

# Section VIII

# Girls Gymnastics



Guidebook 2022~2023

# **Welcome to the 2022-2023 Girls Gymnastics Season!!**

The purpose of this guidebook is to inform Coaches, Athletic Directors, Officials and Gymnasts of the methods and procedures to be used for the 2022-2023 Girls Gymnastics Season.

Please read all of the enclosed material carefully. Your suggestions and cooperation are deeply appreciated by me and the girls' gymnastics program. It is my wish for all gymnasts, coaches, and judges to have a healthy and productive season! Sportsmanship is our number one priority- between coaches, gymnasts, officials and parents!! BE A ROLE MODEL!

Please use the enclosed roster form. Roster must be completed by **Dec 1, 2022** and sent to:

1. **Office of the Executive Director-BOCES- Send to BOCES via your Athletic Director & RSchoolToday app**

Pat Pizzarelli  
Section VIII, BOCES

2. **Section VIII Coordinator:**

Kim Rhatigan (Bethpage High School)  
28 Hillside Ave  
Huntington, NY 11743  
516-650-4205  
Email: [Coachkim50@hotmail.com](mailto:Coachkim50@hotmail.com)

3. **Your Conference Coordinator**

Conference I

Ginger Creegan  
Cell: 516-205-8440  
[creeganginger@gmail.com](mailto:creeganginger@gmail.com)

Conference II

Teri Kindelmann  
cell: 610-248-5091  
**email: [teri.kindelmann@gmail.com](mailto:teri.kindelmann@gmail.com)**

Failure to submit your roster by Dec 1, 2022 will jeopardize your team's scores.

If you have any problems or questions, please call me at: Cell: 516-650-4205

Best wishes for a happy & healthy season!!

Happy Handstands!

*Kim Rhatigan*

Section VIII Coordinator

# 2022-2023 Girls Gymnastics Quick Guide

Section VIII Coordinator: Kim Rhatigan  
Bethpage High School  
516-650-4205  
Coachkim50@hotmail.com

Conference I Coordinator: Ginger Creegan  
516-205-8440

Conference II Coordinator: Teri Kindelmann  
610-248-5091

Official's Coordinator: Ginger Creegan  
516-205-8440

NY Rules Interpreter: Maria DeCristoforo  
516-484-0988

Section VIII Office: Pat Pizzarelli- Executive Director  
516-396-2488  
fax # 516-997-2916

Karen Wohlrab  
516-396-2488

Grace Chianese- Women's Program  
516-396-2446  
fax # 516-997-2018

President HS Association: Scott Steuber, Syosset Athletic Director

Vice President Women's Athletics:  
Jen Keane, Wantagh Athletic Director

Liaison to HSAA: John Franchi, Bethpage AD

Newsday: 631-843-2820- create an account on newsday.com-  
sports central and enter your scores after each  
\* Call after each meet- home or away to ensure coverage!!

## Section VIII Girls Gymnastics Time Line

Monday Nov. 14, 2022

Season Begins

Thursday Dec. 1, 2022

Rosters Due:

1. BOCES- RSchoolToday
2. Conference Coordinator

Dec. 12, 2022

First League Meets

Thur., Feb. 9, 2023

**Last Day of Meets-** all

scores must be in to your conference coordinator by 10 pm on Thursday Feb. 09, 2023. **NO EXCEPTIONS !**  
Please submit them immediately after your last meet!  
Scores received after 10 pm on 2/09/23 will not be counted so do not jeopardize your gymnasts!!

Saturday Feb. 11, 2023

**27<sup>th</sup> Annual Todd Heimer  
Coaches Invitational**

New Hyde Park High School  
8:00 a.m. Open Gym  
Meet begins at 11:00 a.m.

**\*\*SEEDING MEETING  
before meet**

Tues Feb. 14, 2023

**State Qualifier at Carle  
Place HS**  
3:00 Open Gym  
5:00 p.m. Meet Begins

Thurs. Feb 16, 2023

**Team Championships  
Syosset High School**  
3:00 Open Gym  
5:00 p.m. Meet Begins

March 3-4 2023

**State Meet at Section VI-  
BUFFALO**

Team	FirstName	LastName	Address1	City	State	zip	Email	Phone
Bethpage	Kim	Rhatigan	28 Hillside ave	Huntington	NY	11743	Coachkim50@hotmail.com	cell: 516-650-4205
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Plainview	Debbie	Rut	15 Margaret Dr.	Plainview	NY	11803	gymnats@aol.com	516-932-3732 Cell: 516-205-3773
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Carle Place	Rosa	DiLiberto					<a href="mailto:Rdilberto77@gmail.com">Rdilberto77@gmail.com</a>	516-353-4097
Carle Place	Michelle	Ruhl	39 Titus Ave	Carle Place	NY	11514	<a href="mailto:Michellemruhl@gmail.com">Michellemruhl@gmail.com</a>	516-850-4286
CSH	Teri	Kindelmann	10 Mulberry Drive	Huntington	NY	11743	<a href="mailto:Teri.kindelmann@gmail.com">Teri.kindelmann@gmail.com</a>	Cell: 610-248-5091 Home: 631-470-4515
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GC asst	Jen	Soper					soperj@gcufsd.net	516-384-7110
GNN	Karalyn	Murphy					Kmurphy.ddc@gmail.com	516-695-6084
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GNS asst								
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Law	Gayle	Frommmling	877 Milburn Ct.	Baldwin	NY	11510	<a href="mailto:Gfromm16@aol.com">Gfromm16@aol.com</a>	516-223-6973 W: 516-295-8084 Cell: 516-449-6784

Team	FirstName	LastName	Address1	City	State	zip	Email	Phone
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NCGGCA DINNER	Katie	Mosie					<a href="mailto:Kmosie881@optonline.net">Kmosie881@optonline.net</a>	516-680-0573
Schedule	Gayle	Frommmling					<a href="mailto:Gfromm16@aol.com">Gfromm16@aol.com</a>	516-449-6784

# **GUIDELINES AND RECOMMENDATIONS FOR CODES OF BEHAVIOR FOR COACHES, PARTICIPANTS, SPECTATORS AND ADMINISTRATORS IN INTER-SCHOLASTIC COMPETITION**

## **I. Introduction**

It is the duty of all those concerned with high school athletics to emphasize the proper ideals of sportsmanship, ethical conduct, and fair play under all circumstances. The values to be derived from competing fairly should be stressed and any actions which tend to destroy those values should be discouraged. Courtesy should be shown toward opponents, officials, supervisors, spectators and administrators. Efforts must be made to achieve a thorough understanding and acceptance of the rules of the sport and the standards of eligibility and to respect the integrity and the judgment of the officials. It is important for all to recognize that the purpose of athletics is to promote the physical, mental, moral, social, and emotional well-being of the individual gymnasts. Most of all it is the duty of all concerned to remember that an athletic contest is only that, and should be kept in appropriate perspective.

## **II. The Coach is expected to:**

1. Set a positive example at all times.
2. Be aware that he/she is representing a school and its student body. Impressions made are lasting.
3. Recognize that athletic competition is a means toward an end, not an end in itself. Specifically, athletics should lead to the development of healthy, well-adjusted young women.
4. Approach competition as a healthy and constructive exercise, not as a life and death struggle that requires victory at any price. It should be fun and enjoyable.
5. Recognize that the participants are young women with human frailties and limitations who are capable of making mistakes.
6. Be prepared to win or lose. Be positive. Encourage peak performance within the rules.
7. Command respect by personal attitude and behavior.
8. Be well-groomed. Wear appropriate attire be it casual or otherwise.
9. No use of crude or abusive language with players, opponents, officials or spectators.
10. Respect the judgment of the officials. Although it is reasonable for the coach to question officials' decisions, and even to disagree, the officials' decisions must be accepted graciously. Questionable decisions may be referred to the appropriate Section representatives.
11. Handle dissatisfaction with officiating quietly and efficiently through the use of the rating cards supplied by Section VIII.
12. Avoid behavior that will incite gymnasts, opponents or spectators.
13. Instruct athletes to respect officials. Questions concerning rules or interpretations should be made by the team captain as the team representative during the contest.
14. Encourage good sportsmanship and remove athletes from competition who demonstrate unacceptable behavior.
15. The athletic program is a total part of the educational opportunity provided for all students. It should be treated as just that.

## **III. The Athlete is expected to:**

1. Understand and abide by the rules and regulations of the sport and, respect the integrity and judgment of the officials.
2. Conduct herself as a lady at all times.
3. Demonstrate self-control and mutual respect at all times. Uncontrolled emotion can be self-defeating.



