

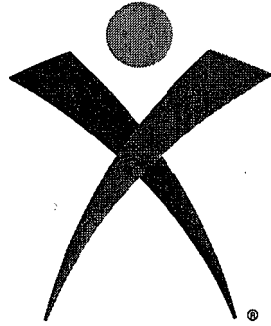


USA GYMNASTICS®

**2017 - 2018
Women's Program
Rules and Policies**

Governing Competitors and Competitions
Sanctioned by the

**National Women's
Program Committee**



USA GYMNASTICS®

2017 - 2018
Women's Program Rules and
Policies

Governing Competitors and Competitions
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National Women's
Program Committee

VERSION 1

Last

Updated

8/23/2017

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Edited by the National Women’s Administrative Committee

July 2017

New Material is highlighted in yellow.

USA GYMNASTICS BOARD OF DIRECTORS

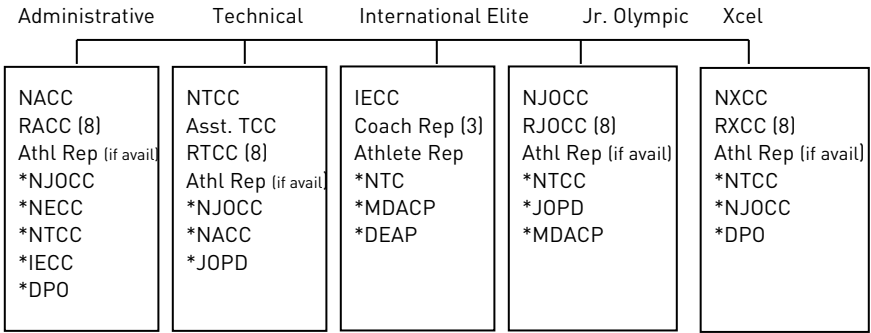
President (Employed by Board of Directors)

Women's Program Office Staff

WOMEN'S PROGRAM COMMITTEE

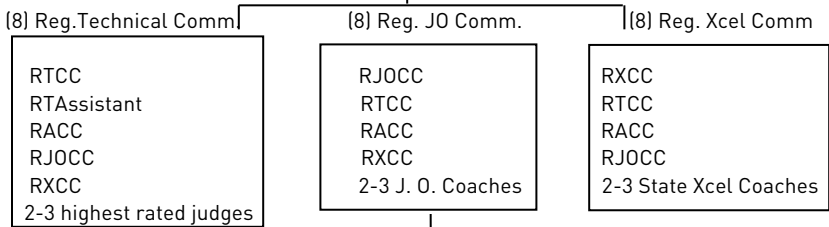
Women's Program Committee Chairman
National Administrative Committee Chairman
National Technical Committee Chairman
International Elite Committee Chairman
National Junior Olympic Committee Chairman
National Xcel Committee Chairman
Athlete Representative
*Senior Vice President of Program
*President of USA Gymnastics

NATIONAL SUB-COMMITTEES



(8) REGIONAL ADMINISTRATIVE COMMITTEES

Regional Admin. Comm. Chair
State Admin. Comm. Chairs
Reg. Technical Comm. Chair
Reg. Jr. Olympic Comm. Chair
Reg. Xcel Comm. Chair



