

The background of the image is a close-up, slightly blurred view of the American flag. The blue field with white stars is prominent in the upper left, while the red and white stripes are visible in the lower right and bottom. The flag appears to be waving or draped.

**ALL  
AMERICAN  
CALENDAR  
2016**



~ January 2016 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 New Year's Day	2
3	4	5	6	7	8	9
10	11 Human Trafficking Awareness	12	13	14	15	16
17	18 Martin Luther King	19	20	21	22	23
24	25	26 Australia Day	27	28	29	30

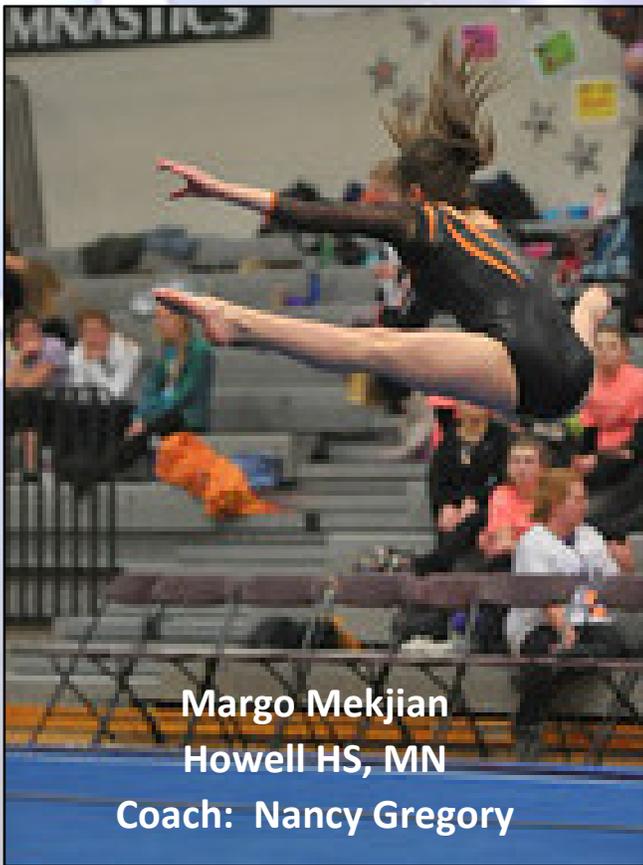


**Allison Kunz**  
**Canton HS-Michigan**  
**Coach: John Cunningham**



**Kasey Wolfram**  
**Howell HS-MN**  
**Coach: Nancy Gregory**

~ February 2016 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2 Groundhog Day	3	4	5	6
7 Super Bowl	8 Chinese New Year	9	10	11	12	13
14 Valentine's Day	15 Presidents Day	16	17	18	19	20
21	22	23	24	25	26	27



