



It is hard to believe it's almost over! This will be the last newsletter of the season. There are a few things to note in this newsletter; information from the WIAA, reminders from Jan Adkins, and future dates to make note of.

After the State Competition, you will be receiving an email with a questionnaire asking for your feedback and comments from this past season.

Message from Melissa Gehring:

February is a big month for those of us in the WIAA gymnastics world. As many of you are focused on your conference competitions, please do not forget the change in procedure for the sectional and state meets involving the new meet management and scoring tool (INSIGHT). Similar to other WIAA sports, there will be a deadline for coaches to enter their gymnasts into the program in preparation for sectional competition. Sectional hosts will have the meets accessible on INSIGHT no later than Tuesday, February 13th and all entries need to be inputted no later than 12pm on February 20th. For any coaches who have individual or team qualifiers for the state meet, there will be a virtual coaches meeting on February 28th at 6pm; this meeting will provide necessary information for coaches as they make their final preparations for WI Rapids. Have a great February; I hope to see everyone at the state meet March 1-2!

Gymnastics Coaches and Athletic Administrators:

*****REMEMBER to add your ROSTERS in ScoreFlippers ASAP!**

*ScoreFlippers website: <https://www.scoreflippers.com/INSIGHT/>

*INSIGHT Resources (scoring and team management) link:
<https://support.scoreflippers.com/home/insight/high-school-help-documents>

*ScoreFlippers/INSIGHT Introductory Meeting Recording (October 16, 2023)
https://www.youtube.com/watch?v=uL0_RJPlcsE

*ScoreFlippers/INSIGHT Question and Answer Meeting Recording (November 13, 2023)
<https://www.youtube.com/watch?v=vML67wqbxpc>

There hasn't been much in the way of questions yet although some reminders are below.

Uneven Bars

Clear Hips – A clear hip, to receive no amplitude deduction, should end with the body in a **45° angle above the bar**. The angle is determined by a line from the shoulders to the lowest body part. Circles completed slightly above or at horizontal should receive a .2-.3 deduction. When wrists fail to shift from under the bar to the top of the bar the body is unable to achieve the appropriate angle and goes straight down. The deduction of .4 should be taken, as well as any deductions for bent arms, bent legs, or body position.

Uprises – An uprise should finish in a clear support with the **shoulders over** the high bar and the body **at or above horizontal**. A deduction of up to .2 should be taken for those in which the angle of the body is below horizontal.

Balance Beam

Jumps that receive a higher value when performed facing out.....

Pike – 90° closure

Split – 180° split, one leg fwd, one leg bwd

Side split - 180° split, legs swd with no pike at the hips

Straddle pike - 135° split, legs swd with body piked at the hips

If the shape is shown facing out/in side **AND** the required angle of split is shown, the higher value is given. If the split is lacking but within 45° of the required angle, credit is given with an up to .2 deduction.

If the shape is shown between side and cross position a judgement must be made – give credit with a deduction or give the lower value possibly with no deduction depending on performance.

Possibilities.....

Jump may start in side, **show shape in side**, and land in side

Jump may start in cross, perform a 1/4 turn, **show shape in side**, and land in side

Jump may start in side, **show shape in side**, perform a 1/4 turn to land in cross (this is possible due to the Note on page 64 stating "1/4 turn does not make an element different unless it is listed separately in the rules book". Therefore, both are considered the same value. Example: straddle pike from side landing in side and straddle pike from side, show shape in side, 1/4 to land in cross will receive the same value.)

Floor Exercise

BBS's – To receive BBS in a dance passage for dance elements, the two elements **MUST be directly connected**. It is only in a continuous ACRO pass that superiors may be indirectly connected and still receive BBS credit.

Reminders

Be sure you have.....

Completed the rules video

Completed the gymnastics exam

Returned your tournament availability

Entered your meets into the system

Requested access to the WHSGA website – www.whsga.com

From Jan Adkins

Important Dates:

- February 7, 2024 - Hall of Fame Nominations are due
- February 7, 2024 - Academic All State are due
- February 7, 2024 - Coaches/Judges of the Year nomination due
- February 12, 2024 - Final Honor Roll is due
- February 12, 2024 - Voting opens for Hall of Fame and Coaches & Judges of the year
- February 13, 2024 - Sectional hosts will have the meets accessible on INSIGHT
- February 16, 2024 - Voting closed for Hall of Fame and Coaches & Judges of the year
- February 17, 2024 - All State nominations are due
- February 20, 2024 - All Sectional entries need to be inputted no later than 12pm
- February 21, 2024 - Senior Scholarships are due
- February 21, 2024 - Publish Final Honor Roll
- February 21, 2024 - All State/Academic All State/Hall of Fame/Senior Scholarships will be released by Midnight and Coaches/Judges of the Year
- February 22, 2024 - Banquet sign up, last day. Turn in by midnight
- February 22-23-24, 2024 - WIAA Sectional Meets
- February 28, 2024 - Virtual meeting 6pm for any coaches who have individual or team qualifiers for the state meet
- February 29, 2024 - All State Banquet
- March 1, 2024 - WIAA Team State Championships
- March 2, 2024 - WIAA Individual State Championships



ATTENTION: COACHES NEEDED

The following schools are looking to fill some Head and Assistant Coaching positions before the start of the season. If you know anyone that lives in the following communities, please pass this information on to them. Thank you.

Sun Prairie - Looking for a coach

Madison West - Looking for part time assistant coach

Waunakee-Deforest - Looking for 2 assistant coaches

Mosinee High School - Looking for Head coach, Assistant, and Middle school coach

Kenosha Combined - Looking for Head coach

Markesan - Looking for Head coach

Homestead - Looking for Assistant coach

Whitefish Bay - Looking for Assistant coach

Oconomowoc - Looking for Assistant coach

Nicolet - Looking for Assistant coach

If you know of anyone in those locations, please pass this information on and tell them to email or call the Athletic Director at the High School.

If anyone notices any errors in spelling of names, Head Coach changes, or bugs, or just has some other feedback to please reach out to support@whsga.org

Committee

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