



NAWGJ Mission:

to provide professional development for its members and to support and promote women's gymnastics in the United States



JANUARY 2023

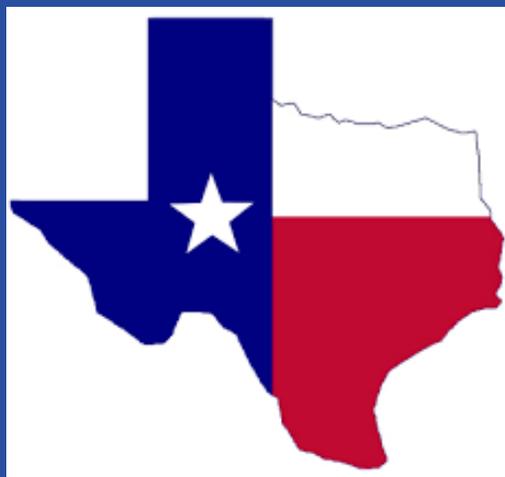
Contents:

UPDATES & REMINDERS

EDUCATION

**TEAM TEXAS WINS
the Patty Shipman Level
7 Team Challenge!!!**

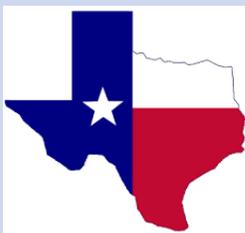
**National Judges' Cup 2023
in Denton, Texas**



**1ST PLACE
WINNERS!**

A special heartfelt **THANK YOU** to all of those involved in helping to make the NJCup and the Patty Shipman Team Challenge so great! We had 80 Texas judges volunteer their time.

Congratulations to the awesome athletes and their coaches for a **FIRST PLACE WIN** out of 15 States participating. **GO TEAM TEXAS!**



HIGH SCHOOL GYMNASTICS!

New High School rules and fee structure:

<http://txnawgj.org/index.php/highschool/2022-23-texas-hs-rules>

High School State Meet Application:

<http://txnawgj.org/index.php/to-do/2023-01-20-texas-hs-state-avail>

Due 2023-01-20



New 2023 Mileage Rate:

The IRS business standard mileage rate is 65.5 center per mile (a 3-cent increase from the 62.5 rate from mid-2022)



TESTING OPPORTUNITY:

WHEN & WHERE??

2023-02-25 North Richland Hills Public Library

If you don't have an optional rating, test up. Expand your horizons and become more marketable.



GREEN FLAG: CONGRATULATIONS MELANIE CRYER!

Melanie is our state and regional 2022 Green Flag award winner. The Green Flag award is presented annually to NAWGJ members who have made outstanding contributions to our organization, who promote professionalism, and demonstrate leadership. This award is for an **unsung hero.**

<https://txnawgj.org/~txnawgjo/index.php/component/k2/item/714-grn-flg>



New Xcel Sapphire

division rules overview:

https://usagym.org/PDFs/Women/xcel/sapphire_rules.pdf

Pilot program in Region 3 this year



Updated National and Brevet course forms

- [National form](#)
- [Brevet form](#)
- Due 2025-11-01

CODE UPDATES

Compulsory Program Update:

- <https://usagym.org/pages/women/events/devcompulsories/>
- Updated 2022-11-12

Development Program Code of Points Update:

- <https://usagym.org/pages/women/pages/jooptionals.html>
- Updated 2022-12-05

Xcel Code of Points Update:

- <https://usagym.org/pages/women/pages/xcel.html>
- Updated 2022-12-12
- **NOTE:** Clarifications Regarding Connections for Floor Exercise

FLOOR EXERCISE - 20



NAWGJ Symposium 2023

<https://www.nawgj-symposium.com/>

Registration

<https://www.nawgj-symposium.com/event-details/nawgj-national-symposium-2023>

-Super early bird (through 2023-03-01): member \$210 / non-member \$270

-Early bird (2023-03-02 through 2023-05-01): member \$260 / non-member \$320

-Regular (2023-05-02 through 2023-07-01): member \$310 / non-member \$370

-On-site (2023-07-02 forward): member \$360 / non-member \$420

HOTEL INFO: <https://book.passkey.com/event/50369936/owner/2529966/home>

Amway Grand Plaza by Hilton. \$159 per night. Rooms are booking fast

Events and activities include: pickleball tournament, scavenger hunt, and duckpin bowling

There is no group discount.



Region 3/4 Congress

<https://www.usagymrc.com/region-3-4/>

Cedar Rapids, IA

2023-06-16 – 2023-06-18

Early-bird registration begins 2023-01-09

TX NAWGJ is offering a group [discount](#).

Price:

- \$120 BEFORE 2023-03-15
- \$150 2023-03-15 through 2023-05-31

National Congress

<https://www.usagymcongress.com/>

San Jose, CA

2023-08-25 – 2023-08-27

Early-bird registration begins 2023-01-09

TX NAWGJ is offering a group [discount](#).

Price:

- \$160 BEFORE 2023-04-13
- \$200 2023-04-13 through 2023-08-07



New Xcel Sapphire

division rules overview:

https://usagym.org/PDFs/Women/xcel/sapphire_rules.pdf

Pilot program in Region 3 this year

ZERO GRAVITY & TXNAWGJ present:

2023 XCEL XTRAVAGANZA

Levels: All Levels XCEL & DP & ACRO & TUMBLING
Competition: Individual & Team Competition
Small Team: 3-5 athletes 3 scores count
Medium Team: 6-10 athletes 5 scores count
Large Team: 11+ athletes 7 scores count

*100% medals for all competitors

Entry Fee: All levels \$85 Athlete
\$40 Team (small, medium, & large - sorry, no refunds)
PayPal or Checks accepted

Entry Deadline: Entries must be received by: Tuesday, December 23, 2022
*Late fees will be assessed as per Texas Rules & Policies for any late entries

ONLINE REGISTRATION: Enter online at: TXNAWGJ.ORG : XCEL Extravaganza
<http://txnawgj.org/index.php/xcel-xtravaganza/2023-xcel-xtravaganza>

OR SNAIL MAIL to:
Bonnie Crawford c/o TX NAWGJ
4817 Woodcreek Ct.
North Richland Hills, TX 78180

VENUE: WACO CONVENTION CENTER GATE FEES: \$10 ADULTS \$5 HIDS 12- \$5 SENIORS
FINAL SCHEDULE: POSTED ASAP - FRIDAY, SATURDAY & SUNDAY SESSIONS POSSIBLE

TX NAWGJ State Committee 2021-2023 Members

Be sure to add sjd@txnawgj.org to your contacts, so the messages don't go into your spam folder. You may be missing something important.

If you have questions, please reach out to your state committee members.

Please **thank them** for their many volunteer hours and dedication to Texas gymnastics.

[Jack Dunlop](#) - District 1 Assigner and High School Coordinator

[Kevin Freeman](#) - District 2/3 Co-Assigner

[Amy Heidel](#) - District 2/3 Co-Assigner

[Denise Coats-Lauriat](#) - District 2/3 High School Assigner

[Stephanie Bell-Turner](#) - District 4/7 Assigner

[Erika Franklin](#) - District 5/6 Assigner

[Jennifer Porter](#) - Secretary/Newsletter Editor

[Tiffany Schwartz](#) - Treasurer

[Tracy Brewer](#) - Event Coordinator

[Bonnie Crawford](#) - State Judging Director (SJD)

TX NAWGJ Mission

To provide professional development, leadership, and support to Texas NAWGJ members and to unify and promote women's gymnastics throughout the state.

TX NAWGJ | 4817 Woodcreek Court, North Richland Hills, TX 76180

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