(51) STATE COMMITTEES

State Admin. Committee Chair
State Admin. Committee Members

ALL PROFESSIONAL MEMBERS OF THE USA GYMNASTICS WOMEN'S PROGRAM

**NATIONAL OFFICERS OF WOMEN'S SUB-COMMITTEES
2017-2018**

Position	First Name	Last Name	Street Address	City	State	Zip Code	Email
National Administrative Committee Chairman	Cori	Rizzo	850 Imperial Boulevard, #430	Sugar Land	TX	77498	coririzzo@gmail.com
Cell Phone: 512-797-5774							
National Junior Olympic Committee Chairman	Tom	Koll	7701 Davis Circle	Omaha	NE	68134	tkoll60@gmail.com
Cell Phone: 402-213-7701 Gym/Work Phone: 402-571-6630 Fax Number: 402-571-9522							
International Elite Committee Chairman	Steve	Rybacki	841 North Dodsworth	Covina	CA	91724	srybacki@usaqym.org
Gym/Work Phone: 626-966-8775							
National Technical Committee Chairman	Cheryl	Hamilton	21 Arizona State Drive	Newark	DE	19713	Cherylh001@aol.com
Phone: 302-366-8009 Fax Number: 302-737-7550							
National Xcel Committee Chairman	Claudia	Kretschmer	1342 Darlington Circle	Saline	MI	48176	coachcak@mac.com
Cell Phone: 734-417-1451 Gym/Work Phone: 734-971-1667 Fax Number: 734-971-9631							

USA GYMNASTICS WOMEN'S PROGRAM OFFICE STAFF
130 E. Washington Street, Suite 700, Indianapolis, IN 46204
317-237-5050 Fax: 317-237-5069

Position	First Name	Last Name	Email	Cell Phone	Office Phone	Fax Number
Senior Vice-President of Women's Program	Rhonda	Faehn	rfaehn@usagym.org	317-224-6624	317-829-5643	
Women's Junior Olympic Program Director	Annie	Heffernon	aheffernon@usagym.org	816-810-2631	317-829-5659	
Women's Junior Olympic Technical Director	Connie	Maloney	cmaloney@usagym.org	317-281-0795	317-829-5628	
Director of Program Administration	Rachel	Brazo	rbrazo@usagym.org	317-374-9594	317-829-5661	
Managing Director of Athlete and Coaching Programs	Kim	Riley	kriley@usagym.org	317-294-0280	317-829-5627	
Women's Program Coordinator	Krissy	Klein	kklein@usagym.org		317-829-5638	

REGIONAL AND STATE COMMITTEE OFFICERS

REGION 1

www.region-one-gymnastics.com

Position	First Name	Last Name	Street Address	City	State	Zip Code	Email	Web Page
RACC:	Jennifer	Shipman-Krause	3 Atherton Island	Stockton	CA	95204	jenshipman@yahoo.com	
							Cell Phone: 209-607-2825 Fax Number: 209-464-5393	
RTCC:	Neela	Nelson	3146 E. Kristal Way	Phoenix	AZ	85050	Justahopin@aol.com	
							Home Phone: 602-992-3271 Cell Phone: 602-708-0948 Fax Number: 602-532-7910	
RJOCC:	Shane	McIntyre	2401 E. Willow St.	Signal Hill	CA	90755	agagymershane@aol.com	
							Work/Gym Phone: 562-494-0087	
RXCC:	Jill	Preston	440 S. Parkson Road	Henderson	NV	89011	jill@gymcats.com	
							Work/Gym Phone: 702-566-1414 Fax Number: 702-566-1310	
SACC AZ:	Debby	Farrelly	2450 E. Germann, #17	Chandler	AZ	85286	debby@azdynamics.com	www.azgym.net
							Cell Phone: 480-633-8414	
SACC CA-N:	Evelyn	Paradis	32920 Alvarado Niles Road, #210	Union City	CA	94587	evelynparadis1@msn.com	www.norcalgym.org
							Work/Gym Phone: 510-471-0240 Cell Phone: 925-963-4627 Fax Number: 510-471-0249	
SACC CA-S:	Ellie	Gerber	1281 Liberty Way, Suite B	Vista	CA	92081	egerbercqa@gmail.com	www.so-calusagymnastics.org
							Work/Gym Phone: 760-599-0861 Cell Phone: 760-500-0271 Fax Number: 760-429-7567	
SACC NV:	Cassie	Rice	440 S. Parkson Road	Henderson	NV	89011	gymcats@gymcats.com	www.gymcats.com/nevada
							702-566-1414 Cell Phone: 702-286-2155 Fax Number: 702-566-1310	www.gymcats.com/nevada
							Work/Gym Phone: ext. 223	www.gymcats.com/nevada
							Cell Phone: 702-286-2155 Fax Number: 702-566-1310	www.gymcats.com/nevada
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							Work/Gym Phone: 801-566-3295 Cell Phone: 301-699-4993	