**Margo Mekjian**  
**Howell HS, MN**  
**Coach: Nancy Gregory**



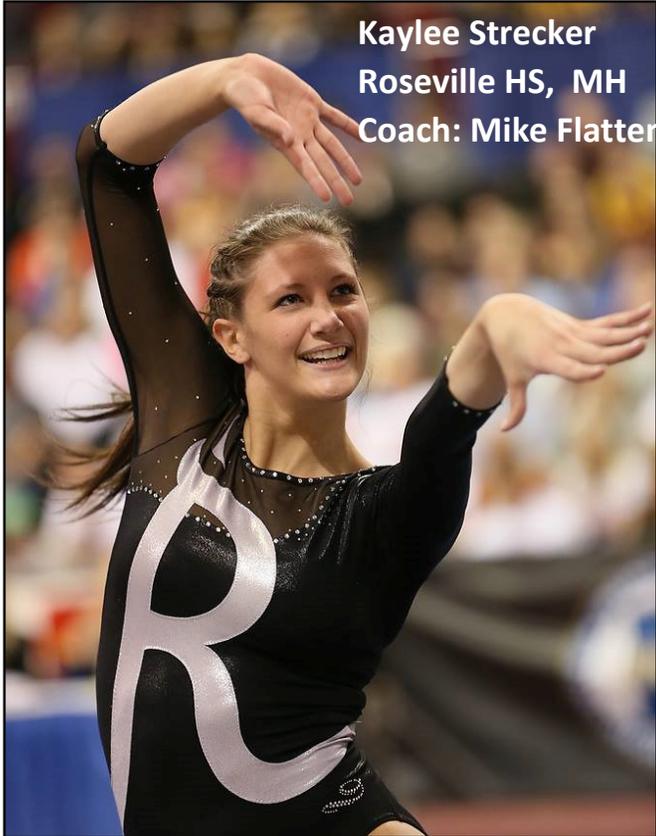
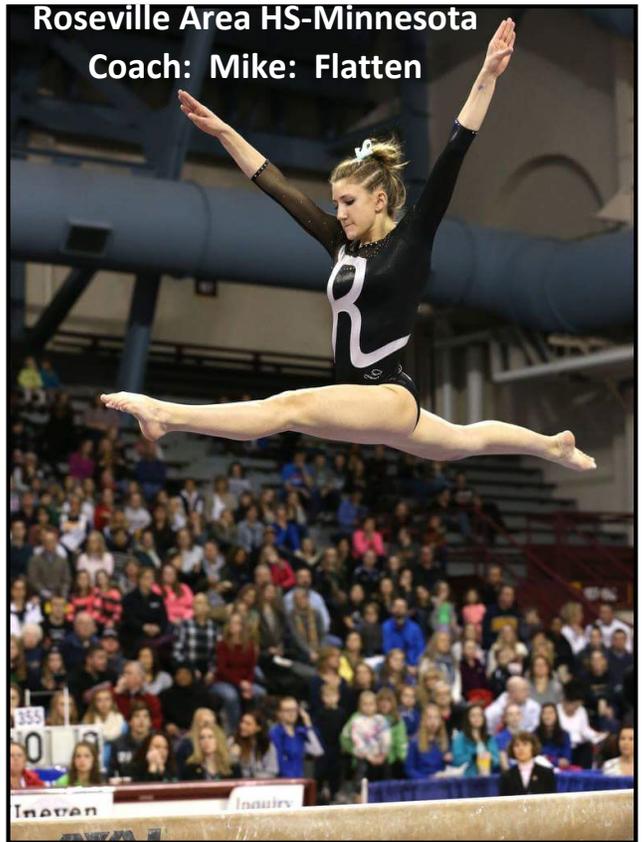
**Kayla Soplata**  
**Roseville HS, MN**  
**Coach: Mike Flatten**

~ March 2016 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8 International Women's Day	9	10 World Kidney Day	11	12
13 Daylight Saving Time Begins	14	15	16	17 Saint Patrick's Day	18	19
20 Spring begins (Northern)	21	22	23	24	25 Good Friday	26

**Jessie Strecker**

**Roseville Area HS-Minnesota**

**Coach: Mike Flatten**



**Kaylee Strecker**  
**Roseville HS, MH**  
**Coach: Mike Flatten**

~ April 2016 ~						
March	Sun	Mon	Tue	Wed	Thu	May ▶
						1
						2
3	4	5	6	7 World Health Day	8	9
10	11	12	13	14	15 Tax Day (Taxes Due)	16
17	18	19	20	21	22 Earth Day	23
24	25	26	27 Administrative Professionals' Day	28	29 Arbor Day	30

**Hannah Ysseldyke**  
**Mukwonago/Kettle Moraine, WI**  
**Coach: Margie Canfield**



**Elise Rice**  
**Mukwonago/Kettle Moraine, WI**  
**Coach: Margie Canfield**

~ May 2016 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5 Cinco De Mayo	6	7
8 Mother's Day	9	10	11	12	13	14
15	16	17	18	19	20	21 Armed Forces Day
22	23	24	25	26	27	28
29	30 Memorial Day	31	Notes:			

