

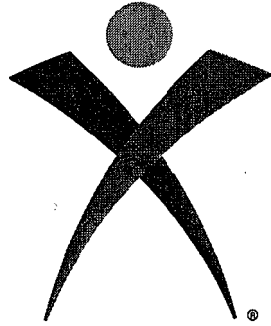


**USA GYMNASTICS®**

**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  
sanctioned by the

**National Women's**  
**Program Committee**

VERSION 1

Last

Updated

11/13/17

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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**

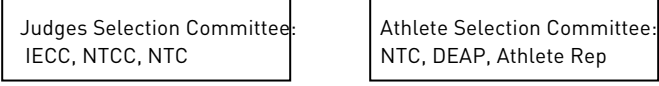
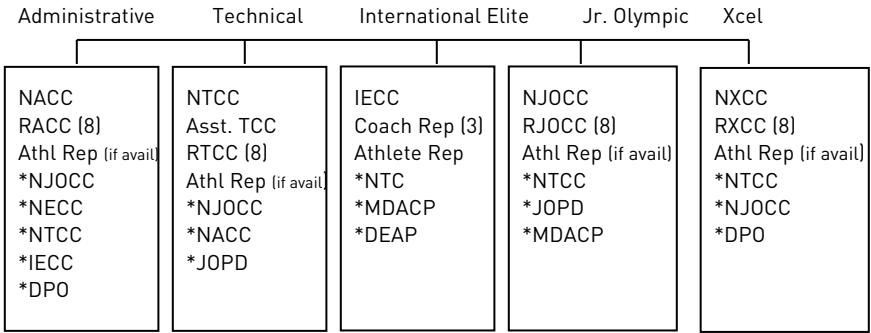
President (Employed by Board of Directors)

Women's Program Office Staff

**WOMEN'S PROGRAM COMMITTEE**

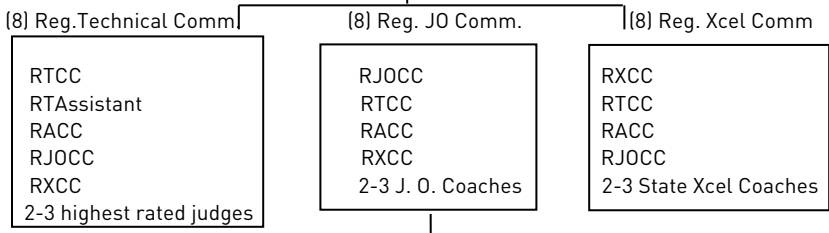
Women's Program Committee Chairman  
 National Administrative Committee Chairman  
 National Technical Committee Chairman  
 International Elite Committee Chairman  
 National Junior Olympic Committee Chairman  
 National Xcel Committee Chairman  
 Athlete Representative  
 \*Senior Vice President of 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  
2016-2017**

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	<a href="mailto:coririzzo@gmail.com">coririzzo@gmail.com</a>
Cell Phone: 512-797-5774							
National Junior Olympic Committee Chairman	Tom	Koll	7701 Davis Circle	Omaha	NE	68134	<a href="mailto:tkoll60@gmail.com">tkoll60@gmail.com</a>
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	<a href="mailto:srybacki@usaqym.org">srybacki@usaqym.org</a>
Gym/Work Phone: 626-966-8775							
National Technical Committee Chairman	Cheryl	Hamilton	21 Arizona State Drive	Newark	DE	19713	<a href="mailto:Cherylh001@aol.com">Cherylh001@aol.com</a>
Phone: 302-366-8009      Fax Number: 302-737-7550							
National Xcel Committee Chairman	Claudia	Kretschmer	1342 Darlington Circle	Saline	MI	48176	<a href="mailto:coachcak@mac.com">coachcak@mac.com</a>
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**

<b>Position</b>	<b>First Name</b>	<b>Last Name</b>	<b>Email</b>	<b>Cell Phone</b>	<b>Office Phone</b>	<b>Fax Number</b>
Senior Vice-President of Women's Program	Rhonda	Faehn	<a href="mailto:rfaehn@usagym.org">rfaehn@usagym.org</a>	317-224-6624	317-829-5643	
Women's Junior Olympic Program Director	Annie	Heffernon	<a href="mailto:aheffernon@usagym.org">aheffernon@usagym.org</a>	816-810-2631	317-829-5659	
Women's Junior Olympic Technical Director	Connie	Maloney	<a href="mailto:cmaloney@usagym.org">cmaloney@usagym.org</a>	317-281-0795	317-829-5628	
Director of Program Administration	Rachel	Brazo	<a href="mailto:rbrazo@usagym.org">rbrazo@usagym.org</a>	317-374-9594	317-829-5661	
Managing Director of Athlete and Coaching Programs	Kim	Riley	<a href="mailto:kriley@usagym.org">kriley@usagym.org</a>	317-294-0280	317-829-5627	
National Team Training Center Director	Gary	Warren	<a href="mailto:gwarren@usagym.org">gwarren@usagym.org</a>	317-985-2911	936-291-3314	936-291-6373
Women's Program Coordinator	Krissy	Klein	<a href="mailto:kklein@usagym.org">kklein@usagym.org</a>		317-829-5638	