REGION 2

www.usagregion2.com

Position	First Name	Last Name	Street Address	City	State	Zip Code	Email	Web Page
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							Work/Gym Phone: 208-602-5336 Fax Number: 208-342-9124	
RTCC:	Linda	Mulvihill	2230 Monterey	Eugene	OR	97401	Linda@naag-gymnastics.org	
							Work/Gym Phone: 541-344-2002 Cell Phone: 541-520-6570	
RJOCC:	Ivan	Alexov	9700 SW Harvest Court, Suite 180	Beaverton	OR	97005	alexibq@comcast.net	
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RXCC:	Dianne	Palmer	615 SE High Street	Pullman	WA	99163	tenskira@gmail.com	
							Cell Phone: 509-432-3389	
SACC AK:	Martha	Dunn	2000 Otter Street	Anchorage	AK	99504	Alaska.usagym@gmail.com	www.usagymalaska.shuttle
							Home Phone: 907-561-3105 Cell Phone: 907-529-8540	www.usagymalaska.shuttle
SACC HI:	Pam	Zak	1485 Mele Manu Street	Hilo	HI	96720	pamzpx@gmail.com	www.usagohawaii.com
							Home Phone: 808-235-6356 Work/Gym Phone: 808-306-7916	
SACC ID:	Mark	Kindelspire	676 W Pullman Road PMB #153	Moscow	ID	83843	usagidahogmail.com	www.idahogymnastics.com
							Work/Gym Phone: 208-310-6095	www.idahogymnastics.com
SACC MT:	Josh	Burnham	4 Hitching Post Rd	Bozeman	MT	59715	mtusag@gmail.com	www.usagmontana.shuttle
							Work/Gym Phone: 406-581-8557 Cell Phone: 406-581-8557	www.usagmontana.shuttle
SACC OR:	Molly	Gill	1543 SE Gerhard Drive	Hillsboro	OR	97123	coachmollygill@gmail.com	www.usagoregon.com
							Work/Gym Phone: 503-517-7563 Cell Phone: 503-805-6398 Fax Number: 503-517-2384	
SACC WA:	Sandy	Flores	17735 NE 65th Street, Suite 110	Redmond	WA	98052	floeshome@aol.com	www.usagwa.com
							Work/Gym Phone: 425-861-8772 Cell Phone: 206-919-5672 Fax Number: 425-882-0684	

REGION 3
www.reg3.com

Position	First Name	Last Name	Street Address	City	State	Zip Code	Email	Web Page
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	Work/Gym Phone: 913-851-7500		Cell Phone: 913-219-9135					
RTCC:	Carole	Bunge	11325 Quivas Way	Westminster	CO	80234	tcbunge@gmail.com	
	Work/Gym Phone: 303-949-5767							
RJOCC:	Rich	Villarreal	1410 E. 11th Street	Loveland	CO	80537	colorich72@gmail.com	
	Work/Gym Phone: 970-663-3173		Cell Phone: 970-290-4576					
RXCC:	Louise	Janecky	964 Tsankawi Street	Los Alamos	NM	87544	loui.janecky@gmail.com	
	Work/Gym Phone: 505-662-9523							
SACC AR:	Diane	Garner	25010 Blue Gill	Roland	AR	72135	argym02@gmail.com	www.arusag.org
	Cell Phone: 501-416-2614							
SACC CO:	Cindy	Miyake	88 Ridgeview Lane	Boulder	CO	80302	ivangivan@yahoo.com	www.cousag.com
	Home Phone: 303-440-8509		Cell Phone: 303-817-4055		Fax Number: 303-440-6018			
SACC KS:	Morgan	Uvodich-Kuchynka	23803 W. 83rd Terrace	Shawnee	KS	66227	morgan.kuchynka@gmail.com	www.usaqymkansas.org
	Work/Gym Phone: 913-422-0161		Cell Phone: 913-638-4237					
SACC NM:	Danielle	Postel	3038 Pagosa Meadows Dr. NE	Rio Rancho	NM	87144	daniepierre10@aol.com	www.nmusag.com
	Work/Gym Phone: 505-891-0632		Cell Phone: 505-239-9532					
SACC OK:	Karis	Alford	3251 Market Place Suite 120	Norman	OK	73072	usag.okstatechair@gmail.com	www.okusag.com
	Work/Gym Phone: 405-329-7827		Cell Phone: 580-618-2108		Fax Number:			
SACC TX:	Debbie	Williams	1205 Schumac Lane	Bedford	TX	76022	deborahdwilli@gmail.com	www.txusag.com
	Home Phone: 817-540-1619		Cell Phone: 817-233-4721		Fax Number: 682-292-2948			
SACC WY:	Erin	McPherson	13 Nielsen Road	Douglas	WY	82633	coachemacmommy@yahoo.com	www.wyousag.com
	Work/Gym Phone: 307-359-0091							