## **SECTION VIII SPORTSMANSHIP POLICY**

The NYSPHSAA and Section VIII recognizes and appreciates that the influence and responsibility of the school administration with regard to good sportsmanship extends to all levels of competition. However, it must also be seen that the NYSPHSAA and Section VIII has been vested with the responsibility to ensure that all contests under its jurisdiction are conducted satisfactorily. This standard applies to all regular season and post season play.

As of July 1, 2013, the Dignity for All Students Act (Dignity Act-Section 52.2, Part 80 and 57-4) is to provide all public school students with an environment free from harassment, bullying (including cyber bullying) and discrimination, as well as to foster civility in public schools. The Dignity Act focuses on the prevention of discrimination behaviors, including harassment/bullying through the promotion of educational measures meant to positively impact school culture and climate, which includes the interscholastic programs.

The High School Athletic Association of Section VIII established the Sportsmanship Committee as a sub-committee of the Athletic Council to address incidents of unsportsmanlike conduct and flagrant misconduct. The purpose of the Sportsmanship Committee is to take proactive measures in an effort to minimize inappropriate behavior at all Section VIII events and to promote positive sporting behavior throughout the county.

### **A. What is to be reported:**

1. A Player who is ejected from a contest for flagrant misconduct and/or unsportsmanlike conduct.
2. A Spectator who acts in a disruptive abusive or inappropriate manner.
3. A Coach who conducts himself/herself in an inappropriate or unsportsmanlike manner.
4. An Official who demonstrates unsportsmanlike conduct or inappropriate behavior unbecoming of a sport official.
5. A School that permits spectators to conduct themselves in an abusive, disruptive or harassing manner. This also includes schools that do not provide adequate supervision at home or away contests to control their spectators.

### **B. Responsibility for reporting:**

1. Coaches must report all incidents to their respective athletic directors, even if only one player/team was cited for misconduct.
2. Athletic Directors must file reports with the Office of the Executive Director within 24 hours of any disqualification, ejection or incident of unsportsmanlike behavior.
3. Officials must file reports with the Office of the Executive Director within 24 hours of any disqualification, ejection or incident of unsportsmanlike behavior.

### **C. Reporting Procedure:**

1. All unsportsmanlike incidents are to be reported by the coach (or by both coaches) to their respective athletic directors immediately following the contest.
2. The Athletic Directors of both schools involved are to file reports with the office of the Executive Director as soon as possible, but no later than the morning following the contest/incident (or the next school day).
3. The Officials assigned to the contest are to file a report with the Office of the Executive Director as soon as possible, but no later than the morning following the contest/incident (or the next school day).
4. The Office of the Executive Director will forward copies of all reports to the Sportsmanship Committee Chairperson, Sport Coordinator and the appropriate VP of Male/Female Sports.

#### D. Committee Actions:

1. All member schools including individuals representing member schools who are involved in unsportsmanlike conduct are subject to consequences deemed appropriate by the Sportsmanship Committee.
  - a) The Sportsmanship Committee may recommend action in instances of unsportsmanlike conduct and is authorized to recommend consequences which may include, but are not limited to: Censure, Reprimand, Suspension, Loss of Eligibility, or any other actions that are deemed appropriate by the Sportsmanship Committee.
2. All recommendations of the Sportsmanship Committee will be filed with the Office of the Executive Director and forwarded to the Athletic Director(s) of the school(s) involved.
3. All actions of the Sportsmanship Committee are subject to review by the respective Athletic Director(s). *Schools may impose additional consequences.*
4. Copies of all reports of the Sportsmanship Committee shall be kept on file with the Sportsmanship Chairperson, the Executive Director and the Sports Coordinator.

#### E. Penalties:

1. Player Expulsion:

Any player who commits a serious violation of game rules or takes part in flagrant misconduct during play shall be subject to ejection from the contest and disciplinary action. Ejection from a contest results in mandatory one (1) game suspension from the next regularly scheduled contest, including post-season play. Disqualifications from one season will carry over to the player's next season of participation. Any player suspended from participation may not be on site or involved in any capacity (spectator, timekeeper, scorekeeper, etc.) on the day of suspension. Failure to comply will result in additional sanctions being levied against the individual, coach and/or team.
2. Second Occurrence of Misconduct:

In the same sport – NYSPHSAA requires a two game suspension for the second (2<sup>nd</sup>) ejection and a third (3<sup>rd</sup>) ejection in the same sport will result in the loss of the season. Any person (coach, player, spectator, school official, etc.) who is ejected from a second contest in the same sport for unsportsmanlike conduct shall require the Sportsmanship Committee to review the matter. This may lead to more severe disciplinary action including suspension for the remainder of the season. Such disciplinary action could carry over into subsequent sports seasons. Additional consequences may also be recommended by the Sportsmanship Committee.
3. Intentional Physical Contact by a Player:

Any member of the squad who strikes, shoves, kicks or makes other physical contact with the intent to annoy, harass or intimidate an official, another player, a spectator, coach, school district employee or supervisor, etc. shall be expelled from the game immediately and banned from further participation in all sports for a period of time to be determined by the Section not to exceed one year from the date of the offense. **NOTE:** Members of the squad include players, managers, score keepers, timers, and statisticians. The incident must be reported to the Office of the Executive Director who will in turn forward to the Sportsmanship Committee and respective Sports Coordinator. Consequences may include but are not limited to: Censure, Reprimand, Suspension, Loss of Eligibility, or another action that is deemed appropriate by the committee.
4. Team Members/Non Participant/Pre-or Post-Game Misconduct:

Any act of unsportsmanlike/flagrant misconduct by either a team member, non- participant before or after (pre and post-game) will be excluded from play in and/or subject to removal from the site of the contest. Any player, coach or spectator who commits a serious violation of the sportsmanship rules or takes part in flagrant misconduct as a non-participant after the contest has concluded (post-game) will be suspended from participation in or attendance at the next regularly scheduled contest including the post-season.
5. Spectators:

Any spectator who acts in a disruptive, abusive or unsportsmanlike manner may cause the game to be suspended or the spectator removed from the site. A letter from the Sportsmanship Committee may be sent to the appropriate Athletic Director(s), Building Principal(s) and Superintendent(s). Continued incidents of disruptive behavior may result in additional disciplinary action by the Sportsmanship Committee.

6. Coaches:

Any coach excluded by a certified official from an interschool competition for unsportsmanlike conduct, including taunting, is ineligible to coach any interschool competition in that sport until after the next previously scheduled contest at the same level (e.g. junior varsity, varsity, etc.) has been completed. In individual sports a multi-day contest is considered to be a contest. Disqualification from one season carries over to the next season of participation. The coach may not be present at the game site nor communicate in any manner during the contest with any person present at the site.

**NOTE:** "Not being physically present at the site" means a disqualified coach is not to be present in the locker room, on the sidelines, in the stands or site area before, during or after the game/meet. Any coach that does not serve the penalty for violating the Sportsmanship Standard will be ineligible to participate in the next two regularly scheduled contests. If the coach continues to not serve the penalty, the matter will be referred to the Section for further action. If the coach is involved in the NYSPHSAA play-offs, the matter will be referred to the Executive Director of the NYSPHSAA.

7. Intentional Physical Contact:

A coach who strikes, shoves, kick or makes other physical contact with the intent to annoy, harass or intimidate another person (e.g. official, another coach, player, fan) shall be expelled immediately and banned from further participation or coaching in all sports for a period of time to be determined by the section not to exceed one year from the date of the offense.

8. Officials:

An official who demonstrates inappropriate or unsportsmanlike conduct will be reported to the Sportsmanship Committee. The Sportsmanship Committee may recommend disciplinary action to be taken against the official by the official's organization.

9. Taunting:

Taunting includes, but is not limited to, any actions or comments by coaches, players, or spectators which are intended to bait, anger, embarrass, ridicule or demean other players, coaches, or game officials. Included in this is conduct that berates, needles, intimidates, or threatens based on gender, ethnic origin or background and conduct that attacks religious beliefs, size, economic status, speech, family special needs, or personal matters. Examples of taunting that would lead to ejection include, but are not limited to, physical and verbal intimidation outside the spirit of the game ("trash talking"), reference to sexual orientation, "in-the-face confrontation" by one player to another, standing over, straddling a tackled or fallen player, etc.

10. Bench Clearing:

If an altercation occurs during a contest and members of either team leave their respective bench or sideline area or playing positions, and go onto the playing field/court participation area, they will be immediately ejected from the contest for unsportsmanlike behavior.