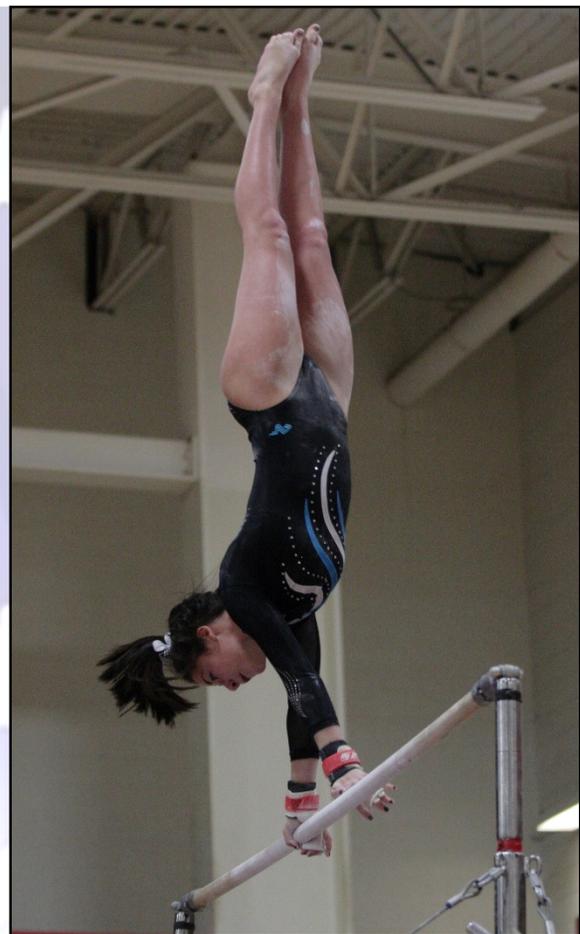


**Canton High School, Michigan**  
**Coach: John Cunningham**

~ June 2016 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14 Flag Day	15	16	17	18
19 Father's Day	20 Summer Solstice	21	22	23	24	25
26	27	28	29	30	Notes:	

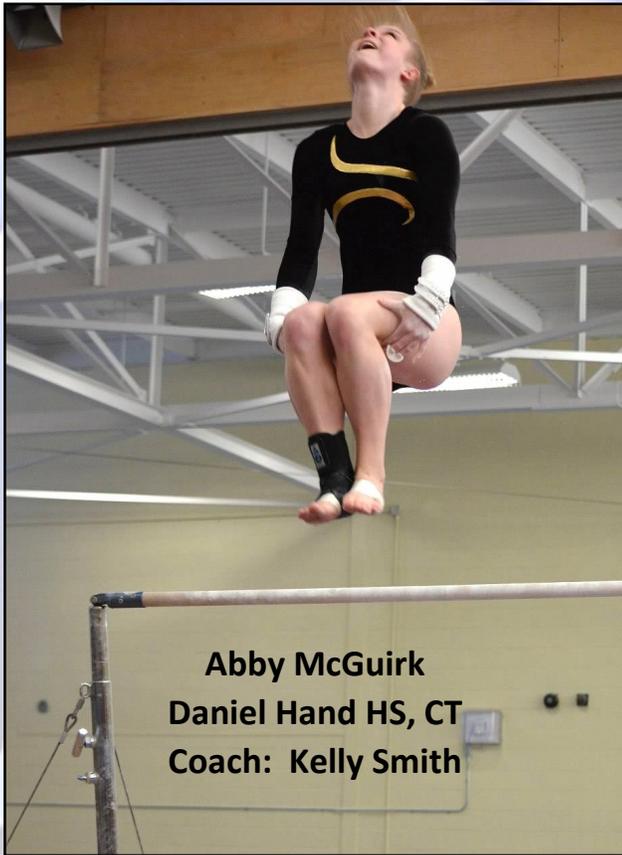


**Olivia Rosenow**  
 Roseville Area HS-MN  
 Coach: Mike Flatten



**Lauren Reese**  
 Mukwonago/Kettle Moraine-Wisconsin  
 Coach: Margie Canfield

~ July 2016 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Canada Day	2
3	4 Independence Day	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	Notes:					



