

2015 ICGSA GYMNASTICS COMMITTEE REPORT

by

Linnea Fulkerson, Snider High School



Gymnastics Committee:

Chairperson: Linnea Fulkerson Snider High School

District 1: Lorie Cook

Valparaiso High School

District 2: Linnea Fulkerson

Fort Wayne Snider High School

District 3: Marka McKeown

Crawfordsville High School

District 4: Sandy Freshour

Columbus North High School

District 5: Leisa Jones

Bloomington South High School

**ICGSA GYMNASTICS
1ST TEAM ALL STATE**

Athlete	School
Garland, Delaney	Carroll (Ft. Wayne)
Holliday, Ashley	Columbus North
May, Katrina	Columbus North
Thompson, Claire	Columbus North
Best, Hannah	Crown Point
Trahin, Maria	FW Bishop Dwenger
Wartman, Andi	Lake Central
Platt, Kelley	Logansport
Maxwell, Kylee	Morgan Township
Elsea, Regan	New Palestine
Watkin, Anna	Owen Valley
Algozine, Jenna	Valparaiso
Intagliata, Sydney	Valparaiso
Miller, Rushelle	Valparaiso

**ICGSA GYMNASTICS
2ND TEAM ALL STATE**

Athlete	School
Eurton, Kaylee	Bloomington South
Bryan, Becca	Carroll
Gillig, Grace	FW Bishop Dwenger
Early, E'Lycia	FW Bishop Dwenger
Anderson, Rachael	FW Bishop Dwenger
Ross, Taylor	Franklin Central
Schoenlein, Lizzy	Hamilton
Pomasi, Emily	Merrillville
Morley, Shyann	Portage
Kurtz, Madison	Valparaiso
Goen, Alyssa	Seymour
Walter, Alexzondri	Valparaiso
Wilson, Hanna	Valparaiso

**The Mildred M. Ball Mental Attitude Award winner:
Madison Moore of Homestead High School**

Congratulations to Lorie Cook- Valparaiso - the **STATE COACH** of the year!

ICGSA District Coaches:

District 1	Karen Barcelli, Portage
District 2	Rosemary Scheele, Carroll
District 3	Kim Dykes, Franklin Central
District 4	Sandy Freshour, Columbus North
District 5	Leisa Jones, Bloomington South

IHSAA State Championship Results:

Final Team Scores:

1. Valparaiso	113.100
2. FW Bishop Dwenger	110.925
3. Columbus North	110.100
4. Owen Valley	109.550
5. Logansport	109.100
6. New Palestine	108.925
7. Portage	107.275
8. Carroll	106.000
9. Homestead	103.525

Individual State Champions:

Vault: Kylee Maxwell (11) Morgan Township, 9.85

Bars: Ashley Holiday (10) Columbus North, 9.60

Balance Beam: Anna Watkin (11) Owen Valley, 9.625

Floor: Rushelle Miller (12) Valparaiso, 9.575

All-Around: Anna Watkin (11) Owen Valley, 38.150

INDIANA COACHES OF GIRLS SPORTS ASSOCIATION
ACADEMIC ALL STATE GYMNASTICS



NAME	SCHOOL	COACH
Alisha Dziarski	Chesterton	Lauren West
Tristan Gregg	Columbus North	Sandy Freshour
Kyrstin Jajowka	Crown Point	Ami Pysh
Elizabeth Yeakey	Elkhart Central	Kathy Krauter
Katelyn Stine	Heritage	Dave Shelburne
Sophia Tsiguloff	Homestead	Jodi Hardwick
Madison Moore	Homestead	Jodi Hardwick
Regan Elsea	New Palestine	Jenny Musselman
Madison Kurtz	Portage	Karen Barcelli
Rushelle Miller	Valparaiso	Lorie Cook
Emily Lynch	Valparaiso	Lorie Cook
Amanda Huntsman	West Noble	Shonda Clore

Goals:

1. To keep the Indiana high school gymnastics coaches informed of important developments through use of email. Accomplished: We created a spreadsheet of contact numbers for most of the gymnastics programs. Throughout the season at least 10 bulk emails were sent informing coaches of ICGSA deadlines, polling information, athletic camp information, awards, proposal surveys, and other important data.
2. To increase attendance at the Fall Clinic. We offered the clinic free for assistant coaches and combined our Coaches' Clinic with a Rules meeting, hoping the turnout would be an improvement. We had 18 coaches this year.