F. Due Process:

1. Students, coaches and schools have the right to be heard by the Sportsmanship Committee. However, appeals will only be held in regard to a misapplication of the sport rules and/or an ejection of a misidentified player. This right must be claimed within 24 hours of the incident occurring and must be made to the Office of the Executive Director of Section VIII. All actions of the Sportsmanship Committee may be appealed by a member school. Any such appeal will be heard by the Section VIII Athletic Council

# Memorandum



To: Nassau County Athletic Directors & Girls Gymnastics Coaches

CC: Patrick Pizzarelli, Section VIII Executive Director  
Dominick Vulpis, Assistant Executive Director  
Grace Chianese, Assistant Executive Director- Girls  
Ed Ramirez, Schedules  
Maria DeCristofaro, New York USA Gymnastics Rules Interpreter  
Ginger Creegan, Nassau Officials Chairperson

From: Kim Rhatigan, Section VIII Girls Gymnastics Coordinator

Date: 5/4/2022

Re: '22-'23 Gymnastics Schedule



Hello! Thanks for your support of our high school gymnastics program! My Gymnastics Committee consists of:  
Bill Muirhead, former Conference II Coordinator and former Long Beach (Conference I coach)  
Ginger Creegan, Conference I Coordinator, Nassau Officials Chairperson  
Eileen Mussler, former Garden City/Sewanhaka Coach (Secretary/Treasurer NCGGCA)  
Barbara Hebron, former Hicksville Coach (Conference I)  
Gayle Frommling, Lawrence Coach (Conference II)  
Cheryl Scalice, former South Side Coach (Conference II), and Volleyball Coordinator  
Teri Kindelmann, Conference II Coordinator and CSH Coach  
Andy Morris, Oceanside Coach (Conference I)

Here is the schedule for '22-'23...

1. We have 2 conferences, which are **based on the averages from the previous season**. The coaches voted to for 2 conferences on March 7, 2022 at the post season meeting. We use the finishing average of the '21-'22 season to seed them.
2. We have **20 teams. Conference I has 10 teams and Conference II has 10 teams**. Each team will have 10 (9 conference and 1 crossover) meets and they have 5 Home/5 Away or 4 Home/ 6 Away depending on the crossover they have. Each team will have 1 additional meet because they are coming to the Cartwheel for a Cure Meet on Saturday Jan 14, 2023 at Massapequa so it is a total of 11 meets for each team. **NEW THIS YEAR-** all 20 teams will compete on Saturday- we will do two sessions- morning and afternoon. This meet counts for scores for individual and team scores.
3. The coaches voted at the post season meeting March 7, 2022 to allow each school to schedule a maximum of 2 crossover meets between the two conferences. The scores will count for the gymnast's individual average

May 4, 2022

and team average. Crossovers do not count for win/loss in the conference. I have scheduled a crossover between the two conferences - for example- Team 1 in conference I sees Team 1 in conference II. Teams are given the option to pick up another crossover of their choice. Teams can add more dual meets (15 maximum allowed) if they choose.

4. We have been using the previous seasons' averages to create our 2 conferences for the past 25 years.
5. For **Conference II**: North Shore did not host a team last season so I am keeping a spot open for them to come back. If they do not, teams can pick up a meet from either conference to replace the lost meet. If GNN and GNS combine to one district team, teams can pick up another meet in that spot as well.
6. Reminder that all gymnasts must have 10 practices before their first meet. First practice is Monday November 14, 2022. Number of meets required for post season is 4 dual meets.
7. I have blacked out Midterm/Regents week-Jan. 23-26, 2023- **NO MEETS!**
8. At the request of the coaches, no meets are scheduled on Saturdays. Most schools have gym availability problems, cheerleading conflicts or religious considerations. However, if a meet needs to be rescheduled and both schools have available gym space, then feel free to use a Saturday.
9. **Gymnastics Rules** remain the same as 2021-2022 season for High School Gymnastics- Level 9 modified USA Rules Interpreter. New Rule books can be found on the NYSPHSAA website for purchase.
11. **Playoff Qualifications:**
  - a. Same method as '21-'22 season
  - b. **Team Championships:** Top 8/20 teams by average (Drop high score, average next 3) will compete in this meet. Any team from both conferences can qualify for the team championships as long as their average qualifies them in the top 8. We only use a team's average to qualify for the Team Meet. Win/Loss record is not used for qualifications for Team Championships- only a team's average.
  - c. **State Qualifier:** Any gymnast is eligible to compete in this meet, as long as they meet the qualifying score on each event. We use the average of their top 3 meets during the season on each event. Seeding scores are set at the pre-season meeting. The Nassau State team is selected from this meet - top 3 All arounds and top 3 specialists per event.
12. **Playoff Dates:**
  - a. **State Qualifier:** Tuesday, Feb. 14, 2023, 4:30 p.m., TBD- Roslyn?
  - b. **Team Championships:** Thursday Feb. 16, 2023, 4:30 p.m., Syosset
  - c. **Todd Heimer Coaches Invitational:** Saturday, Feb. 11, 2023, 11:00 a.m., New Hyde Park High School
  - d. **State Meet** is March 4, 2023, Section VI- BUFFALO
  - e. Please call me if you have **ANY QUESTIONS, CONCERNS, ANYTHING!!** - Section VIII IS GREAT!!
  - f. **HAPPY HANDSTANDS!** Kim Rhatigan, Section VIII Coordinator, 516-650-4205

**2022-2023 Girls Gymnastics Season Alignment**  
**(Based on finishing averages of 2021-2022 season-**  
**drop high, drop low and average the rest)**

**Conference I**

1.	Syosset	171.0
2.	Plainview	168.8
3.	Massapequa	167.0
4.	Port Wash	161.7
5.	South Side	161.3
6.	Bethpage	155.6
7.	Sewanhaka	155.4
8.	Oceanside	154.4
9.	Hicksville	153.8
10.	Long Beach	151.6

**Conference II**

1.	Valley Stream	148.3
2.	Wantagh	137.8
3.	Garden City	136.2
4.	Carle Place	129.1
5.	Roslyn	127.2
6.	Hewlett	123.4
7.	Cold Spring Harbor	105.2
8.	GNN	104.6
9.	GNS	26.7
10.	North Shore	---*

\*north shore didn't have a team in 21-22. Hoping for the team to come back for 22-23



# December 2022- Section VIII Girls Gymnastics

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	05/04/22			1	2	3
4	5	6	7	8	9	10
11	12 VS @ SYO CSH @ SEW	13 HEW @ BP GNN @ OC GNS @ HIX	14 WANT @ PL GC @ MASS NS @ LB	15 CP @ PW ROS @ SS	16	17
18	19 3 @ 2 6 @ 8 1 @ 7	20 5 @ 9 4 @ 10	21 6 @ 1 7 @ 2 8 @ 3	22 10 @ 5 4 @ 9	23	24
25 Christmas Day	26 Holiday Break	27 Holiday Break	28 Holiday Break	29 Holiday Break	30 Holiday Break	31



# January 2023- Section VIII Girls Gymnastics

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
JAN 1 NEW YEARS DAY	2	3	4 3 @ 1 10 @ 6 2 @ 9	5 4 @ 7 8 @ 5	6	7
8	9 8 @ 1 5 @ 2 6 @ 4	10 9 @ 3 10 @ 7	11 2 @ 8 5 @ 6	12 9 @ 7 10 @ 1 3 @ 4	13	14 <b>Cartwheel for a Cure at Massapequa Berner- two sessions- all teams</b>
15	16 MLK	17	18 2 @ 10 7 @ 6	19 3 @ 5 1 @ 9 8 @ 4	20	21
22	23 REGENTS TESTS	24 REGENTS TESTS	25 REGENTS TESTS	26 REGENTS TESTS	27 REGENTS TESTS	28
29	30 4 @ 2 6 @ 3 1 @ 5	31 7 @ 8 9 @ 10				





## February 2023- Section VIII Girls Gymnastics

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			Feb 1 2 @ 6 4 @ 1	2 3 @ 10 7 @ 5 9 @ 8	3	4
5	6 7 @ 3 5 @ 4	7 6 @ 9 1 @ 2 8 @ 10	8	9	10	11 Todd Heimer Coach's Invitational Meet @ New Hyde Park HS
12	13	14 State Qualifier Meet @ Roslyn HS	15	16 Team Champs Meet @ Syosset	17	18
19	20 Mid - Winter Recess	21 Mid - Winter Recess	22 Mid - Winter Recess	23 Mid - Winter Recess	24 Mid - Winter Recess	25
26	27	28	Mar 1	2	3 State Meet BUFFALO	4 State Meet BUFFALO

# Memorandum

**To:** Nassau County Athletic Directors and Girls Gymnastics Coaches  
**CC:** Pat Pizzarelli  
**From:** Kim Rhatigan, Girls Gymnastics Coordinator  
**Date:** 11/5/22  
**Re:** 27th Annual Todd Heimer Nassau Gymnastics Coaches Invitational

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The **27<sup>th</sup> Annual Todd Heimer Gymnastics Coaches Invitational will be held on Saturday Feb. 11, 2023 , at NEW HYDE PARK HS at 11:00 a.m..** Each school can bring 4 gymnasts per event. Any gymnast who qualifies for the Individual State Qualifier Championship Meet is not eligible for the invitational.