**Abby McGuirk**  
**Daniel Hand HS, CT**  
**Coach: Kelly Smith**



**Erin Zajc**  
**Mukwonago/Kettle Moraine, WI**  
**Coach: Margie Canfield**

~ August 2016 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7 International Friendship Day	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	Notes:		

**Brooke Kangas**  
**Mukwonago/Kettle Moraine, WI**  
**Coach: Margie Canfield**



**Isis Mueller**  
**Roseville Area HS-MN**  
**Coach: Mike Flatten**



~ September 2016 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5 Labor Day	6	7	8	9	10
11 Patriot Day	12	13	14	15	16	17
18	19	20	21	22 Fall begins (Northern H.)	23	24
25	26	27	28	29	30	Notes:



**Allie Siekierski**  
**Mukwonago/Kettle Moraine, WI**  
**Coach: Margie Canfield**



**Hailey Hodgson**  
**Canton HS-MI**  
**Coach: John Cunningham**

~ October 2016 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8
9	10 Columbus Day	11	12	13	14	15
16	17	18	19	20	21	22
23	24 United Nations Day	25	26	27	28	29
30	31 Halloween	<b>Notes:</b>				



**Allison Kunz** Canton HS-MI  
**Coach: John Cunningham**



**Maddy Krumenacher**  
 Mukwonago/Kettle Moraine, WI  
**Coach: Margie Canfield**

~ November 2016 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6 Daylight Saving Time Ends	7	8 Election Day	9	10	11 Veterans' Day	12
13	14	15	16	17 Great American Smokeout	18	19
20	21	22	23	24 Thanksgiving Day	25	26
27	28	29	30	<b>Notes:</b>		



**Nicole Confare**



**Brooke Kangas**

**Mukwonago/Kettle Moraine HS, WI**

**Coach: Margie Canfield**

~ December 2016 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 World AIDS Day	2	3
4	5	6	7	8	9	10 Human Rights Day
11	12	13	14	15	16	17
18	19	20	21 Winter Solstice (Northern)	22	23	24
25 Christmas	26	27	28	29	30	31



# NATIONAL HIGH SCHOOL GYMNASTICS ASSOCIATION

## MEMBERSHIP APPLICATION

Name: \_\_\_\_\_ Year (season) Applying For \_\_\_\_\_

Preferred Address: \_\_\_\_\_

City, ST, ZIP \_\_\_\_\_

Preferred Phone: (\_\_\_\_) \_\_\_\_\_ Fax: (\_\_\_\_) \_\_\_\_\_

**\*\*E-Mail:** \_\_\_\_\_ **PLEASE write clearly, e-mail address is important as we will try to send out most communications through e-mail.**

High School Name: \_\_\_\_\_

Are you: Head Coach: \_\_\_\_\_ Assistant Coach: \_\_\_\_\_ USA Judge: \_\_\_\_\_ NFHS Judge: \_\_\_\_\_ Other: \_\_\_\_\_

**Membership Type Applying For:** \_\_\_\_\_

**Active Member:** Any adult who is currently coaching or judging women's high school gymnastics or has had a minimum of 5 years coaching/judging at the women's high school level is eligible to become a voting member.

**Professional Member:** Other professionals, who have a strong commitment, participate in and have an involvement in High School gymnastics may become professional members. This may include judges, certified officials, technicians and other individuals who have an area of expertise and are actively involved in High School gymnastics programs and activities. Votes for these members will be counted individually at ½ value of a vote of a Active Member.

**Associate Member:** Any person of integrity, working with or interested in gymnastics shall be eligible to become and associate member. Associate members shall have no voting rights in the corporation.