## REGIONAL AND STATE COMMITTEE OFFICERS

### REGION 1

[www.region-one-gymnastics.com](http://www.region-one-gymnastics.com)

Position	First Name	Last Name	Street Address	City	State	Zip Code	Email	Web Page
<b>RACC:</b>	Jennifer	Shipman-Krause	3 Atherton Island	Stockton	CA	95204	<a href="mailto:jenshipman@yahoo.com">jenshipman@yahoo.com</a>	
							Cell Phone: 209-607-2825 Fax Number: 209-464-5393	
<b>RTCC:</b>	Neela	Nelson	3146 E. Kristal Way	Phoenix	AZ	85050	<a href="mailto:Justahopin@aol.com">Justahopin@aol.com</a>	
							Home Phone: 602-992-3271 Cell Phone: 602-708-0948 Fax Number: 602-532-7910	
<b>RJOCC:</b>	Shane	McIntyre	2401 E. Willow St.	Signal Hill	CA	90755	<a href="mailto:agagymershane@aol.com">agagymershane@aol.com</a>	
							Work/Gym Phone: 562-494-0087	
<b>RXCC:</b>	Jill	Preston	440 S. Parkson Road	Henderson	NV	89011	<a href="mailto:jill@gymcats.com">jill@gymcats.com</a>	
							Work/Gym Phone: 702-566-1414 Fax Number: 702-566-1310	
<b>SACC AZ:</b>	Debby	Farrelly	2450 E. Germann, #17	Chandler	AZ	85286	<a href="mailto:debby@azdynamics.com">debby@azdynamics.com</a>	<a href="http://www.azgym.net">www.azgym.net</a>
							Cell Phone: 480-633-8414	
<b>SACC CA-N:</b>	Evelyn	Paradis	32920 Alvarado Niles Road, #210	Union City	CA	94587	<a href="mailto:evelynparadis1@msn.com">evelynparadis1@msn.com</a>	<a href="http://www.norcalgym.org">www.norcalgym.org</a>
							Work/Gym Phone: 510-471-0240 Cell Phone: 925-963-4627 Fax Number: 510-471-0249	
<b>SACC CA-S:</b>	Ellie	Gerber	1281 Liberty Way, Suite B	Vista	CA	92081	<a href="mailto:egerbercqa@gmail.com">egerbercqa@gmail.com</a>	<a href="http://www.so-calusagymnastics.org">www.so-calusagymnastics.org</a>
							Work/Gym Phone: 760-599-0861 Cell Phone: 760-500-0271 Fax Number: 760-429-7567	
<b>SACC NV:</b>	Cassie	Rice	440 S. Parkson Road	Henderson	NV	89011	<a href="mailto:gymcats@gymcats.com">gymcats@gymcats.com</a>	<a href="http://www.gymcats.com/nevada">www.gymcats.com/nevada</a>
							702-566-1414 Cell Phone: 702-286-2155 Fax Number: 702-566-1310	<a href="http://www.gymcats.com/nevada">www.gymcats.com/nevada</a>
							Work/Gym Phone: ext. 223	<a href="http://www.gymcats.com/nevada">www.gymcats.com/nevada</a>
							Cell Phone: 702-286-2155 Fax Number: 702-566-1310	<a href="http://www.gymcats.com/nevada">www.gymcats.com/nevada</a>
<b>SACC UT:</b>	Ryan	Kirkham	9683 Sandy Parkway	Sandy	UT	84095	<a href="mailto:ryan@olympusgymnastics.org">ryan@olympusgymnastics.org</a>	<a href="http://www.usaquatah.com">www.usaquatah.com</a>
							Work/Gym Phone: 801-566-3295 Cell Phone: 301-699-4993	

### REGION 2

[www.usagregion2.com](http://www.usagregion2.com)