Entry Fee per school will be **\$300.00** Entry fee will be put towards awards, supervisors, athletic trainer, and the facility. No admission without the entry fee. If a school wishes to enter more gymnasts, they can pay an extra fee of 300.00 for another 4 kids per event.

Checks for **\$300.00** should be made payable and sent to :

**N.C.G.G.C.A. (Nassau County Girls Gymnastics Coaches Association)-**

C/O NCGGCA  
Kim Rhatigan  
28 Hillside Ave  
Huntington, NY 11743

The officials will be billed through BOCES and will be equally divided among the schools who participate. All four events will run simultaneously.

The gym will be open at 8:30 for open stretching and bar sets. Timed warmups begin at 9 am. The meet will begin at 11:00 a.m. and will last approximately 3 hours. I hope all 20 schools attend this exciting meet!

Please call me at 516-650-4205 if you have any questions. Thank you for your support of the Nassau County Girls Gymnastics Program!

**Thank you to coaches Debbie Wichard and Krista and  
Pat Maguire AD for hosting this fantastic meet!**

# New York State Public School Athletic Association Apparatus Requirements for Girls Gymnastics

## ***High School & Modified/Junior High School***

**NOTE:** It is recommended that each school's apparatus and facility specifications be identified and distributed to all schools in their league/conference prior to the competitive season, ideally at the pre-season coaches meeting. Any concerns regarding apparatus or facility limitations should be addressed at this meeting and a solution worked out in favor of the gymnast(s).

### **GENERAL MATTING SPECIFICATIONS & APPARATUS PLACEMENT**

1. For **VAULT, BARS** and **BEAM**:  
A minimum of one 4 in. x 6 ft. x 12 ft. competition landing mat is required.  
A second competition landing mat may be placed on top of the required mat.
  - The maximum allowable *competition landing surface* would be 20 to 24 cm.
    - **ONLY ONE** 8" skill cushion may be used on the landing surface.
  - The use of 10-12 cm. (4 in. or 4 ¾ in.) x **8 ft.** x 12 ft. mats is encouraged.
2. If only a **4 in.** (10 cm.) competition landing mat is used, then a 1¼ in. base (panel) mat is required. It may be placed underneath or on top.
3. If a 12 cm. (4 ¾ in.) or a 20 cm (approx. 8in.) landing mat is used, a 1¼ in. base (panel) mat is not required.
4. 20 cm. (approx. 8 in.) competition landing mats are allowed but not required.
5. Additional Matting:
  - a. Up to 9 in. of any combination of additional matting is allowed in addition to the maximum allowable *competition landing surface* of 24 cm.
    - ONE (1) full skill cushion
    - sting mat
    - a 4" supplemental "throw" mat
  - b. When an 8 in. skill cushion is used, it must be a minimum of 5 ft. x 10 ft.
  - c. A 4" supplemental mat, "throw" mat, must be a minimum of 7 ft. x 10 ft.
6. When it is spatially possible; it is suggested that there be a clearance of 5 ft. to 6 ft. from one apparatus to any other. This includes corresponding mat areas, or any other obstruction, i.e., walls, pillars etc.
7. Basic Conversion 1 inch = 2.54 cm.

### **VAULT**

1. The height of the TABLE may be set between:
  - a. A minimum of 100 cm. (± 1 cm.) and [39 ¾"]
  - b. A maximum of 135 cm. (± 1 cm.) [53 ½"]

2. The suggested height for **High School** is between **125 cm. to 135 cm.**  
(49 ¼") to (53 ½")
3. The height of the TABLE is determined by measuring the distance from the surface on which the board will be placed, to the center top of the table.
4. It is suggested that the Length of Runway be:  
76 ft. to 80 ft. - measured from the front of the Table.
5. A minimum of a **65 ft.** runway length is necessary for SALTO TYPE vaults to be performed.
6. Use of the VAULTING BOARD SAFETY ZONE MAT is **REQUIRED** for ALL Round-off entry vaults. It may be used for all other vaults. It must be placed snugly around the board so that there is no space between the board and the safety zone.
7. Use of tape or excessive chalk is not permitted on the vault table.
8. A hand placement mat MAY be placed on the runway for Round-off entry vaults ONLY! It must be manufactured by a gymnastics equipment company and placed correctly on the runway (velcro side down).

## UNEVEN BARS

1. Basic specifications: High Bar: 250 cm. (±1cm.); Low Bar: 170 cm. (±1cm.) measured from the floor to the top of the rail.  
Horizontal distance between the bars:
  - should close to minimum of 130 cm. and extend to maximum of 180 cm.
  - *spread is measured on the diagonal from inside of LB to inside of HB*
    - a. Based on the best interest of the gymnast's safety, it is permissible to adjust the High Bar and/or Low Bar to a height which exceeds (or is lower than) the listed specifications. Regardless of the measurement, the rails must be adjusted only to a position that locks-in with a dual locking mechanism that meets the manufacturer's recommended safety parameters.
    - b. The distance (spread) between the bars may be set to the preference of the athlete, provided that after such adjustment, the bars remain within the allowances identified by the manufacturer of the apparatus.
2. It is suggested that the Mount distance be at least 12 ft.
3. Matted area under the bars must be a minimum of 6 ft. x 24 ft.
  - a. Two (2) – 4 in. x 6 ft. x 12 ft. landing mats.
    - A 6 or 7 ½ ft. x 36 ft. matted area is encouraged.
4. The board may NOT be placed on an 8 in. skill cushion, floor surface or have plywood placed under it. The board must be removed as soon as possible after the gymnast has mounted.
  - Illegal placement of the board will incur a penalty of - 0.30
  - Failure to remove the board after the gymnast has mounted will incur a penalty of - 0.30

5. If a raised surface is needed to spot a release move, there is no penalty provided the device is removed immediately after the release is performed. It is suggested that a spotting block or folded mat be used. The use of a board will not incur a penalty.
6. NO substance beside chalk and water is allowed on the uneven bar rails.

## **BALANCE BEAM**

1. Height for **High School** is 120 (47 ¼ ") or 125 cm. (49 ¼ ") (± 1 cm.)
2. Height for **Junior High School/Modified** is between 100 cm and 125 cm.
3. It is suggested that the Mount distance be at least 12 ft.
4. Mats: A minimum of a 6 ft. x 12 ft. matted area at each end of the beam. An 8 ft. x 15 ½ ft., or two (2) 6 ft. x 12 ft. mats under the beam.
5. The board may NOT be placed on an 8 in. skill cushion, floor surface or have plywood placed under it. The board must be removed as soon as possible after the gymnast has mounted.
  - Illegal placement of the board will incur a penalty of - 0.30
  - Failure to remove the board after the gymnast has mounted will incur a penalty of - 0.30

## **FLOOR EXERCISE**

1. It is suggested that the Floor area be as close to 12 meters x 12 meters as possible (i.e. - 39 ft. 4 7/16 in. x 39 ft. 4 7/16 in.)
  - a. The measurement is from the outside of the tape.
  - b. The minimum surface thickness is 1 ¼ in. thick.
  - c. A resolute or wrestling mat type surface is permitted.
  - d. The top of the mat must be joined into one continuous and level surface.

2. Additional Matting: Up to two (2) manufactured skill cushions may be placed separately on the Floor Exercise area. A maximum thickness of 8 in. is allowed.  
If the skill cushion(s) is 8 in. thick, it must be a minimum of 5 ft. x 10 ft.

A "sting" mat may also be placed on top of the 8 in. skill cushion.

- Whenever additional matting is placed on the Floor Exercise area and covers a portion of the boundary line(s), the mat must be clearly marked with chalk or tape to indicate the actual boundary line(s).
  - Failure to mark boundary lines incurs a 0.10 penalty.
- A coach may reach into the floor space to remove or place a mat, but may not step onto the floor area to do so.  
The penalty for a coach on the floor exercise mat is - 0.50.



## ORDER INFORMATION

For



# **N.Y.S.P.H.S.A.A. TECHNICAL HANDBOOK FOR GIRLS GYMNASTICS 2019 – 2023 6<sup>th</sup> edition**

Coaches may order yearly through their Athletic Director. A.D.'s usually put in orders/requisitions for ALL Sports Rule Books at one time. Notify your Athletic Director.

