



USA GYMNASTICS.

New Jersey

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Dear New Jersey USAG,

I'd like to start off by saying thank you! Thank you for your professionalism and your excellence in coaching. I've been stopping by at meets / judging competitions and I'm constantly amazed watching you work. Thank you for treating our athletes with kindness and care, every child is a gift and they all deserve to be treated special. Keep up the great work and remember you're always welcome to contact me by email or phone. My committee and I are here to help you!

Listed below are a few reminders for you:

1. Small changes have been made to our state handbook, please review and realize all decisions are made with the best interest of our athletes.
2. Sectional and state competitions have written cancellation policies that are being enforced. If you withdraw your athletes after information has been distributed to the clubs, you're responsible for the entire entry fee.
3. The level 3 state meet and the level 5–7 state meet have had venue changes. Please review the state website for the new sites.
4. Friday, December 19, 2014 4–8:00 pm (level's nine and ten) and 5–9:00 pm (level's six -eight) Come observe practice at Gymland. If interested in attending please email Bonnie Synol bsynol61@yahoo.com. We are thankful that Valdi is opening his doors for us to watch how his athletes train. Don't miss this great opportunity. We will be looking for more gyms to share their knowledge in the future.
5. These are important dates for 2015

Region 7 Congress June 26 - 28th 2015 College Park Maryland

Region 7 NAWGJ Symposium (coaches can attend) July 25, 2015 Edison, New Jersey

National Congress August 14th–16th, 2015 Indianapolis Indiana

New Jersey Micro-Congress September 13, 2015 Edison, New Jersey

High Performance Camp September 19th–20th, 2015 Woodward Camp Pennsylvania

During this time of year we all become busy and rushed, but let's not forget to stop and enjoy our families and friends. I personally look forward in spending some precious time with my family and friends. I hope your holiday season is filled with wonderful memories and great traditions!

Peace on earth

Brant Lutska
NJSACC