Position	First Name	Last Name	Street Address	City	State	Zip Code	Email	Web Page
<b>RACC:</b>	Marian	DeWane	PO Box 2137	Boise	ID	83701	<a href="mailto:r2racc@gmail.com">r2racc@gmail.com</a>	
							Work/Gym Phone: 208-602-5336 Fax Number: 208-342-9124	
<b>RTCC:</b>	Linda	Mulvihill	2230 Monterey	Eugene	OR	97401	<a href="mailto:Linda@naag-gymnastics.org">Linda@naag-gymnastics.org</a>	
							Work/Gym Phone: 541-344-2002 Cell Phone: 541-520-6570	
<b>RJOCC:</b>	Ivan	Alexov	9700 SW Harvest Court, Suite 180	Beaverton	OR	97005	<a href="mailto:alexibq@comcast.net">alexibq@comcast.net</a>	
							Work/Gym Phone: 503-466-4872 Cell Phone: 360-609-1534	
<b>RXCC:</b>	Dianne	Palmer	615 SE High Street	Pullman	WA	99163	<a href="mailto:tenskira@gmail.com">tenskira@gmail.com</a>	
							Cell Phone: 509-432-3389	
<b>SACC AK:</b>	Martha	Dunn	2000 Otter Street	Anchorage	AK	99504	<a href="mailto:Alaska.usagym@gmail.com">Alaska.usagym@gmail.com</a>	<a href="http://www.usagymalaska.shuttle">www.usagymalaska.shuttle</a>
							Home Phone: 907-561-3105 Cell Phone: 907-529-8540	<a href="http://www.usagymalaska.shuttle">www.usagymalaska.shuttle</a>
<b>SACC HI:</b>	Pam	Zak	1485 Mele Manu Street	Hilo	HI	96720	<a href="mailto:pamzpx@gmail.com">pamzpx@gmail.com</a>	<a href="http://www.usagohawaii.com">www.usagohawaii.com</a>
							Home Phone: 808-235-6356 Work/Gym Phone: 808-306-7916	
<b>SACC ID:</b>	Mark	Kindelspire	676 W Pullman Road PMB #153	Moscow	ID	83843	<a href="mailto:usagidahogmail.com">usagidahogmail.com</a>	<a href="http://www.idahogymnastics.com">www.idahogymnastics.com</a>
							Work/Gym Phone: 208-310-6095	<a href="http://www.idahogymnastics.com">www.idahogymnastics.com</a>
<b>SACC MT:</b>	Josh	Burnham	4 Hitching Post Rd	Bozeman	MT	59715	<a href="mailto:mtusag@gmail.com">mtusag@gmail.com</a>	<a href="http://www.usagmontana.shuttle">www.usagmontana.shuttle</a>
							Work/Gym Phone: 406-581-8557 Cell Phone: 406-581-8557	<a href="http://www.usagmontana.shuttle">www.usagmontana.shuttle</a>
<b>SACC OR:</b>	Molly	Gill	1543 SE Gerhard Drive	Hillsboro	OR	97123	<a href="mailto:coachmollygill@gmail.com">coachmollygill@gmail.com</a>	<a href="http://www.usagoregon.com">www.usagoregon.com</a>
							Work/Gym Phone: 503-517-7563 Cell Phone: 503-805-6398 Fax Number: 503-517-2384	
<b>SACC WA:</b>	Sandy	Flores	17735 NE 65th Street, Suite 110	Redmond	WA	98052	<a href="mailto:floreshome@aol.com">floreshome@aol.com</a>	<a href="http://www.usagwa.com">www.usagwa.com</a>
							Work/Gym Phone: 425-861-8772 Cell Phone: 206-919-5672 Fax Number: 425-882-0684	

**REGION 3**  
[www.reg3.com](http://www.reg3.com)

Position	First Name	Last Name	Street Address	City	State	Zip Code	Email	Web Page
<b>RACC:</b>	Kim	Lauderdale-Stepanek	7270 W. 161st Street	Overland Park	KS	66085	<a href="mailto:klauderdale@diamondacademy.com">klauderdale@diamondacademy.com</a>	
	Work/Gym Phone: 913-851-7500		Cell Phone: 913-219-9135					
<b>RTCC:</b>	Carole	Bunge	11325 Quivas Way	Westminster	CO	80234	<a href="mailto:tcbunge@gmail.com">tcbunge@gmail.com</a>	
	Work/Gym Phone: 303-949-5767							
<b>RJOCC:</b>	Rich	Villarreal	1410 E. 11th Street	Loveland	CO	80537	<a href="mailto:colorich72@gmail.com">colorich72@gmail.com</a>	
	Work/Gym Phone: 970-663-3173		Cell Phone: 970-290-4576					
<b>RXCC:</b>	Louise	Janecky	964 Tsankawi Street	Los Alamos	NM	87544	<a href="mailto:loui.janecky@gmail.com">loui.janecky@gmail.com</a>	
	Work/Gym Phone: 505-662-9523							
<b>SACC AR:</b>	Diane	Garner	25010 Blue Gill	Roland	AR	72135	<a href="mailto:argym02@gmail.com">argym02@gmail.com</a>	<a href="http://www.arusag.org">www.arusag.org</a>
	Cell Phone: 501-416-2614							
<b>SACC CO:</b>	Cindy	Miyake	88 Ridgeview Lane	Boulder	CO	80302	<a href="mailto:ivangivan@yahoo.com">ivangivan@yahoo.com</a>	<a href="http://www.cousag.com">www.cousag.com</a>
	Home Phone: 303-440-8509		Cell Phone: 303-817-4055		Fax Number: 303-440-6018			
<b>SACC KS:</b>	Morgan	Uvodich-Kuchynka	23803 W. 83rd Terrace	Shawnee	KS	66227	<a href="mailto:morgan.kuchynka@gmail.com">morgan.kuchynka@gmail.com</a>	<a href="http://www.usaqymkansas.org">www.usaqymkansas.org</a>
	Work/Gym Phone: 913-422-0161		Cell Phone: 913-638-4237					
<b>SACC NM:</b>	Danielle	Postel	3038 Pagosa Meadows Dr. NE	Rio Rancho	NM	87144	<a href="mailto:daniepierre10@aol.com">daniepierre10@aol.com</a>	<a href="http://www.nmusag.com">www.nmusag.com</a>
	Work/Gym Phone: 505-891-0632		Cell Phone: 505-239-9532					
<b>SACC OK:</b>	Karis	Alford	3251 Market Place Suite 120	Norman	OK	73072	<a href="mailto:usag.okstatechair@gmail.com">usag.okstatechair@gmail.com</a>	<a href="http://www.okusag.com">www.okusag.com</a>
	Work/Gym Phone: 405-329-7827		Cell Phone: 580-618-2108		Fax Number:			
<b>SACC TX:</b>	Debbie	Williams	1205 Schumac Lane	Bedford	TX	76022	<a href="mailto:deborahdwilli@gmail.com">deborahdwilli@gmail.com</a>	<a href="http://www.txusag.com">www.txusag.com</a>
	Home Phone: 817-540-1619		Cell Phone: 817-233-4721		Fax Number: 682-292-2948			
<b>SACC WY:</b>	Erin	McPherson	13 Nielsen Road	Douglas	WY	82633	<a href="mailto:coachemacmommy@yahoo.com">coachemacmommy@yahoo.com</a>	<a href="http://www.wyousag.com">www.wyousag.com</a>
	Work/Gym Phone: 307-359-0091							