REGION 4
www.region4gymnastics.com

Position	First Name	Last Name	Street Address	City	State	Zip Code	Email	Web Page
RACC:	Rick	Nelson	573 W17240 Lake Drive	Muskego	WI	53150	Rick@midwesttwisters.com	
	Work/Gym Phone: 262-679-9986		Cell Phone: 414-698-6257		Fax Number: 414-525-1905			
RTCC:	Linda	Thorberg	19700 Falcon Path	Farmington	MN	55024	linda4rtc@aol.com	
	Cell Phone: 952-200-9514		Fax Number: 952-431-5300					
RJOCC:	Paige	Roth	2550 Holiday Road	Coralville	IA	52241	paiger@iowagymnest.com	
	Cell Phone: 319-530-5317		Fax Number: 319-887-1136					
RXCC:	Megan	Robinson	609 Reed Court	West Des Moines	IA	50266	region4xcel@gmail.com	
	Work/Gym Phone: 515-276-2027		Cell Phone: 515-669-6556					
SACC IA:	Todd	Beyer	2906 C Avenue NE	Cedar Rapids	IA	52402	btltmt@mchsi.com	www.lowausag.com
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SACC MN:	Dave	Garske	900 3rd Street	St. Paul Park	MN	55071	davegarske@hotmail.com	www.mnusag.com
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SACC MO:	Kathy	Sanford	3881 W. Red Rock Road	Columbia	MO	65202	gymkatsan@aol.com	www.mousag.org
	Work/Gym Phone: 573-443-3547							
SACC NE:	Elizabeth	Lilla	22205 Pine Hill Drive	Gretna	NE	68028	Elizabeth.lilla@metrostarsgym.com	www.neusag.wordpress.com
	Work/Gym Phone: 402-505-7600							
SACC ND:	Whitney	Beck	2001 17th Ave S	Fargo	ND	58103	whitney@americangoldgymnastics.com	www.ndusag.wordpress.com
	Work/Gym Phone: 701-280-0400							
SACC SD:	Audra	Rew	515 E. 6th Ave.	Mitchell	SD	57301	Audra.rew@gmail.com	www.sdusagymnastics.com
	Cell Phone: (605) 770-8454							
SACC WI:	Randy	Anderson	5711 77th Street	Kenosha	WI	53142	scampsgymnastics@aol.com	www.usaqymwi.com
	Work/Gym Phone: 262-694-0805		Cell Phone: 262-945-1884					