The Handbook may be purchased through the NYSPHSAA website @:

[www.nysphsaa.org](http://www.nysphsaa.org)

- *on the banner click Resources*
- *click Rule Books*
- *click Winter Season*

For those who want a personal touch, you may CALL:

Jill Gregorious in Rulesbook Dept.  
518-690-0771

# New York State Officials of Girls Gymnastics



## State Certification Coordinator State Rules Interpreter



Maria DeCristoforo

• 68 Nassau Dr. Albertson, NY 11507 • (516) 484-0988 • [amazonimpt@aol.com](mailto:amazonimpt@aol.com)

• [miamaildec@gmail.com](mailto:miamaildec@gmail.com)

August 6, 2022

TO: ALL NYSOGG CHAIRMAN

- *PLEASE disseminate to your membership*

Before reviewing changes made to the 2022-23 Technical Handbook, I'd like to review the procedure I must follow.

1. Any CHANGE/ADJUSTMENT must be brought up and voted on at the Coach's end-of year meeting and then approved by the N.Y.S.P.H.S.A.A. Executive Board Committee.

I cannot make changes without the approval of the State coach's committee and the Executive Board of NYSPHSAA.

### USAG rated officials PLEASE NOTE!!!

Changes that have been instituted in the NEW C.O.P. are NOT applicable at this time to the High School program. Please review the H.S. Technical Handbook.

#### 1. **BEAM DISMOUNT REMINDER:**

- a. The Special Requirement of a **"B" Salto OR Aerial**
  - i. It can be a single element or in combination
  - ii. A plain Aerial is an "A" value part and will NOT meet the dismount special requirement.

#### 2. **FALL time on Beam: NEW**

1. To match the Uneven Bars; fall time on Beam is now **45 sec.**

#### 3. **ATTIRE: NEW**

- a. H.S. gymnasts MAY NOW have the *OPTION* to wear a solid black "spandex/lycra" type shorts, with no embellishment, over their leotards.
  - i. The shorts must be above the knee or shorter.

4. **JEWELRY: NEW**

a. *July 27, 2022* -The NYSPHSAA Central Committee voted on some key proposals that will start in the FALL of 2022

b. **STUD earrings may now be worn in any part of the ear.**

- i. Other piercings MUST be removed and not covered with bandages or tape.
- ii. Unacceptable jewelry:
  1. Non-stud earrings
  2. Necklaces and bracelets are NOT allowed during warm-ups or competition

5. **VAULT START VALUE CHANGE: NEW**

The *STRADDLE VAULT* value of 7.5 has been lowered to **7.2**

6. **IMPLEMENTATION OF A COURTESY SCORE: NEW**

A **3.0 pt.** minimum courtesy score is now in effect for our sport. Scores may not go lower than 3.0 pt.

Renewal of High School Ratings will not be until late spring of 2023. Information regarding re-testing will be sent out later in the year.

Regards to all,

*Maria*



# **2022 Rules and Regulations of Competition**

## **1. Proper Attire**

### **JEWELRY: *NEW***

- a. *July 27, 2022* -The NYSPHSAA Central Committee voted on some key proposals that will start in the FALL of 2022

### **b. STUD earrings may now be worn in any part of the ear.**

- i. Other piercings MUST be removed and not covered with bandages or tape.

### **ii. Unacceptable jewelry:**

- 1. Non-stud earrings

- Necklaces and bracelets are NOT allowed during warm-ups or competition
- **ATTIRE: *NEW***
- H.S. gymnasts MAY NOW have the *OPTION* to wear a solid black “spandex/lycra” type shorts, with no embellishment, over their leotards.
- The shorts must be above the knee or shorter.
  - a. Large and loose fitting attire such as oversized T- shirts and boxer shorts will not be permitted. Leotard sleeves must not be hanging down and tied around the waist. These are safety issues and MUST be followed during warm-ups as well as competition.
  - b. It is strongly recommended that long hair should be tied back or fastened so it does not interfere with the gymnast’s performance.
  - c. Sports bra must match the leotard colors or keyhole opening in back of leotard should be covered. There will be a 0.1 deduction for uniform attire per gymnast, which will be taken from the individual’s score. It will be a one-time deduction.

## **2. Equipment Specifications**

- a. Safety is our #1 priority. Please see the enclosed equipment specifications as outlined by New York State High School Gymnastics. All schools must follow these specifications.
- b. If you have a problem or question concerning your equipment, contact the Section VIII Coordinator immediately at 516-650-4205. I will come to check it out.
- c. The Runway must be 65 feet in length to the vaulting table. If you have a concern about a school’s runway, please contact the opposing coach and try to work it out amicably. For example, if your gymnasts need 70 feet to vault, please consider going to the opposing site if the host school does not have a runway of 70 feet.
- d. The HOME SCHOOL is the site at which the meet takes place. If schools change sites due to equipment problems, the site where the meet is held is considered the home site.

- e. Schools are not permitted to borrow equipment from outside sources (i.e. private gyms) at any time.
- f. If you need to borrow mats in order to host a championship meet (to run 4 events), please contact the Section Coordinator who will arrange it with the Athletic Directors.
- g. Mats used on Floor Exercise must be in the corner on the diagonal in order to be removed by the coach without stepping onto the floor mat. They must not be used in the center of the floor ex mat! See the Technical Handbook for clarification!
- h. Gyms must be cleared 1 ½ hours before the start of meet to allow ½ hour to set up and 1 full hour to warmup.

### **3. Warmup**

- a. A team is allotted a minimum of ½ hour from the time they enter the gym to warm-up and begin the meet. The away team may help the home team in the setup of the equipment and begin warming up immediately. This includes open stretch, bar settings and warm-up time.
- b. **IF A TEAM ARRIVES LATE, it is permissible for teams to warm-up on beam and floor while vault and bars are being competed.**
- c. **If only one official is present for the meet, the other team is permitted to warmup while one team is competing even while the other team is being judged. SAFETY IS OUR FIRST CONCERN!**
- d. Home team must clear bars so visitors can have a full half hour of warm-up prior to the start of the meet. (ex- get bars at 4:00 for a 4:30 meet)
- e. It is recommended to keep your bar settings for away schools in case you go there again to save time in the future.
- f. During warm-up, officials will decide on their event assignments.

### **4. Dual Meet Procedure-**

- a. Nassau County follows New York State Public High School USA modified Level 9 Rules. Use the Technical Handbook for each event's specifications.
- b. It is recommended that the home coach explain to the visiting team any equipment, matting or facility idiosyncrasies that they need to know for competition. If there are any issues, they need to be discussed before the actual meet.
- c. The home team is responsible for providing stopwatches as well as runners, timers, flashers, announcers and "bar helpers".
- d. Home school is also responsible to have a first aid kit/AED on hand at all times.
- e. It is recommended to play the National Anthem or do the Pledge of Allegiance at the beginning of competition and a welcome by the home team.
- f. Teams should lineup and march in 5 minutes before meet begins! Any senior presentations should be done before the meet begins so the officials and visiting team do not have to wait.

- g. There should be a table and chair for the official and a chair for the flasher and timers for each event. The score **must** be flashed or announced after each gymnast.
- h. Team members should stay together as a group separate from the spectators. Only team members, coaches and designated meet personnel are allowed on the competition floor.
- i. **FALL time on Beam: NEW**  
To match the Uneven Bars; fall time on Beam is now **45 sec.** Please have a gymnast ready to time beam and floor.
- j. Two events are competed at the same time. Vault and uneven bars will be competed first.

- Timed Break- Each team takes a **7-minute warm-up** and then competes on THAT event.
- The **official** will time the 7-minute warm-up.
- If there is only one official assigned the meet, the warmup should be blocked 14 minutes (teams switch at 7 minutes) and then compete beam and floor consecutively.

Switch events and repeat procedure for balance beam and floor exercise.

- k. Coaches are not permitted to speak directly to the gymnast, give signals, shout (cheer) or similar type actions during the exercise. This can result in a 0.10 deduction from your gymnast's routine. See page 4 of the N.Y.S.P.H.S. Technical Handbook.
- l. **No Flash Photography OR CELL PHONES** are allowed at any point during competition for safety reasons.
- m. **NEW:** Each team is allowed 2 exhibition gymnasts per school per event. If a team has no exhibition gymnasts or has less than 6 gymnasts, the other team cannot fill in with their gymnasts. The exhibition gymnast must compete first. Exhibition scores do not count for final team scores. Exhibition score cannot be used in the team scoring even if the team is missing 5 scores. Exhibition scores cannot be used to determine a gymnast's average for post season qualification.
- n. Substitutions: A gymnast may be replaced by another up until that event begins. No substitutions can be made after the event begins.
- o. When calculating the final team scores, add the best five scores out of six.
- p. "B" Meets do not count for qualifying for Individual or County Team Championships. Only Varsity "A" meet scores count towards qualifying for the State Qualifier or Team Championship, whether league or non-league such as crossovers.
- q. Team win-loss counts for only scheduled league meets will determine conference champion. Crossovers or non-league cannot be counted as win-loss for the team record for the conference. They do count for the team's overall average and the individual gymnast's average for post season.
- r. Cartwheel for a Cure meet scores- team and the individual gymnast- can count towards team's average and individual's average.