**REGION 4**  
[www.region4gymnastics.com](http://www.region4gymnastics.com)

Position	First Name	Last Name	Street Address	City	State	Zip Code	Email	Web Page
<b>RACC:</b>	Rick	Nelson	573 W17240 Lake Drive	Muskego	WI	53150	<a href="mailto:Rick@midwesttwisters.com">Rick@midwesttwisters.com</a>	
	Work/Gym Phone: 262-679-9986		Cell Phone: 414-698-6257		Fax Number: 414-525-1905			
<b>RTCC:</b>	Linda	Thorberg	19700 Falcon Path	Farmington	MN	55024	<a href="mailto:linda4rtc@aol.com">linda4rtc@aol.com</a>	
			Cell Phone: 952-200-9514		Fax Number: 952-431-5300			
<b>RJOCC:</b>	Paige	Roth	2550 Holiday Road	Coralville	IA	52241	<a href="mailto:paiger@iowagymnest.com">paiger@iowagymnest.com</a>	
			Cell Phone: 319-530-5317		Fax Number: 319-887-1136			
<b>RXCC:</b>	Megan	Robinson	609 Reed Court	West Des Moines	IA	50266	<a href="mailto:region4xcel@gmail.com">region4xcel@gmail.com</a>	
	Work/Gym Phone: 515-276-2027		Cell Phone: 515-669-6556					
<b>SACC IA:</b>	Todd	Beyer	2906 C Avenue NE	Cedar Rapids	IA	52402	<a href="mailto:btltmt@mchsi.com">btltmt@mchsi.com</a>	<a href="http://www.lowausag.com">www.lowausag.com</a>
	Work/Gym Phone: 319-389-3704		Cell Phone: 319-389-3704					
<b>SACC MN:</b>	Dave	Garske	900 3rd Street	St. Paul Park	MN	55071	<a href="mailto:davegarske@hotmail.com">davegarske@hotmail.com</a>	<a href="http://www.mnusag.com">www.mnusag.com</a>
	Work/Gym Phone: 651-768-0090		Cell Phone: 651-983-7292		Fax Number: 651-768-8204			
<b>SACC MO:</b>	Kathy	Sanford	3881 W. Red Rock Road	Columbia	MO	65202	<a href="mailto:gymkatsan@aol.com">gymkatsan@aol.com</a>	<a href="http://www.mousag.org">www.mousag.org</a>
	Work/Gym Phone: 573-443-3547							
<b>SACC NE:</b>	Elizabeth	Lilla	22205 Pine Hill Drive	Gretna	NE	68028	<a href="mailto:Elizabeth.lilla@metrostarsgym.com">Elizabeth.lilla@metrostarsgym.com</a>	<a href="http://www.neusag.wordpress.com">www.neusag.wordpress.com</a>
	Work/Gym Phone: 402-505-7600							
<b>SACC ND:</b>	Whitney	Beck	2001 17th Ave S	Fargo	ND	58103	<a href="mailto:whitney@americangoldgymnastics.com">whitney@americangoldgymnastics.com</a>	<a href="http://www.ndusag.wordpress.com">www.ndusag.wordpress.com</a>
	Work/Gym Phone: 701-280-0400							
<b>SACC SD:</b>	Audra	Rew	515 E. 6th Ave.	Mitchell	SD	57301	<a href="mailto:Audra.rew@gmail.com">Audra.rew@gmail.com</a>	<a href="http://www.sdusagymnastics.com">www.sdusagymnastics.com</a>
	Cell Phone: (605) 770-8454							
<b>SACC WI:</b>	Randy	Anderson	5711 77th Street	Kenosha	WI	53142	<a href="mailto:scampsgymnastics@aol.com">scampsgymnastics@aol.com</a>	<a href="http://www.usaqymwi.com">www.usaqymwi.com</a>
	Work/Gym Phone: 262-694-0805		Cell Phone: 262-945-1884					