REGION 5

www.Region5.com

Position	First Name	Last Name	Street Address	City	State	Zip Code	Email	Web Page
RACC:	Dave	Stiles	105 Woodland Lane Cell Phone: 317-504-8281	Carmel	IN	46032	d.b.stiles@att.net	
RTCC:	Char	Christensen	1260 Churchbell Way Work/Gym Phone: 614-668-8822	Columbus	OH	43235	charchristensen@icloud.com	
RJOCC:	Kittia	Carpenter	566 Mulberry Way N Work/Gym Phone: 614-895-1611	Westerville	OH	43082	kittiac@buckevegymnastics.com	
			Cell Phone: 614-309-0858				Fax Number: 614-895-7644	
RXCC:	Nancy	Gibson	1344 Lockard Street Cell Phone: 219-781-3088	Madison	IN	47250	judgen1@aol.com	
SACC IL:	Norbert	Bendixen	426 Midway Work/Gym Phone: 847-334-7768	Mundelein	IL	60060	Norbertil@aol.com	www.ilusagymnastics.com
							Fax Number: 309-444-3209	
SACC IN:	Amy	Replogle	1083 Knightsbridge Lane Work/Gym Phone: 317-849-7744	Fishers	IN	46037	amy@indianausagym.org	www.indianausagym.org
			Cell Phone: 317-418-9869				Fax Number:	
SACC KY:	Brian	Blewitt	2388 New Haven Road Work/Gym Phone: 502-348-2164	Bardstown	KY	40004	brianblewitt@blueribbonsports.net	www.usagymkentucky.com
			Cell Phone: 502-419-0212					
SACC MI:	Tami	Schaafsma	2424 Van Ommen Drive Work/Gym Phone: 616-399-5608	Holland	MI	49424	tamischaafsma27@gmail.com	www.michiganagymnastics.com
			Cell Phone: 616-318-6721				Fax Number: 616-399-4164	
SACC OH:	Nina	Dent	10808 Watkins Road SW Work/Gym Phone: 614-292-1115	Pataskala	OH	43062	ninadentoh@gmail.com	www.ohiousagym.org
			Cell Phone: 614-316-6391				Fax Number: 614-688-4612	

REGION 6

www.region6usagym.org

Position	First Name	Last Name	Street Address	City	State	Zip Code	Email	Web Page
RACC:	Kathy	Ostberg	365 Spring Street Phone: 508-735-3149	Shrewsbury	MA	01545	region6usaq@gmail.com	
RTCC:	Pat	Panichas	9 Sherman Lane Work/Gym Phone: 203-392-6082	Hamden	CT	06514	panichas@aol.com	
							Fax Number: 203-392-6093	
RJOCC:	Jamie	Winkler	641 Sierra Vista Lane Work/Gym Phone: 845-398-1000	Valley Cottage	NY	10989	region6jamie@gmail.com	
			Cell Phone: 914-837-9136					
RXCC:	Gail	Caspere	901 Pelhamdale Ave Cell Phone: 914-837-0788	Pelham Manor	NY	10803	gailregion6Xcel@gmail.com	
SACC CT:	Laurie	DeFrancesco	25 Congress Avenue Home Phone: 203-924-9257	Shelton	CT	06484	ldfusagct@aol.com	www.ctusagym.org
			Cell Phone: 203-231-4967				Fax Number: 203-977-7898	
SACC ME:	Carol	Hamilton-Brewer	822 Middle Road Work/Gym Phone: 207-474-3222	Skowhegan	ME	04976	decalgym.carol@gmail.com	www.maineagymnastics.org
			Cell Phone: 207-399-7444				Fax Number: 207-861-8016	
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SACC NH:	Seana	Rioux	112 Crawley Falls Road Work/Gym Phone: 603-642-7200	Brentwood	NH	03833	nhusag@comcast.net	www.nhusagym.org
			Cell Phone: 603-770-6199				Fax Number: 603-642-9211	
SACC NY:	Tina	Ferriola	480 Greenwich Street Cell Phone: 917-549-6934	New York	NY	10013	usagny@gmail.com	www.nyusag.com
			Cell Phone: 917-549-6934				Fax Number: 212-334-1179	
SACC RI:	Kelli	Doorley	3769 Old Post Road Work/Gym Phone: 401-213-6645	Charlestown	RI	02813	riwstatechair@gmail.com	www.riusag.com
							Fax Number: 401-213-6645	
SACC VT:	Jill	Vanderpot	94 Olcott Drive Work/Gym Phone: 802-295-2070	White River Jct	VT	05001	jillnlq@yahoo.com	www.vermontgymnastics.com
			Cell Phone: 603-252-6075					