## **5. Score Inquiry:**

Any question involving a score must be brought to the official at the end of the rotation before the next event begins. Verbal questions at the end of the meet will not result in a score change. Formal Score Inquiries must be in writing on the Official Inquiry Form and submitted at the end of the event to the official.

A coach may only inquire on their gymnasts.

Inquiries are limited to:

1. Bonus (Did the gymnast get her jump double, tuck jump 1 ½ bonus?)
2. Difficulty/Start Value (What was the start value of the routine?)
3. Special Requirements (i.e.: Did the gymnast get credit for the gym/acro series?)
4. Unusual occurrences (music stops, camera flash, etc.)

## **6.Tri Meet Procedure**

Please use the following grid to run warm-ups and the meet for tri meets:

Team	Event	Event	Event	Event	Event	Event
Home	BYE	Vault	Bars	BYE	Beam	Floor
Team #2	Bars	Bye	Vault	Floor	Bye	Beam
Team #3	Vault	Bars	Bye	Beam	Floor	Bye

**NEW RULE as of 3/7/11:** Tri Meets **MUST** get the approval of the Athletic Directors and the Section VIII Coordinator. TRI MEETS will only be counted twice when they are approved by the Section Coordinator. Section Coordinator will discuss it with the Conference Coordinators & Gymnastics Executive Committee before granting approval. They will only be approved in cases of school closings, death or when the next open date is a school approved religious holiday. This was voted by the coaching body at the post- season meeting.

## **7. Score sheets:**

- a. At the beginning of the meet, each judge gets an official score sheet. The home coach must be sure that 2 score sheets (with both teams lineups) are filled out and one given to each judge.
- b. Upon completion of the meet, the score sheet must be separated and sent to the following people: White copy: Conference Coordinator, Pink copy:Home team copy, Yellow copy:Away team copy
- c. Both Home & Away Team should send in their scores to the conference coordinator.
- d. **JUDGES SIGNATURES ARE REQUIRED- SCORES WILL NOT BE ACCEPTED WITHOUT THEM.**
- e. Signed score sheets must be sent in to the conference coordinator within 48 hours of the meet. No Exceptions! You can take a photo of the signed scoresheet and send to your conference coordinator immediately after the meet.

[illegible]

# NEW YORK STATE HIGH SCHOOL VAULT TABLE

July 2018

Group I Handsprings, Yamashitas	Group II Handsprings (w/wo 1/1 turn) – Saltos Forward or Backward	Group III TSUKAHARA on – Salto Fwd. Or Bwd. – (w/wo turn)	Groups IV & V *** ROUND OFF *** Entry Vaults (w/wo turns on)
<p><b>* Note:</b> ½ on vaults may be performed with a ¼ turn on.</p> <p>1.101 Handspring 8.60 1.102 Handspring – ½ 8.70 1.103 Yamashita 8.60 1.104 Yamashita – ½ 8.70 1.105 * ½ on – ½ off 8.70 1.106 * ½ on – Rep. off 7.00</p>		<p><b>NOTE:</b> <i>All Group 3- Tsukahara vaults – may be performed with a 90° to 180° (¼ or ½) LA turn in the first flight.</i></p>	<p>4.101 RO – Rep. off 7.60 4.102 RO – Rep. ½ off 7.70 4.103 RO – 1/1 tw.off 9.10 4.104 RO – 1½ tw. off 9.30 4.201 RO – 2/1 tw. off 9.80</p>
<p>1.201 Handspring – 1/1 9.00 1.202 Yamashita – 1/1 9.00 1.203 Handspring – 1 ½ 9.40 1.204 * ½ on – 1/1 off 8.90 1.205 * ½ on – 1½ off 9.30 1.206 1/1 on – H/Y off 9.00 1.207 1/1 on – ½ off 9.30</p>		<p>3.201 Tsukahara - Bk.Tuck 9.60</p>	<p>4.301 RO – Back Tuck 9.60 4.302 RO – Back Pike 9.70 4.303 RO – Back Layout 10.0 4.304 RO - ½ off, Fr. tuck or RO - Back tuck ½ 9.90 4.305 RO – ½ off, Fr. tuck ½ 10.0 4.306 RO - Back tuck 1/1 10.0 4.307 RO - Back Layout 1/1 10.0</p>
<p>1.301 Handspring – 2/1 9.90 1.302 * ½ on – 2/1 off 9.80 1.303 1/1 on – 1/1 off 9.70</p>	<p>2.301 H.Sp. – Front Tuck 10.0 2.302 H.Sp – Front Tuck ½ 10.0 2.303 H.Sp – Front Pike 10.0 2.401 Fr. H.Sp. onto board, H.Sp. – Fr. Tuck 10.0 2.402 Fr. H.Sp. onto board, H.Sp. – Fr. Pike 10.0</p>	<p>3.301 Tsuk – Bk. Pike 9.70 3.302 Tsuk – Bk. Layout 10.0 3.303 Tsuk –Bk. Tuck ½ 9.90 3.304 Tsuk – Bk. Tuck 1/1 10.0 or Tsuk – ½ off, Fr. tuck 10.0</p>	<p>5.101 RO ½ on – H.Sp. off 8.90 5.201 RO ½ on – 1/1 tw .off 9.20 5.202 RO ½ on – 1½ tw. off 9.40 5.301 RO ½ on – 2/1 tw. off 9.90</p>
		<p>3.401 Tsuk –½ off, Fr.Tuck ½ 10.0</p>	<p>5.401 RO 1/1 – 1/1 tw. off 9.30</p>

## Stretched Body Vaults

1.01	Squat	7.00
1.02	Straddle	7.50

## Round-off Entry Vaults

The safety collar **MUST** be used.

There is **NO** deduction for a coach standing between the board and the Table.



1. MTS.

- Jp. w. ½ or 1/1 t. to hang on HB
- ALL glide kips; also w ½ or 1/1 t.
- ALL Stra. Cuts to same bar

2. CASTS/  
COUNTERSWINGS

- Cast sq/pike/str. onto bar
- Cast to HS- hips bent or extended
- Uprise bwd to clear support
- from hang, counterswing bwd. to Straddle over LB to hang on LB
- Cast to HS ½ t
- Cast to HS hop grip change
- Uprise to HS
- from hang, counterswing BWD. to Str over LB to HS on LB
- Cast 21 to 45 ° from vert. w. ½ t.

3. UNDERSWINGS /  
CLEAR HIPS CIRCLES

- Undersw. on HB w. ½ t. to hang
- toe-on HB, undersw ½ w fl. over LB to hang (*overshoot*)
- clear hip circle
- undersw/toe-on LB w. ½ t catch HB
- **from HS**, toe-on undersw ½ w fl. over LB to hang (*overshoot from HS*)
- clear hip circle HS; also w. ½ t

4. GIANT SWING BWD.

- Swing with ½ t. above HB
- from hang, sw. ½ t fl. over LB to hg (*overshoot*)
- sw. bet. bars 1/1 t.. at HB height
- swing with ½ t. – min. 45° from vert.
- Giant to HS; w. ½ t., w. hop grip ch.
- **from HS**, sw. ½ t fl. over LB to hang (*overshoot*)
- sw. fwd on HB to salto bwd. to hang on LB "*peach drop*"

5. GIANT SWING FWD.

- sw.down fwd bet. bars 1/1 t..at HB hgt
- giant cir. fwd to HS; also w. ½ t.
- from HB HS, sw. fwd straddle over LB to hang

6. STALDER CIRCLES

- clear str. Circle fwd to supp
- clear str. Circle bwd to supp
- stalder fwd or bwd to clear supp
- All stalder circles to HS, also ½ t.
- stalder cir rel. & countermvt.to HB

7. CIRCLE SWINGS  
/HECHTS

- hip circle bwd. or fwd.
- sole circle fwd. or bwd.
- seat circle fwd. or bwd
- pike sole cir. bwd to HS
- pike sole cir LB rel. & countermvt.to catch HB (toe-up)

8. DISMOUNTS

- underswing; w. ½ t, w. 1/1 t. feet on bar or clear
- flyaway- tk/pk/stretch
- undersw. (*toe-on*) 1 ½ or 2/1 tw
- flyaway w. ½ , w. 1/1 tw.
- **flyaway (tuck,pike,LO)**
- pike circle to salto fwd
- undersw. ½ t salto bwd (*Comaneci*)
- Swing fwd. 1 ½ , 2/1 tw
- Swing fwd. to double salto bwd.