**Send completed form and your \$25.00 membership fee to: (\$20.00 membership through your state association of 15 or more members submitted at once)**

### Patrick Simon

NHSGA Sec/Treasurer

105 Wilcox Road

Milford, CT 06460

Payment method: \_\_\_\_\_

Check #: \_\_\_\_\_

**Membership is effective from August 1<sup>st</sup> – July 31<sup>st</sup>.**

Membership enables a high school coach to:

-Vote in the NHSGA elections (membership application must be postmarked before April 1<sup>st</sup>) in order to participate in the election); submit their athletes and teams for All-American Honor and National Rankings; have a gymnast compete at the NHSGA Senior Showcase; coach a gymnast at the NHSGA Senior Showcase Invitational; receive periodic newsletters; attend and have a voice at the annual NHSGA meeting, receive yearly All American Calendars and Yearbooks (via pdf on line).

**Remember to write in the type of membership you are applying for.**

**Have you ever been denied membership from USA gymnastics? Yes \_\_\_\_\_ No \_\_\_\_\_**

**Have you ever been convicted of a felony? Yes \_\_\_\_\_ No \_\_\_\_\_**



INTEGRITY, PRIDE, RESPECT

## NATIONAL HIGH SCHOOL GYMNASTICS ASSOCIATION

### NHSGA All American Women's Teams

To nominate a team for All American honors, follow these procedures:

- A. The coach must be a current member of the NHSGA.
- B. The Team Score is based on the accumulation of **four** (new this year) raw scores on each event.
- C. These scores are to be an average of three competitions, one of which must be in a championship competition (i.e. 5 or more team invitational, League, Regional or State meet series). Exceptions can be made by the NHSGA president.
- D. The score sheets must clearly show the competition involved and must be signed by the head judge, coach and athletic director. (Elite level only)
- E. The use of the All American Averaging Scoring form must be used.

A typed or printed list of the team members' names, the name of your principal and your schools address, must be submitted.

A \$5.00 application fee plus \$2.00 per certificate is required covering team members, coaching staff, managers and any other special individuals like your trainer or athletic director.

Non-returnable score sheets or copies of the original score sheets must be postmarked by **JUNE 1<sup>st</sup>** to be accepted. Mail the Women's Team nomination to **Pat Simon 105 Wilcox Road Milford, CT 06460**

Qualifying Scores: Women's Scores

Standard/Elite

**130.00/ 145.65**

Honorable Mention: If your women's team averaged between **126.00-129.99** your team is eligible for 2 honorable mention certificates (one for the coach and one for the school). A fee of \$10.00 is required. Send your requests to: **Pat Simon 105 Wilcox Road Milford, CT 06460**

Checks payable to: **NHSGA**

**Late fee of \$10 per team if application is received after June 1<sup>st</sup>. NO APPLICATIONS ACCEPTED AFTER JULY 1<sup>ST</sup>**

Please limit your scores to two decimal places only, round up.



# NATIONAL HIGH SCHOOL GYMNASTICS ASSOCIATION

## NHSGA All American Individual Gymnasts (Women)

To nominate a gymnast for All American honors please observe the following procedures:

A. The coach must be a member of the NHSGA

B. The qualifying score must be an average based upon five (5) competitions, two of which must be from tournament of five or more teams and /or from a league, regional, sectional or state tournament. (Exceptions can be made by the NSHGA president)

C. For **Elite** gymnasts the non-returnable score sheets or copies of the original must clearly indicate: 1. The gymnasts full name. 2. The scores awarded. 3. The signature of the head judge, coach and your athletic director.

D. The use of All American Averaging Scoring Form for each nominated gymnast **MUST** be used and contain the following 1.The age of the gymnast. 2. The class in school of the gymnast. 3. The All American average you computed with the meet sites and dates. 4. What college the gymnast plans to attend after graduation. (if known for seniors only)

E. A \$5.00 application fee per gymnast plus \$1.00 per event must be included. Checks payable to: **NHSGA LATE FEE OF \$5 PER GYMNAST REQUIRED IF APPLICATION IS RECEIVED AFTER JUNE 1<sup>ST</sup>. NO APPLICATIONS ACCEPTED AFTER JULY 1<sup>ST</sup>!**

