



*Linda Thorberg, RTCC Region 4, USA Gymnastics*

## **Get Ready, Get Set, Go....**

Are you ready for the new season? Being prepared for the new season will affect your gymnast's performance. Here are a few reminders to check

- \_\_\_ Re-Read the Compulsory book, things can change with stylization
- \_\_\_ Update your Code with the WTC/JO Minutes from May 2008
- \_\_\_ Print a new Rules & Policies from the USAG Website
- \_\_\_ Read those changes in BOLD
- \_\_\_ Make a count down calendar to the 1<sup>st</sup> meet
- \_\_\_ Compose Routines
- \_\_\_ Teach the gymnasts the values of their skills
- \_\_\_ Make routine worksheets, including SV, SR, Compositional deductions, graphs, other
- \_\_\_ Have routine Plan B
- \_\_\_ Contact a judge or two to have an intersquad

### **Things that judges respect most about coaches:**

1. **Knowledge of the rules**
2. **Respect and appropriate behavior to their athletes**
3. **Know how to write an inquiry**
4. **Know how to keep their cool – you are a role model**
5. **Understand that the highest score is not necessarily the right score**
6. **Are willing to listen to our point of view**
7. **Have FUN**

### **What judges remember most about routines after the meet:**

- **Feet, feet, feet**
- **Split positions 180+**
- **Height on leaps/jumps/tumble/dismounts**
- **Dynamic/aggressive rhythm**
- **Variety of skills**
- **Torso movement**
- **Artistry**
- **Precise turns**
- **Great swing**