# BEAM

*NOTE: Elements in "Blue" denotes those elements rarely seen and not on exam!*

## A

## B

## C

### 1. MOUNTS

Plain jump-on or thru mts.  
Scissor leg over to thigh sit  
Head, chest stand, Fwd. roll

Straddle jump to beam  
Free jump w. ½ t.  
Squat/stoop thru to clear pike supp hold 2sec.  
Press/swing to HS

### 2. LEAPS/JUMPS

	*** Split leap	
	Split leap ¼ t.	
Stretched jp./ jp. ½ →	Stretched jp. ¾ →	Split leap ½ t.
	Split jump (min. 135°)	Switch leg leap
Tuck jp. →	Tuck jp. ½ →	Stretched jp. 1/1
Cat leap →	Cat leap ½ →	Split jump ½ t.
Wolf jp. / hop →	Wolf jp. ½ →	Tuck jp. ¾
	Pike jp. (cross) →	Cat leap 1/1
Sissone →		Wolf jp. 1/1 (1 or 2 ft take-off)
		Pike jp. (swd.)
		Stra. Jp (180°)
		Ring lp/jp

### 3. TURNS

1/1	1 ½	
	1/1 tuck stand turn	1 ½ tuck stand turn

### 4. WAVES

Body wave-fwd/bwd.swd	Body wave to bal. on 1 leg ( hold 2 sec.)
-----------------------	---

### 5. HOLDS- 2 sec.

Scale	Handstand	HS to planche
	Clear pike supp.	

### 6. ROLLS

Fwd/bwd/swd/sh. rolls	free fwd. roll
	HS fwd. roll

### 7. WALKOVERS/CARTWHEELS

ALL cartwheels & walkover	front/side aerals
Variations, Roundoff	
FLIC-FLACS	one arm FLIC-FLAC

### 8. SALTOS

ALL saltos

### 9. DISMOUNTS

Cartwheel, Round-off	Front salto-tk/pk/stretch	Front Saltos with 1/1 tw.
Aerial	Aerial 1/1 tw.	
	*** Standing Back saltos,	Back saltos w/ 1 ½ tw.
	Back salto w/ 1/1 tw.	
	*** Gainer back saltos to side of Beam	Gainer back pike from end of beam
	Gainer salto w/ 1/1	



# FLOOR

## A

### 1. LEAPS/JUMPS

Split leap, stag leap  
Chasse w. 1/1 turn  
Hitchkick  
Fouette hop w. 1/2 turn

Stretched jp. – also w. 1/2, 1/1 t.

Tuck jump, also with 1/2 t.

Cat leap, also w. 1/2 t.

Wolf jump/hop

Sissone

### 2. TURNS

1/1

### 3. HANDSTANDS

Handstand, also w. 1/1 turn

### 4. ROLLS

ALL fwd./bwd. rolls

### 5. WALKOVERS/CARTWHEELS

ALL cartwheels, walkovers &  
Round-off variations  
ALL varieties of FLIC-FLACS

### 6. SALTOS

## B

Split leap – 1/4, 1/2 turn  
Ring leap

Tour jete

Switch leap

Stretched jp. 1 1/2 t.

Tuck jump 1/1  
Sheep jump

Cat leap 1/1

Wolf jump/hop 1/2 t.  
Pike jump  
Straddle jump (180°)  
Ring jump

1 1/2  
1/1 t. leg at horiz.  
1/1 turn in tuck stand

Handstand with 1 1/2 turn

roll bwd. to HS with 1/1 t.

Front, Side aerals  
Barani (*aerial round-off*)  
Flyspring

Front saltos –tuck, pike or stretched  
- also with 1/2 tw.  
Back saltos – tuck, pike or stretched  
- also with 1/2 or 1/1 tw.

## C

Tour jete 1/2 to 2 ft

Switch leap 1/4 t.  
Switch leap ring

Stretched jp. 2/1 t.

Tuck jump 1 1/2

Cat leap 1 1/2

Wolf jump/hop 1/1 t.  
Pike jump 1/1 t.  
Straddle jump 1/1 t. (*Popa*)

2/1  
1 1/2 leg at horiz.  
1 1/2 turn in tuck stand

Front aerial w. 1/1 tw.

Front Handspring w. 1/1 tw.

Front saltos w. 1/1 tw.

Back salto with 1 1/2 or 2/1 tw.

# **HOST FOR INDIVIDUAL/TEAM COUNTY CHAMPIONSHIPS**

## **Section VIII Chair provides:**

- Information for the program
- Score sheets for head table
- Score sheets for officials

## **Host school needs to provide the following:**

### **Equipment**

#### **Vault:**

- Vault Table with separate runways
- Need tape measure next to runway
- Tape the runway to prevent from sliding
- Long table with 2 chairs for officials for vault table
- 2 desks or chairs for score flasher and runner

#### **Uneven Bars:**

- Have regulation on low and high bar written down next to bars for coaches
- Have stools or chairs for setting high bar
- Timer & Stopwatch (for timed warm-up); they can also record who has had bar settings done
- Long table with 2 chairs for officials
- 2 desks or chairs for score flasher and runner

#### **Beam:**

- 2 people to time and 2 stopwatches
- Bell
- Long table with 2 chairs for officials
- 2 desks or chairs for score flasher and runner

#### **Floor:**

- Music Player with digital (ipod, mp3, phone) capabilities, AUX cord, CD player. Please have responsible music person to operate the music during the meet or let teams know that they are responsible to play their own music
- Stopwatch
- Bell (different sound than beam)
- Long table with 2 chairs for officials
- 2 desks or chairs for score flasher and runner
- Mats must be taped/velcro together

**~ Each event needs 8 chairs for on deck competitors.**

**~ Please have a table cloth and apron around the tables for judges.**

**~ Have enough mats – if necessary, borrow mats from other schools.**

- **Program**
  - Announcer
  - Entrance/Exit music
- **Score Flashers:**  
Make arrangements for visiting schools to bring score flashers if necessary.

Host school: Please make sure you have designated timers, flasher and runners for each event!

- **Supervision**
  - Host school will provide appropriate supervision personnel and submit payment form to Section VIII.
- **Miscellaneous**
  - Head table with chairs for announcer and head scorers
  - scoresheets for officials
  - Table to display awards
  - Award stand for 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> place (use mats if no stand)
  - American flag
  - National Anthem
  - Athletic Trainer\*
  - Host school may wish to have AD (or principal or school representative) to welcome the gymnasts to the meet.
  - Please have a designated area for the Newsday photographer (outside of the judges chairs).
  - The announcer must have professional presentation.
  - Provide a hospitality room suite for officials and coaches before the meet.
  - Decorate with flowers, theme, balloons, walk in signs
  - Sell food during the meet for spectators

\* If your school cannot provide one, let the Section Chair know and she/he will make provisions to provide one.

**THANK YOU FOR OFFERING YOUR SCHOOL AS A HOST SITE!!**

## Representation Rule

From: NINA VAN ERK (NVANERK@nasboces.org)

Sent: Fri 2/01/13 3:55 PM

To: Kim Rhatigan (coachkim50@hotmail.com) (coachkim50@hotmail.com)

### REPRESENTATION:

a. A contestant, or athletic team, shall not represent a school except in conformance with all rules and regulations. It shall be the duty of trustees and boards of education to require that athletic activities be limited to competition between secondary school students.

To be eligible for sectional, intersectional or state competition, a team must have completed in six (6) school scheduled contests which occurred on six (6) different dates during the season.

**Team Sports:** For the sports of baseball, basketball, field hockey, football, ice hockey, lacrosse, soccer, softball and volleyball an individual is eligible for the team if he/she has been an eligible participant on a team in that sport in that school for a minimum of six (6) scheduled contests during the regular season. For football, a student must be an eligible participant for a minimum of three (3) contests.

→ **Team/Individual and Individual Sports:** For the sports of archery, badminton, bowling, cross country, fencing, golf, gymnastics, rifle, skiing, swimming, tennis, outdoor track, winter track and wrestling an individual must also have represented their school in six (6) scheduled contests during the season to be eligible. These required contests must occur on six (6) different dates and must be conducted prior to the conclusion of the team's regular schedule.

*Section Athletic Councils may request in writing approval of the State Executive Committee to adjust the number of school scheduled contests required on an annual basis. The request is to be submitted prior to the governing board meeting. School districts may submit a written request to the Section for adjustment of contests for individual participants.*

\* IN SECTION VIII WAIVER REQUESTS MUST BE RECEIVED PRIOR TO THE TEAM'S LAST REGULAR MEET.