**REGION 5**

[www.Region5.com](http://www.Region5.com)

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

**REGION 6**

[www.region6usagym.org](http://www.region6usagym.org)

Position	First Name	Last Name	Street Address	City	State	Zip Code	Email	Web Page
<b>RACC:</b>	Kathy	Ostberg	365 Spring Street Phone: 508-735-3149	Shrewsbury	MA	01545	<a href="mailto:region6usaq@gmail.com">region6usaq@gmail.com</a>	
<b>RTCC:</b>	Pat	Panichas	9 Sherman Lane Work/Gym Phone: 203-392-6082	Hamden	CT	06514	<a href="mailto:panichas@aol.com">panichas@aol.com</a>	
							Fax Number: 203-392-6093	
<b>RJOCC:</b>	Jamie	Winkler	641 Sierra Vista Lane Work/Gym Phone: 845-398-1000	Valley Cottage	NY	10989	<a href="mailto:region6jamie@gmail.com">region6jamie@gmail.com</a>	
			Cell Phone: 914-837-9136					
<b>RXCC:</b>	Gail	Caspere	901 Pelhamdale Ave Cell Phone: 914-837-0788	Pelham Manor	NY	10803	<a href="mailto:gailregion6Xcel@gmail.com">gailregion6Xcel@gmail.com</a>	
<b>SACC CT:</b>	Laurie	DeFrancesco	25 Congress Avenue Home Phone: 203-924-9257	Shelton	CT	06484	<a href="mailto:ldfusagct@aol.com">ldfusagct@aol.com</a>	<a href="http://www.ctusagym.org">www.ctusagym.org</a>
			Cell Phone: 203-231-4967				Fax Number: 203-977-7898	
<b>SACC ME:</b>	Carol	Hamilton-Brewer	822 Middle Road Work/Gym Phone: 207-474-3222	Skowhegan	ME	04976	<a href="mailto:decalgym.carol@gmail.com">decalgym.carol@gmail.com</a>	<a href="http://www.maineagymnastics.org">www.maineagymnastics.org</a>
			Cell Phone: 207-399-7444				Fax Number: 207-861-8016	
<b>SACC MA:</b>	Michele	Archer	PO Box 294 Cell Phone: 978-866-0439	Ashburnham	MA	01430	<a href="mailto:michele.archer@aol.com">michele.archer@aol.com</a>	<a href="http://www.mausagym.com">www.mausagym.com</a>
<b>SACC NH:</b>	Seana	Rioux	112 Crawley Falls Road Work/Gym Phone: 603-642-7200	Brentwood	NH	03833	<a href="mailto:nhusag@comcast.net">nhusag@comcast.net</a>	<a href="http://www.nhusagym.org">www.nhusagym.org</a>
			Cell Phone: 603-770-6199				Fax Number: 603-642-9211	
<b>SACC NY:</b>	Tina	Ferriola	480 Greenwich Street Cell Phone: 917-549-6934	New York	NY	10013	<a href="mailto:usagny@gmail.com">usagny@gmail.com</a>	<a href="http://www.nyusag.com">www.nyusag.com</a>
			Cell Phone: 917-549-6934				Fax Number: 212-334-1179	
<b>SACC RI:</b>	Kelli	Doorley	3769 Old Post Road Work/Gym Phone: 401-213-6645	Charlestown	RI	02813	<a href="mailto:riwstatechair@gmail.com">riwstatechair@gmail.com</a>	<a href="http://www.riusag.com">www.riusag.com</a>
							Fax Number: 401-213-6645	
<b>SACC VT:</b>	Jill	Vanderpot	94 Olcott Drive Work/Gym Phone: 802-295-2070	White River Jct	VT	05001	<a href="mailto:jillnlq@yahoo.com">jillnlq@yahoo.com</a>	<a href="http://www.vermontgymnastics.com">www.vermontgymnastics.com</a>
			Cell Phone: 603-252-6075					

## REGION 7

[www.Region7usagym.com](http://www.Region7usagym.com), [www.facebook.com/Region7Gymnastics](http://www.facebook.com/Region7Gymnastics)

