

IHSGCA Association Meeting

May 13, 2009



www.ihsgca.org

Meeting called to order by Chris Cassidy at 7:13pm

Current Balance: \$27,680.17

State Meet: While at Lincoln Way, please remember to cooperate fully with IHSA officials and assigned meet personnel. We want to maintain our positive image with the IHSA.

Voting:

Steering Committee:

Frank Novakowski
Greg Gebhardt
Rick Meyer
Blaise Blasko
Scott Phillips

Rules Committee:

Vic Avigliano
Chad Downie
Al Bekkadal
Mike Farina
Skip Adamson
Blaise Blasko

Secretary/Treasurer:

Mike Galfi

Coach of the Year:

Al Bekkadal

Sportswriter of the Year:

Bill Stone

Hall of Fame Committee:

Bruce Biersdorf
Scott Phillips

Special Recognition:

Bill Watts

Rules proposals:

FR/JV HIGH BAR

Chris Cassidy: JV: One skill passing through a handstand, one skill beginning above the bar, swinging through the bottom, and ending on top (i.e. baby giants, giants, undergrip cast, back uprise), and a salto dismount (like p-bars). Rationale: make JV requirements more attainable for beginning gymnasts, and help separate kids that score in the 2's and 3's a little better for fairer team competition, and make high bar

a more desirable event for beginners that are typically afraid. If this is voted down, it should be noted that the 2 giant requirement (each direction) does not mean that they must be consecutive.

Doug Foerch: Same as Chris's proposal except that instead of passing through a handstand the gymnast would be required to have a giant in any direction.

Blaise Blasko: 1. Giant with Front OR Reverse grip. 2. Inbar skill around the bar 360° except for a hip circle. 3. Salto fly away, hips bar height.

Ben Anderson: One Giant skill requirement, another should be non-giant (i.e. free hips etc)

Scott Hagel: Combine grips but keep all other requirements the same. 1. B-move into or out of giants. 2. Giants in either direction. 3. Salto dismount

JV POMMEL HORSE

Chris Cassidy: Require the two scissors to be consecutive. Stops in between will not earn requirement. Rationale: prevent kids from only using their 'favorite' side, and promote coaching of better basic swing.

JV PARALLEL BARS

Doug Foerch: Somesault dismount must be above the bars (No Flyaways, wants Front-offs, Back-offs)

GENERAL RULE PROPOSALS

Al Bekkadal: There should be THREE different rule systems. One for Freshmen, one for JV and one for Varsity.

Doug Foerch: 12 minute warm-ups at Sectional meets instead of 15 minutes, also with a possibly cutting out the last 15 minutes. Rationale: many gymnasts do not need this time and tend to over-warm-up.

Doug Foerch: Exhibition rule: Allow every team TWO TOTAL exhibitions for each meet (i.e. 6 men competing on an event for JV instead of 5). Rationale: Allowing Freshman/JV who does not have a spot to compete a chance to compete without their score counting for or against the team score. Done in many other sports already.

Frank Novakowski:

State Meet: Should have Alternates (replacement athlete), meaning that there should be a gymnast or two on each event who technically did not make it to state At Large, be able to go to the meet incase a gymnast who has made it, drops out for any reason.

Skip Adamson:

Boys State series Changes

Move the all-around competition to the same night as the team competition.

Logistics

If you were to go to a Friday meet with team and all-around decided that night. Then the following statistics should be known.

2006	18 AA not on teams in the meet, can be broken down into 4 groups
2005	16 AA not on teams in the meet, can be broken down into 4 groups
2004	17 AA not on teams in the meet, can be broken down into 4 groups
2003	15 AA not on teams in the meet, can be broken down into 4 groups

So one can draw the conclusion that you might never reach the hidden limit of 20 extra spaces in the team meet. (12 x 5 = 60 slots in a rotation, there are presently only 8 teams so there are 4 x 5 = 20 slots still not used and in fact detrimental to one team in the meet as presently formatted. One team is up first in more than one rotation)

The reasons for the possible change would be as follows:

- The Friday night meet / Saturday morning meet is VERY hard on the team all-arounders physically and mentally.
- There is a built in advantage for the non-Team all-arounders by not competing back to back. It is inherently unfair to make an athlete be perfect for two meets within 18 hours apart. It is unlike any other sporting event when you can overcome slight flaws.
- You would get more gate since you would have more schools represented. The 8 teams and then multiple other schools (one year had 12 other schools). It might increase other teams bringing the whole team to the meet since there might only be one all-arounder from the school in the meet (the loan stud on the team).
- The consecutive meets would effect only team and all-arounders, it might help get more individuals/schools into the event finals. The all-arounders might concentrate on only a few events, the intensity to hit all events would not be as high.
- The all-around is the second most prestigious event in the series (behind team champion) and it would be great to have them run at the same time to bring the excitement into one event. The mental drain on the athletes over the 24 hour period is excessive

The only drawback that I can see is that there might be an advantage to the team all-arounder since they will get to compete with a team. This argument could also be made that the groups of the all-around "teams" might also help those athletes since they will all be very good and the intensity would also rise.

There would still need to be some guidelines as to how to divide the all-around groups up (by sectional ?), and whether to rank them in order of event score or not.

In general this sounds like it should be a great idea on all levels that is not as dramatic a change as changing the meet by a week, or setting up another gym. Or introducing more teams to the state meet which seems to be a sticking point for the IHSA.

The National Meet:

A REMINDER TO ALL COACHES!! We need help setting up Friday night as well as help on Saturday! (3-6pm Friday)

We need Turn-style Flashers, Volunteers?

May 23, Conant High School 2 pm.

We are still looking for volunteers on Friday afternoon and Saturday morning/afternoon to help move equipment and take down the gym after the meet. Any help is appreciated.

Please promote this event with your kids and parents. We need a large gate!!!

HOF Golf outing:

Tuesday, May 19th, at the Morava Center. Golf will take place at the Old Orchard Country Club, across the street from the Morava Center. Banquet to follow at 7pm. Tom Temple will be inducted.

Update Job Board:

Glenbard East: Possible Assistant Boy's. For further information contact Bruce Biersdorf

York: Assistant Boy's

Willowbrook: Boy's Head Coach and possible Assistant

Andrew: Head Boy's, Girl's Coach (in 2 years)

Glenbard North: Possible Head Boy's/Girl's and Assistants.

Rolling Meadows: Possible head boy's coach

<i>Coach</i>	<i>Teaching Position Desired</i>	<i>Coaching Ability</i>
Josh Levin	English	Boys/Girls
Ryan Dengel	Social Studies	Boys/Girls
Randy Smith	Drivers Ed/PE	Boys/Girls
Jake Luketin	PE/Health	Boys/Girls
Eric Liva	PE/Drivers Ed/Type 75	Diving/Gymnastics

New Business: Chris Cassidy will be taking a position in Honduras for the next academic school year. He will be available via email, but will not be at any functions for next year. CONGRATS CHRIS!!!

Motion to adjourn by Chris Cassidy seconded by Ryan Dengel at 8:33pm