REGION 7

www.Region7usagym.com, www.facebook.com/Region7Gymnastics

Position	First Name	Last Name	Street Address	City	State	Zip Code	Email	Web Page
RACC:	Jen	Bortz	PO Box 243 Cell Phone: 814-380-1195	Boalsburg	PA	16827	jbortz7rac@gmail.com	www.Region7usagym.com
RTCC:	Myra	Elfenbein	10/1-5/31: 8806 Church Field Lane 6/1-9/30: 7711 NE 175th St. Unit E-104 Cell Phone: 240-593-1618	Laurel Kenmore	MD WA	20708 98028	region7rtc@comcast.net	
RJOCC:	Linda	Johnson	2456 Vineyard Lane Cell Phone: 443-569-9412	Crofton	MD	21114	r7joccc@gmail.com	
RXCC:	Jane	Caruso	9 Chestnut Drive Home Phone: 215-860-5130 Cell Phone: 267-229-9022	Newtown	PA	18940	janecaruso2@gmail.com	
SACC DE:	Cleo	Washington	131 John F Campbell Rd. Work/Gym Phone: 302-368-7107 Cell Phone: 302-250-1550	Newark	DE	19711	usag_de@gmail.com	
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SACC NJ:	Brant	Lutska	92 State Street Work/Gym Phone: 724-469-0410	Perth Amboy	NJ	08861	saccnj@gmail.com	www.usagnj.com
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SACC VA:	Steve	Garman	3116 Knoll Drive Cell Phone: 703-217-9575	Falls Church	VA	22042	vusag@gmail.com	www.vausag.com
SACC WV:	Adam	Bowman	408 Skyline Drive Cell Phone: 304-553-1626	Charleston	WV	25302	wvusag@gmail.com	www.wvusag.com