Position	First Name	Last Name	Street Address	City	State	Zip Code	Email	Web Page
<b>RACC:</b>	Jen	Bortz	PO Box 243 Cell Phone: 814-380-1195	Boalsburg	PA	16827	<a href="mailto:jbortz7rac@gmail.com">jbortz7rac@gmail.com</a>	<a href="http://www.Region7usagym.com">www.Region7usagym.com</a>
<b>RTCC:</b>	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	<a href="mailto:region7rtc@comcast.net">region7rtc@comcast.net</a>	
<b>RJOCC:</b>	Linda	Johnson	2456 Vineyard Lane Cell Phone: 443-569-9412	Crofton	MD	21114	<a href="mailto:r7jocc@gmail.com">r7jocc@gmail.com</a>	
<b>RXCC:</b>	Jane	Caruso	9 Chestnut Drive Cell Phone: 267-229-9022	Newtown	PA	18940	<a href="mailto:janecaruso@comcast.net">janecaruso@comcast.net</a>	
<b>SACC DE:</b>	Cleo	Washington	131 John F Campbell Rd. Work/Gym Phone: 302-368-7107	Newark	DE	19711	<a href="mailto:usag.de@gmail.com">usag.de@gmail.com</a>	
<b>SACC MD:</b>	Jay	Barrows	2467 Wentworth Drive Cell Phone: 443-223-1074	Crofton	MD	21114	<a href="mailto:jaysbarrows@verizon.net">jaysbarrows@verizon.net</a>	<a href="http://www.mdusagym.com">www.mdusagym.com</a>
<b>SACC NJ:</b>	Brant	Lutska	92 State Street Work/Gym Phone: 724-469-0410	Perth Amboy	NJ	08861	<a href="mailto:saccnj@gmail.com">saccnj@gmail.com</a>	<a href="http://www.usagnj.com">www.usagnj.com</a>
<b>SACC PA:</b>	Donna	Guenther	155 Philmont Avenue Gym Phone: 215-364-7878	Feasterville	PA	19053	<a href="mailto:somertongymnastics@gmail.com">somertongymnastics@gmail.com</a>	<a href="http://www.paqymnastics.com">www.paqymnastics.com</a>
<b>SACC VA:</b>	Steve	Garman	3116 Knoll Drive Cell Phone: 703-217-9575	Falls Church	VA	22042	<a href="mailto:vausag@gmail.com">vausag@gmail.com</a>	<a href="http://www.vausag.com">www.vausag.com</a>
<b>SACC WV:</b>	Adam	Bowman	408 Skyline Drive Cell Phone: 304-553-1626	Charleston	WV	25302	<a href="mailto:wvusag@gmail.com">wvusag@gmail.com</a>	<a href="http://www.wvusag.com">www.wvusag.com</a>

## REGION 8

[www.region8gymnastics.org](http://www.region8gymnastics.org)

Position	First Name	Last Name	Street Address	City	State	Zip Code	Email	Web Page
<b>RACC:</b>	Debby	Kornegay	394 Stonebridge Road USA Gym Phone: 205-951-0184 Cell Phone: 205-903-8149	Birmingham	AL	35210-4111	<a href="mailto:debgk@me.com">debgk@me.com</a>	
<b>RTCC:</b>	Marian	Dykes	4651 Buford Highway Work/Gym Phone: 770-451-6910 Cell Phone: 404-408-6699	Atlanta	GA	30341-3714	<a href="mailto:marian_dykes@aol.com">marian_dykes@aol.com</a>	
<b>RJOCC:</b>	Brad	Harris	2301 26th Street N Work/Gym Phone: 727-328-8500 Cell Phone: 727-510-1903	St. Petersburg	FL	33713	<a href="mailto:Tbayturnrs@aol.com">Tbayturnrs@aol.com</a>	
<b>RXCC:</b>	Elaine	Wulf	1301 Hillbrow Lane, Apt. 304 Cell Phone: 919-610-4021	Raleigh	NC	27615	<a href="mailto:ewomaha@aol.com">ewomaha@aol.com</a>	
<b>SACC AL:</b>	Otis	Reeves	PO Box 680009 Work/Gym Phone: 334-365-8852 Cell Phone: 334-391-3698	Prattville	AL	36068-0009	<a href="mailto:oreeves@prattvilleymca.org">oreeves@prattvilleymca.org</a>	<a href="http://www.alausagym.com">www.alausagym.com</a>
<b>SACC FL:</b>	Toni	Rand	7957 Steeplechase Court Home Phone: 772-489-5982	Port St. Lucie	FL	34986	<a href="mailto:AmTwist@aol.com">AmTwist@aol.com</a>	<a href="http://www.usagfl.org">www.usagfl.org</a>
<b>SACC GA:</b>	Michelle	Pomerantz	2620 Spring Bluff Court Work/Gym Phone: 678-546-6626 Cell Phone: 404-663-1096	Buford	GA	30519	<a href="mailto:mhpomerantz@gmail.com">mhpomerantz@gmail.com</a>	<a href="http://www.gausag.org">www.gausag.org</a>
<b>SACC LA:</b>	Shelley	Swanson	PO Box 1620 Work/Gym Phone: 225-673-4966 Cell Phone: 225-955-9808	Prairieville	LA	70769	<a href="mailto:gymgemcoach@me.com">gymgemcoach@me.com</a>	<a href="http://www.LAUSAG.shutterfly.com">www.LAUSAG.shutterfly.com</a>
<b>SACC MS:</b>	Cynthia	Dedeaux	1271 Lawrence Ladner Road Cell Phone: 228-493-8514	Kiln	MS	39556	<a href="mailto:Cynthiadedeaux4@gmail.com">Cynthiadedeaux4@gmail.com</a>	<a href="http://www.msusag.org">www.msusag.org</a>
<b>SACC NC:</b>	Jennie	Kennel Adams	6 Rollo Road, Kennel's Beac Cell Phone: 252-514-5870	Grantsboro	NC	28529	<a href="mailto:NCUSAGymnastics@gmail.com">NCUSAGymnastics@gmail.com</a> <a href="mailto:jenniekadams@gmail.com">jenniekadams@gmail.com</a>	<a href="http://www.nc-usagymnastics.org">www.nc-usagymnastics.org</a>
<b>SACC SC:</b>	Joanne	Child	209 Hickory Knoll Drive Work/Gym Phone: 803-788-2808 Cell Phone: 803-315-7561	Columbia	SC	29203	<a href="mailto:Jchildscqym@bellsouth.net">Jchildscqym@bellsouth.net</a>	<a href="http://www.sc-gymnastics.org">www.sc-gymnastics.org</a>
<b>SACC TN:</b>	Larry	Corrigan	2231-H Madison Street Work/Gym Phone: 931-906-1663	Clarksville	TN	37043	<a href="mailto:CecqCoach1@cs.com">CecqCoach1@cs.com</a>	<a href="http://www.tnusag.org">www.tnusag.org</a>