The non-returnable scores sheets or copies of the original score sheets must be **post marked prior to JUNE 1<sup>ST</sup>**. Mail Women's All American Gymnast Nominations to to **Pat Simon 105 Wilcox Road Milford, CT 06460**

Qualifying scores:	Women's	
		Standard/Elite
	All Around	8.40/9.30(37.2)
	Vaulting	8.70/9.40
	Uneven Bars	8.50/9.40
	Balance Beam	8.50/9.35
	Floor Exercise	8.80/9.5

Honorable Mention: Even if your team did have an All American individual, a coach can request honorable mention status for one or two of their most deserving gymnasts. No scores need to be submitted. Your recommendation only is needed. A fee of \$10.00 is required for either one or two certificates (no duplicates will be sent).

Send requests to

**Pat Simon**  
**105 Wilcox Road**  
**Milford, CT 06460**

Please make checks payable to: **NHSGA- LATE FEE OF \$5 PER GYMNAST REQUIRED IF APPLICATION IS RECEIVED AFTER JUNE 1<sup>ST</sup>. NO APPLICATIONS ACCEPTED AFTER JULY 1<sup>ST</sup>!**



# NATIONAL HIGH SCHOOL GYMNASTICS ASSOCIATION

## NHSGA All American Women's Teams

Average 4 scores this year

### AVERAGING SCORE FORM

Year Applying For: \_\_\_\_\_

Name of High School \_\_\_\_\_

Address \_\_\_\_\_

City, ST, Zip \_\_\_\_\_

Head Coach's Name \_\_\_\_\_

Assistant Coach's Name \_\_\_\_\_

Principal's Name \_\_\_\_\_

E-mail Address \_\_\_\_\_ Please write neatly

Note: The copies of the score sheets submitted must be signed by the Head Judge, the Coach and the Athletic Director to be considered valid.

Only two decimal places please, round up after that.

AVERAGE SCORES EQUALS: \_\_\_\_\_

	Meet #1	Meet #2	Meet #3
--	---------	---------	---------

Opponent &

Date of Meet	_____	_____	_____
--------------	-------	-------	-------

Meet Score	_____	_____	_____
------------	-------	-------	-------

Comments and additional information: \_\_\_\_\_

A \$5.00 application fee plus \$2.00 per certificate is required covering team members, coaching staff, managers and any other special individuals like your trainer or athletic director. Please include a list of certificate winners.

**Make checks payable to NHSGA LATE FEE OF \$10 PER TEAM IS REQUIRED IF APPLICATION IS RECEIVED AFTER JUNE 1<sup>ST</sup>. NO APPLICATIONS ACCEPTED AFTER JULY 1<sup>ST</sup>!**

\*\*Send Women's to:

**Pat Simon**  
**105 Wilcox Road**  
**Milford, CT 06460**

Make checks payable to NHSGA



# NATIONAL HIGH SCHOOL GYMNASTICS ASSOCIATION

**NHSGA All American Women** Season/Year Applying For: \_\_\_\_\_

ALL AMERICAN AVERAGING SCORE FORM

Gymnasts Name: \_\_\_\_\_

Year in School: 9 10 11 12

Name of High School \_\_\_\_\_

Address, City, State, Zip \_\_\_\_\_

Head Coach's Name \_\_\_\_\_ Preferred Phone Number: \_\_\_\_\_

NSHGA Member Circle One Yes No

**(If NO: A membership form MUST accompany this form)**

E-mail: \_\_\_\_\_ Please write legibly

NOTE: To be considered for ELITE ALL AMERICAN, copies of score sheets must be submitted and must be signed by the Head Judge, the Coach and the Athletic Director to be considered valid.

Only two decimal places please, round up after that.