ICGSA Coaches Poll:

Dr. Ron Weiss from Fort Wayne has again run the coaches' poll. Scores are reported on the High School gymnastics website:
www.ingymnastics.com

All head coaches are eligible to be voters for gymnastics poll. Ron compiles the ballot information, posts it online, and sends it out to the AP wire service. Many thanks to Ron for the work he does every year!

Because of the service Ron provides, the committee requested that ICGSA pay him \$100 out of the gymnastic budget to help cover his costs for the webpage.

Upcoming Issues:

1. Coaches realize the importance of increasing participation in gymnastics. They have been sharing gym space with schools that have no equipment and have been including individual gymnasts into their practices. Our coaches are determined to keep our sport growing.

ICGSA Fall Gymnastics Clinic 2014

Featuring: Gary Stam
Saturday, November 22
@ The Gymnastics Company
Indianapolis, Indiana

Session 1: 9:30 to 10:45 “Beam”

Gymnastics coach Gary Stam will cover elements on beam, including complexes, back handsprings, acro series, jump combinations, and dismounts.

Session 2: 10:45 to 12:30 “Bars”

Gary Stam will cover elements on bars, including release moves, clear hips, handstands, giants, and dismounts.

Gary Stam Bio:

Gary is a native of Columbus, IN. He graduated from Columbus East High School where he was a 4 year member of the men’s gymnastics team. He went on to compete at the collegiate level for Indiana State University. He has over 30 years of coaching experience where he has developed entire programs, designed gym layouts and led various camps. He was also the Assistant Head Coach at Indiana University in Pennsylvania. Gary is a USAG certified instructional coach, as well as a USAG certified national coach.

Lunch: 12:30 – 1:30: On your own

Session 3: 1:30 to 2:30 “Rules and Interpretation” meeting

Judge Emily Blue will be sharing the brand new 2015/2016 rule book. This is a perfect way to stay informed!

**Fee: \$10 for head coaches (checks payable to ICGSA)
Free for assistant coaches (at the door)**

Location: The Gymnastics Company (East facility)

Kim Dykes: 317-375-1500
8320 E. Brookville Rd
Indianapolis, IN 46239

Please call if you have any questions!

Linnea Fulkerson (260) 402-1462

ICGSA Chairperson

Attendance: 10 Head Coaches and 8 assistants attended

Total Income: \$100.00 Loss: \$3000.00

Total Costs: \$400.00



2015 Gymnastics Survey Results

1. Yes 36 No 21 I think teams should be allowed 4 inquiries per event per team. This would allow each team to inquire on all possible counting scores during the tournament series, insuring the best possible score for each athlete.

(63% voted yes.)

2. Yes 34 No 23 I think there should be no deduction for a coach standing between the spring board and vault table.

(60% voted yes.)

3. Yes 27 No 30 I think 25 athletes should be allowed on a team's roster. This allows athletes who have trained together as a team the entire year to remain together during the tournament series.

(47% voted yes.)

4. Yes 47 No 10 I think the acro series on beam should be able to include the dismount.

(82% voted yes.)

5. Yes 6 No 51 I favor a class system for gymnastics.

(10% voted yes.)

- 57 out of 71 schools is an 80% return.

Items 2 and 4 were NFHS issues and our data was given to the proper authorities. We did not present items 1, 3, and 5 to the IIAA or the IHSAA in March because not enough coaches voted yes.