## LIASONS TO NATIONAL WOMEN'S PROGRAM COMMITTEE

Board of Directors Representatives: Kelli Hill and Tom Koll

National Association of Women's Gymnastics Judge's (NAWGJ):

Evelyn Chandler 13252 Lakeshore Grove Drive Winter Garden, FL 34787 Email: presnawgj@aol.com  
Phone: 407-656-7222 Cell Phone: 321-217-2347

NCAA Eligibility-Legislative Services: NCAA, 1802 Alonzo Watford Sr. Dr. Indianapolis, IN 46202  
317-917-NCAA Hotline: 1-800-638-3731

Judges Accreditation: Contact Connie Maloney 317-829-5628 Email: cmaloney@usagym.org

US Elite Coaches Accociation (USECA): 210 Alvarado Avenue Pittsburg, CA 94565 [www.useca.us](http://www.useca.us)  
925-267-9734 Fax: 925-267-9735 Email: mguzman@useca.us

## ADDITIONAL NATIONAL USA GYMNASTICS OFFICE STAFF

USA Gymnastics 130 E. Washington Street, Suite 700 Indianapolis, IN 46204 317-237-5050 Fax: 317-237-5069 [www.usagym.org](http://www.usagym.org)  
Member Services: 1-800-345-4719 Fax: 317-692-5212

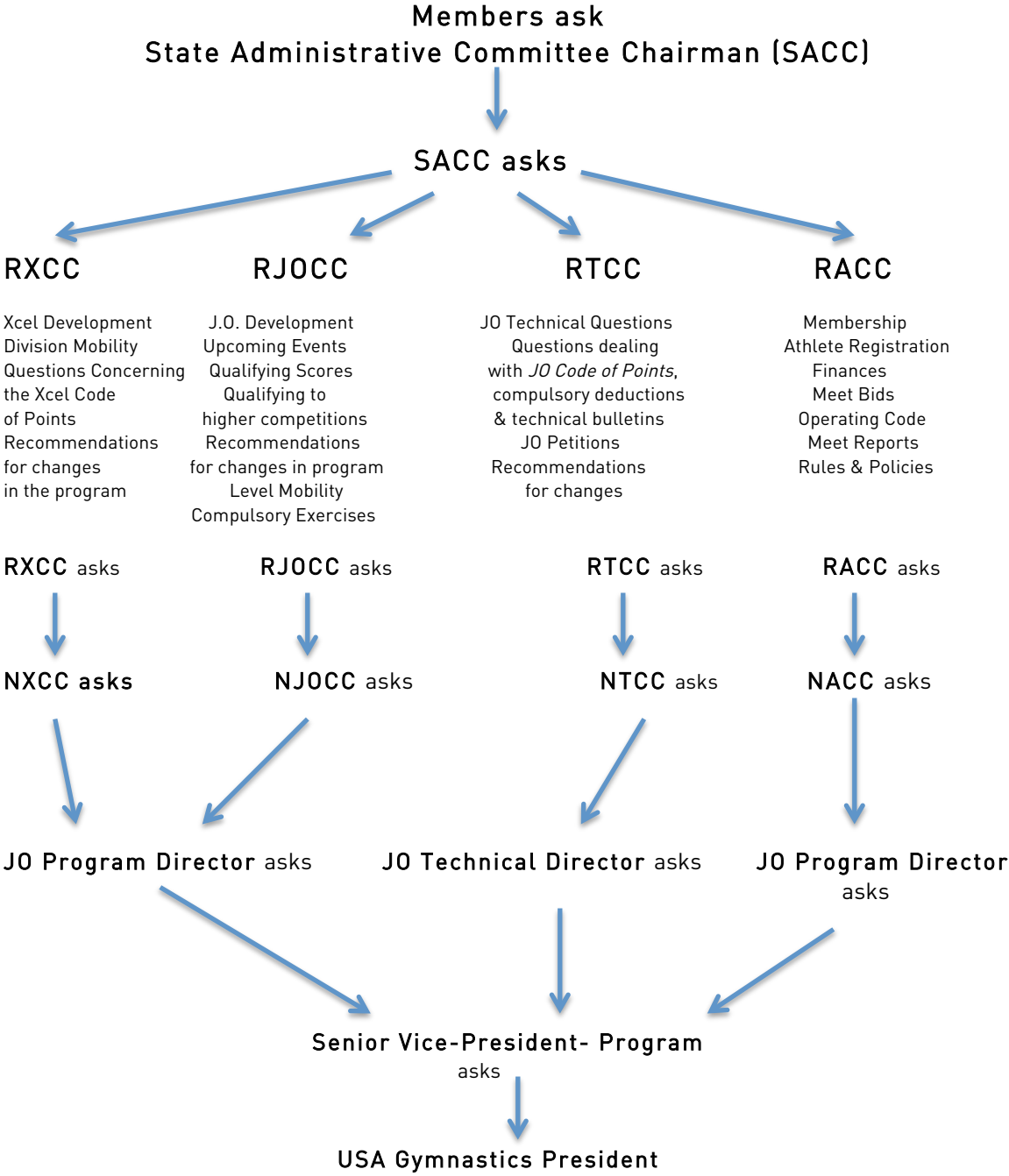
Vice-President of Member Services: Cheryl Jarrett Email: cjarrett@usagym.org

