

## State Updates Keynotes

**Times:** Will soon be announced

**Items:** These are items I wanted to share: some observations throughout the season and at the last two meets

1. Remember, the Flip book is a reference: bring your code and compulsory books to states
2. Just because they made it to states (qual. Score etc. ) does not mean they have all the requirements or accurate text
3. My notes: only three approaches to perform two vaults providing they have not hit the board or table. This is for both Optional and Compulsory. This is not listed in the flip book. Just that I had a gymnast balk, vault and then balk and went back to do another vault and while I was looking (as she was a compulsory gymnast, I knew only three for optionals but wasn't sure for comp. as this has not happened) , she went a fourth and barked but this gymnast has qualified to states so vault judges remember only three to try to get two.
4. I had a coach announce that his Prep Opt Novice was performing the dive forward roll vault on Sunday. I told the coach that the dive forward roll vault was a Prep opt. Rookie vault so if she performed that as a Novice, we would have to take the 2.0 for lack of vertical but keep the score above 7.0. We were in mid 7's. He asked if it was an attempt for handstand and I said no, you announced the vault as a dive roll and that is not the vault so just so you know. NO question after the event, the coach knows that the gymnast will receive a steep deduction if performed that way at states. Sorry....
5. There are many fine executed routines going to the state meet in compulsories but they also have many text errors. I hope everyone is catching these as we want the best executed routine with the correct text to win. **SO PLEASE REVIEW YOUR COMPULSORY EVENT THOROUGHLY, THANKS SO MUCH**
6. Some problems I have seen: L 5 Beam not a forward coupe position of foot in ½ heel snap turn (many have the foot in the wrong place and some have the leg turned out. Good rhythm in weight transfer, quick and sharp timing on ½ pivot turns. I am seeing a variety of arm positions in the fish pose and arms connection from forward middle to crown on second ½ coupe turn.

These are just some of small areas but I won't go over it all as I am sure you have seen them also but prepare well for your events, everyone should have both the compulsory and optional DVD's or access to them (check with Ruth, Patty T, Alicia, Ashley) I know right off hand have them.

My personal pet peeve is the floor on the small bounces where the gymnast are to bounce forward to the left and right and many just bounce forward. Yes it is one text part but that is a good clue there will be more following

Text is up to .4 overall so watch for several text errors to take the max. of .4 but we need to take something perhaps .05 for one so there is recognition for the gymnast who performs this correctly. Do not exceed .4.

Use the leg position on turns up to .2

Use Rhythm and Artistry to reward and deduct for those less finished.

I do not mean to insult anyone but I think this could be a close meet on the Compulsory level between many gymnasts and we want to be accurate in our scores.

As soon as Jill has the times, I will forward them on.

Thanks and enjoy, it will be here very soon.

Gail