching. However, we strongly suggest never approaching a parent or gymnast about switching gyms, and we hope you or no one associated with your program would (including assistant coaches, athletes or parents) either. Be careful and guard your reputation and your relationship with other clubs in the state.