Director of Club Services: Loree Galimore Email: lgalimore@usagym.org

Director of Member Services: Erica Koven Email: ekoven@usagym.org

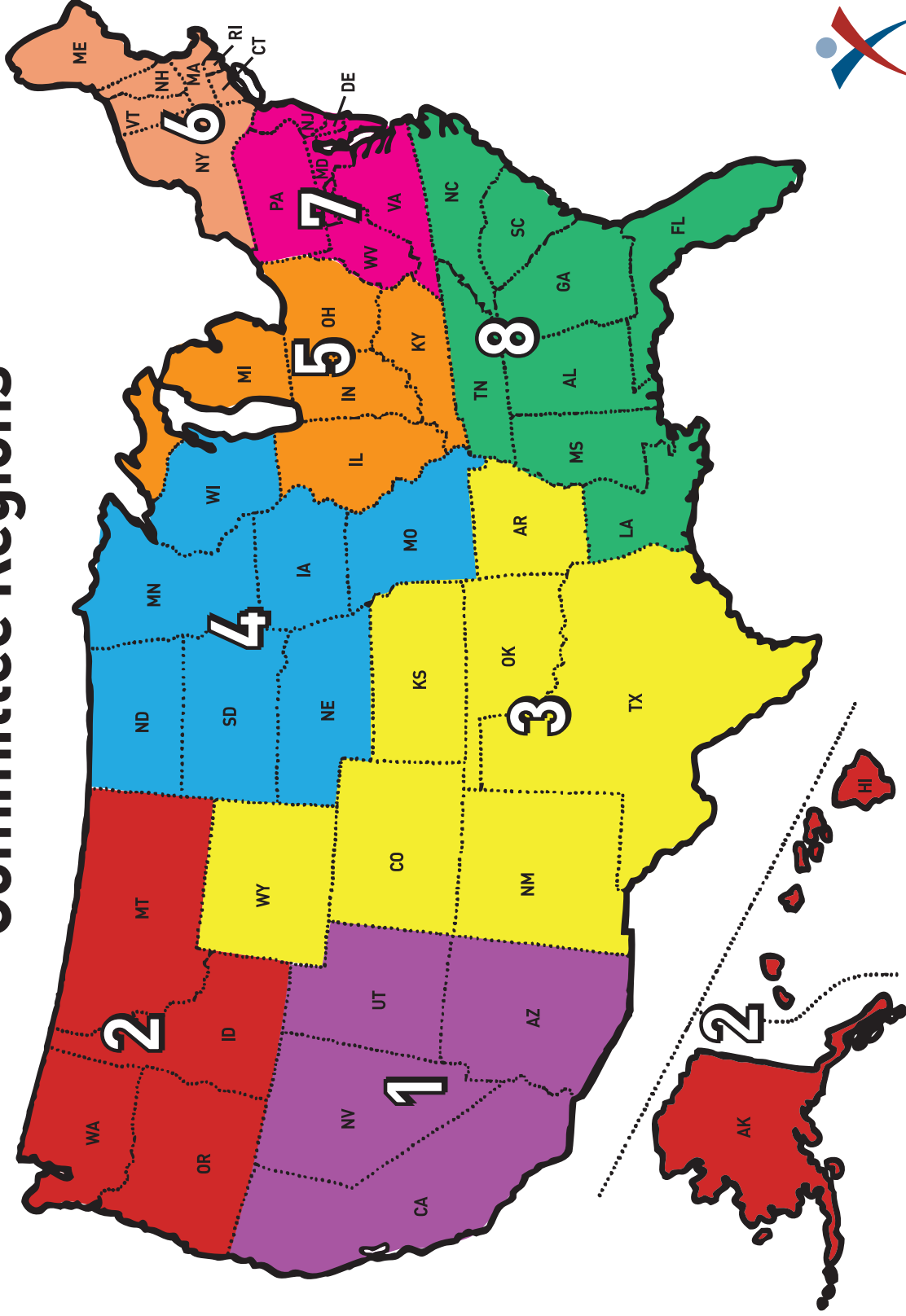
**"The HOT LINE"**

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®