Event	Date and Score #1	Date and Score #2	Date and Score #3	Date and Score #4	Date and Score #5	Average
Vaulting 8.70/ 9.40						
Uneven Bars 8.50/ 9.40						
Balance Beam 8.50/ 9.35						
Floor Exercise 8.80/ 9.50						
All Around 8.40/9.30 37.2						

Send Form and Check to: **Make checks payable to NHSGA to Pat Simon 105 Wilcox Road Milford, CT 06460**

\*\*\*A \$5.00 application fee per gymnast plus \$1.00 per event must be included. **LATE FEE OF \$5 PER GYMNAST REQUIRED IF APPLICATION IS RECEIVED AFTER JUNE 1<sup>ST</sup>. NO APPLICATIONS ACCEPTED AFTER JULY 1<sup>ST</sup>!**

## NHSGA All American Varsity Men's Teams

To nominate a team for All American honors, follow these procedures:

- A. The coach must be a current member of the NHSGA.
- B. The **Varsity** Team Score is based on the accumulation of **three (3)** raw scores on each event.
- C. These scores are to be an average of three competitions, one of which must be in a championship competition (i.e. 5 or more team invitational, League, Regional or State meet series). Exceptions can be made by the NHSGA president.
- D. The score sheets must clearly show the competition involved and must be signed by the head judge, coach and athletic director. (Elite level only)
- E. The use of the All American Averaging Scoring form must be used.
- F. A typed or printed list of the team members' names, the name of your principal and your schools address, must be submitted.
- G. A \$5.00 application fee plus \$2.00 per certificate is required covering team members, coaching staff, managers and any other special individuals like your trainer or athletic director.  
Non-returnable score sheets or copies of the original score sheets must be postmarked by **JUNE 1<sup>st</sup>** (of gymnastics year) to be accepted. Mail the Team nomination to

### **Pat Simon**

**105 Wilcox Road  
Milford, CT 06460**

Qualifying Scores:

Men's Scores

Standard/Elite

**140.0 / 155.0**

Honorable Mention: If your Varsity boy's team averaged between **136.0-139.99** your team is eligible for 2 honorable mention certificates (one for the coach and one for the school). A fee of \$10.00 is required. Send your requests to: **Pat Simon 105 Wilcox Road Milford, CT 06460**

**Checks payable to: NHSGA**

Please limit your scores to two decimal places only, round up.

**Late fee of \$10 per team if application is received after June 1<sup>st</sup>. NO APPLICATIONS ACCEPTED AFTER JULY 1<sup>ST</sup>**

**Applications must be  
postmarked by  
JUNE 1**

Revised  
8/18/15

**NHSGA All American Varsity Men's Teams**

**Gymnastics Year: 20\_\_-20\_\_**

**AVERAGING SCORE FORM**

Name of High School \_\_\_\_\_

Address \_\_\_\_\_

City, ST, Zip \_\_\_\_\_

Head Coach's Name \_\_\_\_\_

Assistant Coach's Name \_\_\_\_\_

Principal's Name \_\_\_\_\_

E-mail Address \_\_\_\_\_ Please write neatly

Note: The copies of the elite score sheets submitted must be signed by the Head Judge, the Coach and the Athletic Director to be considered valid.

**Only two decimal places please, round up after that.**

AVERAGE SCORES EQUALS: \_\_\_\_\_

	Meet #1	Meet #2	Meet #3	Meet #4
Opponent &				
Date of Meet	_____	_____	_____	_____
Meet Score	_____	_____	_____	_____
Comments and additional information:	_____			

A \$5.00 application fee plus \$2.00 per certificate is required covering team members, coaching staff, managers and any other special individuals like your trainer or athletic director. Please include a list of certificate winners. **Make checks**

**payable to NHSGA**

\*\*Send to:

**Pat Simon**

**105 Wilcox Road  
Milford, CT 06460**

**If your gymnast/team qualifies for the elite status, please send us an action photo of her/him. We are trying to bring the Yearbook back with photos. THANKS!**

**Applications must be postmarked by  
JUNE 1**

**Late fee of \$10 per team if application is received after June 1<sup>st</sup>. NO APPLICATIONS ACCEPTED AFTER JULY 1<sup>st</sup>**

**NHSGA All American Individual Men’s Gymnasts (Varsity Only)**

To nominate a Varsity gymnast for All American honors please observe the following procedures:

- A. The coach must be a member of the NHSGA
  - B. The qualifying score must be an average based upon five (5) competitions, two of which must be from tournament of five or more teams and /or from a league, regional, sectional or state tournament. (Exceptions can be made by the NSHGA president)
  - C. For **Elite** gymnasts the non-returnable score sheets or copies of the original must clearly indicate: 1. The gymnasts full name. 2. The scores awarded. 3. The signature of the head judge, coach and your athletic director.
  - D. The use of All American Averaging Scoring Form for each nominated gymnast **MUST** be used and contain the following 1.The age of the gymnast. 2. The class in school of the gymnast. 3. The All American average you computed with the meet sites and dates. 4. What college the gymnast plans to attend after graduation. (if known for seniors only)
  - E. A \$5.00 application fee per gymnast plus \$1.00 per event must be included. Checks payable to: **NHSGA**
- The non-returnable scores sheets or copies of the original score sheets must be **post marked prior to JUNE 1<sup>st</sup>**. Mail Women’s All American Gymnast Nominations to **Pat Simon 105 Wilcox Road Milford, CT 06460**

Qualifying scores:	Men’s Scores	
		Standard/Elite
	Floor Exercise	8.5 / 8.9
	Pommel Horse	7.9 / 9.0
	Still Rings	8.3 / 9.1
	Parallel Bars	8.2 / 9.1
	Vault	8.5 / 9.2
	High Bar	8.2 / 9.0
	All Around	46.2 / 53.4

**If your gymnast/team qualifies for the elite status, please send us an action photo of her. We are trying to bring the Yearbook back with photos. THANKS!**

Honorable Mention: Even if your team did have an All American individual, a coach can request honorable mention status for one or two of their most deserving gymnasts. No scores need to be submitted. Your recommendation only is needed. A fee of \$10.00 is required for either one or two certificates (no duplicates will be sent). Send requests to **Pat Simon 105 Wilcox Road Milford, CT 06460**

Please make checks payable to: **NHSGA**

**Late fee of \$10 per team if application is received after June 1<sup>st</sup>. NO APPLICATIONS ACCEPTED AFTER JULY 1<sup>ST</sup>**

**Applications must be postmarked by JUNE 1**

Revised  
8/18/15



# NATIONAL HIGH SCHOOL GYMNASTICS ASSOCIATION

**NHSGA All American Men**    Season/Year Applying For: \_\_\_\_\_

ALL AMERICAN AVERAGING SCORE FORM

Gymnasts Name: \_\_\_\_\_ Year in School:    9   10   11   12

Name of High School \_\_\_\_\_

Address, City, State, Zip \_\_\_\_\_

Head Coach's Name \_\_\_\_\_ Preferred Phone Number: \_\_\_\_\_

NSHGA Member Circle One                      Yes    No

**(If NO: A membership form MUST accompany this form)**

E-mail: \_\_\_\_\_ Please write legibly

NOTE: To be considered for ELITE ALL AMERICAN, copies of score sheets must be submitted and must be signed by the Head Judge, the Coach and the Athletic Director to be considered valid.

Only two decimal places please, round up after that.

Event	Date and Score #1	Date and Score #2	Date and Score #3	Date and Score #4	Date and Score #5	<b>Average</b>
Floor    8.5 / 8.9						
Pommels    7.9 / 9.0						
Still Rings    8.3 / 9.1						
Parallel Bars    8.2 / 9.1						
Vault    8.5 / 9.2						
High Bar    8.2 / 9.0						
All Around    46.2 / 53.4						

Send Form and Check to:    **Make checks payable to NHSGA to Pat Simon 105 Wilcox Road Milford, CT 06460**

\*\*\*A \$5.00 application fee per gymnast plus \$1.00 per event must be included.    **LATE FEE OF \$5 PER GYMNAST REQUIRED IF APPLICATION IS RECEIVED AFTER JUNE 1<sup>ST</sup>. NO APPLICATIONS ACCEPTED AFTER JULY 1<sup>ST</sup>!**