

MISSOURI NEWSLETTER

Information for all members of USA Gymnastics

Volume 1, Issue 1

February 1, 2004

Missouri State Championships

2004

L 4 All American

L 5 Flipz

L 6 & 7 Barron's

L8,9,10 Gym Quarters

Region IV Championships

Apr. 3,4 Des Moines, IA

Level 9 Western Nationals

Apr. 24,25 Seattle, WA

Level 10 JO Nationals

May 1,2 Orlando, FL



In December, I got a call from Jim Schlott our RACC for Region IV, about replacing Jeff Maynard, who was stepping down due to personal reasons. I accepted the SACC position, and so I am the new State Chair for Missouri! I am trying very hard to piece together all of the official duties and to talk to and Email everyone who has questions or recommendations for our State. This is a difficult task because I am not familiar with all of the "official" duties of Mo. A big THANK YOU to all of the Board members who have helped me and are so accepting of trying new things—like Email! Everyone has been great, the USAG front office, Tom Koll pic-

tured at right with me! And all of Region IV, who sent very encouraging Emails after I was appointed.

One of my main goals is communication for our State, so that is the reason for this first State Newsletter from me. I would very much like to get everyone on Email—so that I can just shoot off information at a moments notice. So if you have not received any Email from me yet—then I do not have your Email address and I need it! Please send your Email address to KimFuchs@aol.com and I will be sure to add you to our Missouri list. If you need any information that I can help with please feel free to contact



me at the above Email or my mobile phone 816-223-2159 anytime between 10:00am and 10:00pm.

Also, please send me any information you would like to see in the Newsletter. I would like to do this as many times per year as possible. So I need to know what you want to see!

Do you know your STATE BOARD?



- Kim Fuchs—SACC
- Lynne Collins—State Scorekeeper
- Scott Cusimano—Safety and education
- Kathy Sanford—Central Rep
- Laura Cashmore—West Rep
- Maria Morrison—South Rep
- Bill Hopkins—East Rep
- Robin Smith—Judges Liaison
- Leslie Case—(non-voting member) State Judging director

COLLEGE NEWS



This from Tom Farden—Southeast Missouri State -

I was appointed interim head coach after Patty left last summer. You asked for suggestions and I have one; we need to build for a stronger alliance between the clubs of Mo. And the only two Division I colleges in this state. I am hosting

the NAWGJ level 4 east qualifier as my token for this year. In the future more exposure of BOTH schools would help interested parties. In addition, I would like to announce the signing of a Mo. Gymnast, Allison Ezel to our Southeast family. Furthermore, we signed all Region IV athletes

in our fall signing. We have one scholarship left and are looking to use it this spring.

SACC note: We would love to include any college news that we receive from all colleges. Keep the information coming and let me know how we can better help Mo gymnasts and their college careers!

Inside Story Headline

This story can fit 150-200 words.

One benefit of using your newsletter as a promotional tool is that you can reuse content from other marketing materials, such as press releases, market studies, and reports.

While your main goal of distributing a newsletter might be to sell your product or service, the key to a successful newsletter is making it useful

to your readers.

A great way to add useful content to your newsletter is to develop and write your own articles, or include a calendar of upcoming events or a special offer that promotes a new product.

You can also research articles or find "filler" articles by accessing the World Wide Web. You can write about a variety of topics but try to keep your articles short.

Much of the content you put in your newsletter can also be used for your Web site. Microsoft Publisher offers a simple way to convert your newsletter to a Web publication. So, when you're finished writing your newsletter, convert it to a Web site and post it.



Caption describing picture or graphic.

Inside Story Headline

This story can fit 100-150 words.

The subject matter that appears in newsletters is virtually endless. You can include stories that focus on current technologies or innovations in your field.

You may also want to note business or economic trends, or make predictions for your

customers or clients.

If the newsletter is distributed internally, you might comment upon new procedures or improvements to the business. Sales figures or earnings will show how your business is growing.

Some newsletters include a column that is updated every issue, for instance, an advice

column, a book review, a letter from the president, or an editorial. You can also profile new employees or top customers or vendors.



"To catch the reader's attention, place an interesting sentence or quote from the story here."

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This story can fit 75-125 words.

Selecting pictures or graphics is an important part of adding content to your newsletter.

Think about your article and ask yourself if the picture supports or enhances the message you're trying to convey. Avoid selecting images that appear to

be out of context.

Microsoft Publisher includes thousands of clip art images from which you can choose and import into your newsletter. There are also several tools you can use to draw shapes and symbols.

Once you have chosen an image, place it close to the

article. Be sure to place the caption of the image near the image.



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From:

Kim Fuchs
209 West 135th St.
Kansas City, Mo.
64145



INFORMATION FOR ALL
MEMBERS OF USA



Would you like to see some advertising?



There was a suggestion from Bill Hopkins, St. Louis, to include a section of our newsletter for advertisements. Help wanted, or equipment for sale. If you are interested in having this be a part of our Newsletter please Email me at Kim-Fuchs@aol.com. We could charge a small fee to help defray cost of the Newsletter and put this in our Mo. Gymnastics fund. Let me know what you think!

Information from Connie Maloney, USA JO Program Director and Tom Koll, National JO Committee Chair

The current JO Women's routines have been used for the past seven years and will continue to be used through 2004. Many have asked about the upcoming new compulsory routines and the timing of which they will be unveiled so USA gymnastics asked the experts. Here is what Connie and Tom had to say:

Q:What's happening with the new, upcoming compulsory routines?

A:Routines and supplementary skills were filmed in early Nov. 2003. The JO committee met Dec. 5-7, 2003 to compare the video to the text. We are continually working on

refinement of the text and the illustrations.

Q: When will the next compulsories be unveiled?

A:Master Compulsory workshops will be conducted in early June 2005. The exact dates and places are: June 2-5, 2005 in Louisville Kentucky, and the second one will be held at the Reno Nevada, Hilton on June 9-12, 2005. In addition, there will be a Women's Technical Symposium held on Sat. evening and Sun. at each of these locations to provide information on the new rules for Levels 7-10.

Q:When will the next

Compulsories actually begin in competition? In other words when will the gymnasts be expected to perform these new compulsory routines?

A:The new compulsories will be in effect Aug.1,2005, and will be used for eight years, finishing in July of 2013.

Q:Do judges need to recertify with the new routines or can they just continue to judge at their current level?

A:All judges will need to retest for the new routines. They will also need to recertify for Optionals, as a new JO Code of Points will be presented at the same time.