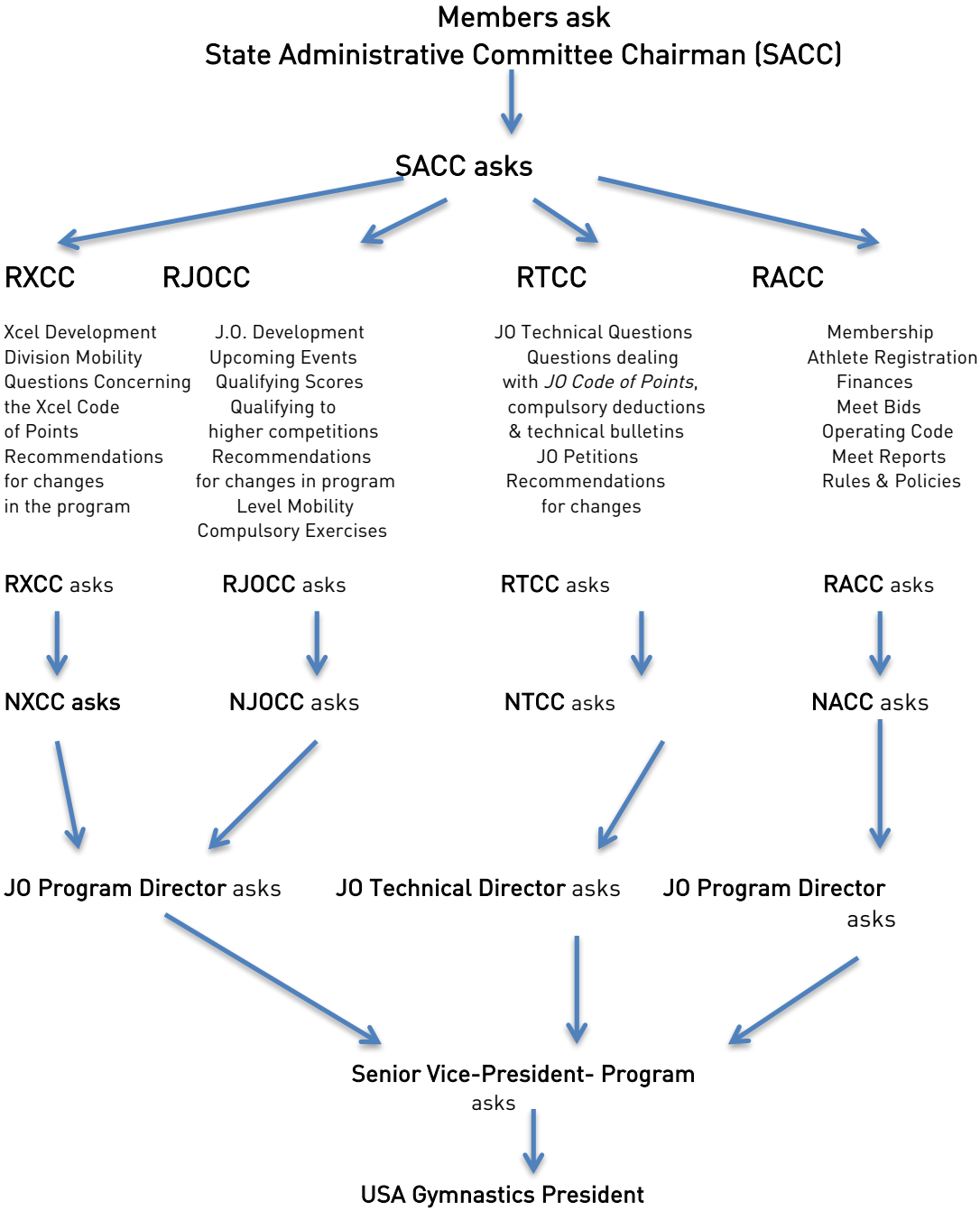
REGION 8

www.region8gymnastics.org

Position	First Name	Last Name	Street Address	City	State	Zip Code	Email	Web Page
RACC:	Debby	Kornegay	394 Stonebridge Road USA Gym Phone: 205-951-0184 Cell Phone: 205-903-8149 Fax Number: 205-951-0184	Birmingham	AL	35210-4111	debqk@me.com	
RTCC:	Marian	Dykes	4651 Buford Highway Work/Gym Phone: 770-451-6910 Cell Phone: 404-408-6699 Fax Number: 770-457-0943	Atlanta	GA	30341-3714	mariandykes@aol.com	
RJOCC:	Brad	Harris	2301 26th Street N Work/Gym Phone: 727-328-8500 Cell Phone: 727-510-1903 Fax Number: 727-328-8522	St. Petersburg	FL	33713	Tbayturnrs@aol.com	
RXCC:	Elaine	Wulf	1301 Hillbrow Lane, Apt. 304 Cell Phone: 919-610-4021	Raleigh	NC	27615	ewomaha@aol.com	
