

# WHSGA

## Tumble Times - January 2024

Hope everyone has had a great start to your season. There are a few things to note in this newsletter; information for the WIAA, reminders from Jan Adkins, and future dates to remember.

**How to obtain login info to the WHSGA website.** First, become a member by sending a check to the WHSGA. Second, click login in upper right on the website (<https://whsga.org>). Click **Request Membership Access** and fill out the form. Greg will approve the form and you'll receive an email confirmation.

**Happy New Year from the WIAA office!** We are just under two months from our 2024 WIAA Gymnastics sectionals and state meet. Understanding everyone is busy with regular season coaching and administrative duties, please remember to, at the very least, dabble with the Insight software on the Score Flippers website. Insight/Score Flippers will be the official meet management tool for all the sectional and state meets. We have gotten a lot of great feedback from those using it for their regular season meets and overall the response has been positive. Thank you to everyone for your flexibility during the transition to this software. That said, similar to track and field, swimming, wrestling, etc., we will have a deadline for you to submit your initial lineups into Insight for your sectional meets. This will allow the hosts to best prepare. You will still be able to make changes and scratch gymnasts as normal up to and at the meet. The deadline this year will be Tuesday, February 20 at 12pm. We will be sending an email to all head coaches and ADs from our office with similar information. Please remember there are valuable resources on the Score Flippers help page and two informative recordings of our earlier Zoom meetings on our website. As always, if you have any questions please feel free to reach out.

Melissa Gehring

### **Gymnastics Coaches and Athletic Administrators:**

**\*\*\*REMEMBER to set your ROSTERS on 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\\_RJPIcsE](https://www.youtube.com/watch?v=uL0_RJPIcsE)

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

Since we are only a month in, 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](http://www.whsga.com)

From Jan Adkins

## Important Dates:

January 21, 2024 - Second Honor Roll is due

January 31, 2024 - Publish Second Honor Roll

February 1, 2024 - Final day of membership registration

February 1, 2024 - Hall of Fame Nominations are due

February 1, 2024 - Senior Scholarships are due

February 1, 2024 - Academic All State are due

February 1, 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 16, 2024 - Voting closed for Hall of Fame and Coaches & Judges of the year

February 21, 2024 - Publish Final Honor Roll

February 22-23-24, 2024 - WIAA Sectional Meets

February 17, 2024 - All State nominations are due

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 29, 2024 - All State Banquet -More information to come

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.

## HAPPY HOLIDAYS FROM THE WHSGA COMMITTEE

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](mailto:support@whsga.org)

### **Committee**

Kym Remillard - President

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Kali Knower - Treasurer

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