# **All Conference/ All County**

## **All Conference and All County**

- For 2022-2023 season, the coaches will use the following system to determine All County and All Conference:
- Gymnasts who qualify for the Post Season State Qualifier on each event will be awarded ALL COUNTY.
- Next 10 gymnasts by score in Conference I that do not qualify for the State Qualifier are All Conference for Conference I. This is also the same for All Conference for Conference II.
- Certificates will be given to all gymnasts.
- All Awards will be given at the End of Season Dinner at the Crest Hollow County Club.

# **State Qualifying Meet**

We will host a state-qualifying meet to select the Nassau County State Team who competes at the New York State Public High School Athletic Association Girls Gymnastics Championships.

## **STATE QUALIFYING MEET**

- Gymnasts who meet the following qualifying scores from their top 3 average from the dual meet season are eligible to compete in this meet. The qualifying scores that are set are the average of the past 4 years (2018-2022) scores for each event for the minimum qualifying score for the state team. These scores will be set at the pre-season coaches meeting.
- All gymnasts must be compete in 6 dual meets during the regular season to be eligible for post season. This is a NYSPHSAA rule.
- As of 2010-2011, there are no Independent Gymnasts permitted as per Section VIII Policy.

### **Qualifying Scores to compete in the State Qualifying Meet** as set in the 2022 post-season meeting:

<b>Vault:</b>	<b>8.15</b>
<b>Bars:</b>	<b>7.75</b>
<b>Beam:</b>	<b>8.35</b>
<b>Floor:</b>	<b>8.80</b>

The top 3 All around and the top 3 specialists per event from the state qualifying meet by score would comprise the Section VIII Nassau State Team. In the event of a tie at the state-qualifying meet, the gymnast with the higher seeded average from the dual meet season will be selected for the state team.

# State Meet

- The top 3 All Around Gymnasts and the top 3 specialists per event (excluding the all arounds) BY SCORE from the State Qualifying Meet will make up the Section VIII State Team. A gymnast cannot compete in the State Meet without competing in the State Qualifying Meet.
- The Section VIII Coordinator will secure a gym for 2 State Team practices. Section VIII Coordinator will also get a certificate of insurance from Section VIII Office for the gym that is chosen.
- Besides the Official State Team Gymnasts, the next gymnast by score from the Team/Individual Championships from each event will practice with the state team so we are prepared for injury. These alternates will not travel to the State Meet unless they are officially put in the lineup by the Coordinator to replace an already designated gymnast who is unable to attend because of injury and illness. The rule at the State Level is the official lineup is what is submitted by the Coordinator on Friday morning (immediately before the official warmup). Substitutions can only be made after this point from within the roster. If a gymnast gets injured during the State warmup or the State Meet, then we fill from within the gymnasts who are there.
- The lineup at the State Meet will be determined by how the gymnast placed at the State Qualifying Meet only ( the highest scoring gymnast competes last, etc.).
- The State Team Coach is chosen by a nomination and a coaches vote. The State Team Coach need not have a gymnast of their own on the state team to be nominated.
- Gymnasts who travel to the state meet are not permitted to leave the host hotel with coaches, parents, friends, etc. They are the responsibility of the Section Coordinator and the State Team Coach.
- If a gymnast wishes to travel home with her parents after the state meet, the enclosed form must be signed and returned to the Section Coordinator. **NO EXCEPTIONS!!**

## **AWARDS for the Team & State Qualifier Championships**

- Section VIII provides plaques for the County Runner Up and the County Champion for the top scoring team at the Team Championships. The gymnasts from the County Champion team also receive individual medals as of the 2022-2023 season.
- Section VIII provides plaques for the Conference I Winner and the Conference II Winner based upon the win/loss record for the dual meet season at the Team Championships. If two teams are tied with a win-loss record, we will award co- conference champions.
- At the All County Dinner, 1<sup>st</sup>-6<sup>th</sup> place will be awarded per event (Vault, Bars, Beam, Floor, All Around) will be awarded the medals provided by Section VIII.
- The “club” and “high school” categories were eliminated. This was decided by the coaches at the pre-season meeting on Nov. 6, 2019.
- Tied gymnasts will both receive an award for that place.
- Todd Heimer Coaches Invitational: Medals will be awarded for 1st-10th for each conference on each event provided by the Nassau County Girls Gymnastics Coaches Association.



# **SAVE THE DATE**

## **NASSAU COUNTY GYMNASTICS DINNER**

**Crest Hollow Country Club Woodbury**

**Wednesday, March 8, 2023 - 6:00 pm**

**Information and flyer to come in December 2022**



# Nassau County Coaches Association Senior Awards Summary

8 Awards in total- 100.00 per award

Applications will be due Jan 30, 2023 to Danielle Cecco (Hicksville). NO EXCEPTIONS! Applications will be available in December 2022.

- **John Curtis Award**- The John Curtis Award is named for John Curtis, a health teacher and gymnastics and softball coach who died tragically in a car accident in 1981. We remember this great coach by giving this award to the most accomplished Senior with the highest All Around Average from the dual season meet (average of 4 All Around scores).
- **Marilyn Cross Panther Award**- The Panther Award is dedicated to the memory of Marilyn Cross, who was everything to so many of us. She was a teacher, mentor, leader, coach, rules interpreter, judge but most importantly a dear friend. Marilyn dedicated her life to gymnastics at every level from beginner to Olympian so in her honor this award goes to the senior who best exemplifies Ms. Cross' beliefs that are so eloquently expressed in the Olympic Creed – “The most important thing in the Olympic Games is not to win but to take part, just as the most important thing in life is not the triumph but the struggle. The essential thing is not to have conquered but to have fought well.”
- **Marc Cohen “Love of the Sport” Award**- The “Love of the Sport” award is named in memory of Marc Cohen, the father of one of Nassau County’s top gymnasts from Wantagh, Ilene Cohen. This award is given to the senior who exemplifies courage, dedication, determination and commitment to the sport of gymnastics.
- **John Broza Award**-“The King of Hearts Award” is named in memory of John Broza from Port Washington schools, a great friend to all and a man whose heart was as grand as his smile and as magnificent as his voice. Mr. Broza was the VOICE of Nassau County gymnastics and many other Nassau County sports and we will always especially remember the way he introduced – OOOOOOOceanside!
- **Jim Barish Award**-“The Make It Special” Award is named in memory of one of our own coaches – Jim Barish. Coach of Cold Spring Harbor Varsity for years, Jim touched the lives of everyone he met. He was a great coach, great gentle man and wonderful friend. He was a special person and made many times spent together special by just being Jim.
- **Anne Hanlon Unsung Hero Award**- Our Unsung Hero Award is dedicated to the memory of Anne Hanlon, one of Long Island’s most encouraging and sensitive judges with the biggest heart and broadest smile. Mrs. Hanlon was the mom of an Oceanside gymnast before deciding to become a judge. Mrs. Hanlon shared her spirit and her love of gymnastics with us for 34 years before retiring to Florida. Her award is presented to the senior who demonstrates team spirit, dedication and commitment to the sport of gymnastics without being in the limelight.
- **Jillian Daly Award- “the Ultimate Teammate”**- see next page for full description
- **Marilyn Schnaars Award**- The Marilyn Schnaars Award is named for Section 8’s first gymnastics coordinator. Marilyn has been involved in gymnastics as coach, teacher, coordinator, judge and club owner. She coached for more than 35 years and judged for more than 50 years. Her award is given to the senior.

## Jillian Daly Memorial Scholarship

### "The Ultimate Teammate"

Jillian Daly was the ultimate teammate. Jill was a varsity gymnast at South Side High School since 7<sup>th</sup> grade. She would come home from practice that first year and tell us how wonderful the senior captains treated the "little 7<sup>th</sup> graders". She wanted to be just like them - great leaders and teammates. Jillian succeeded. She knew gymnastics was about individual scores - but it was still a team sport. In order to win and get the full enjoyment from the sport, you had to be a good teammate.

Jillian participated on the varsity team for 6 years from 1998 to 2004. Her positive attitude and team spirit was contagious. She cared for and supported each teammate anyway she could. Jill was selected captain her senior year and received the team's Most Valuable Gymnast award. Jill was not the best gymnast on the team. However, her grace, poise, hard work and enthusiasm went a long way in creating consistent and improving scores. Jillian's contribution to South Side gymnastics helped keep them in the mix each year for the conference championship. She was so proud to be a part of that effort.

Jillian went on to graduate from Sacred Heart University with a Bachelors degree in Nursing. Jill was a nurse at Winthrop Hospital in Mineola before her young promising life was suddenly cut short.

The Daly family is honored that Nassau County Girls Gymnastics has allowed us to give an annual scholarship in Jillian's name.

#### Qualifications:

- Given to a senior
- 4+ years on varsity
- leadership, friendship and support for teammates
- Not necessarily a superstar, but consistent performer