SACC AL:	Otis	Reeves	PO Box 680009 Work/Gym Phone: 334-365-8852 Cell Phone: 334-391-3698 Fax Number: 334-361-0569	Prattville	AL	36068-0009	oreeves@prattvillemca.org	www.alausagym.com
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SACC GA:	Michelle	Pomerantz	2620 Spring Bluff Court Work/Gym Phone: 678-546-6626 Cell Phone: 404-663-1096 Fax Number: 678-546-6628	Buford	GA	30519	mhpomerantz@gmail.com	www.gausag.org
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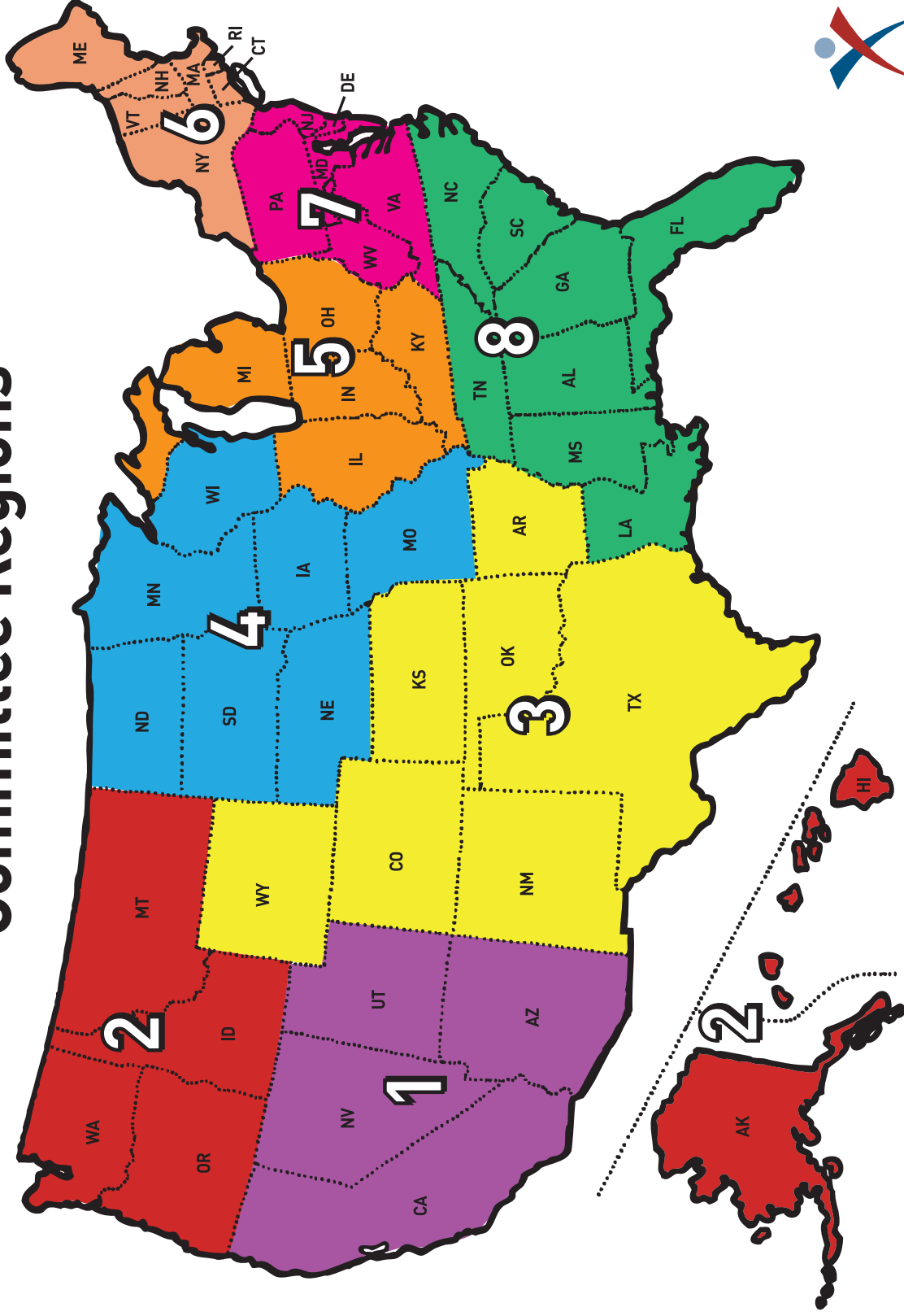
"The HOT LINE"

Should questions arise, members should seek answers by following the "chain of command" described below:



INTERPRETATION OF THE *RULES & POLICIES* IS THE RESPONSIBILITY OF THE
WOMEN'S PROGRAM COMMITTEE & THE PRESIDENT OF USA GYMNASTICS

USA Gymnastics Women's Program Committee Regions



USA GYMNASTICS®