



## January 2023 Newsletter

Happy New Year everyone!

I hope that you are all enjoying a healthy start to 2023. We are on the verge of State Meets that are quickly approaching; this newsletter will be filled with dates, state registration information, contact information and more so please do read in its entirety. As most of you are aware - there are some significant changes which will be outlined again, below.

If you have questions regarding qualification, or if you have a question regarding a specific athlete and how she needs to qualify, please ask sooner rather than later. Once February is here, time is running out, and in some cases, if the question is asked too late, the athlete may be out of options. Again, please send these questions to [Michele.archer@aol.com](mailto:Michele.archer@aol.com).

Further information about Important deadlines and state sites (and which level will compete on which day) is listed below.

Thank you all for your commitment to our athletes, and wishing everyone a safe and successful lead into Championship season!

Michele Archer

USA Gymnastics-Massachusetts

State Administrative Committee Chairman

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**STATE QUALIFICATION:** In an effort to simplify qualifications, and not make qualification more difficult in programs with the lower numbers of athletes, it was determined at a recent committee meeting that all qualifiers from the master calendar can be used as a qualifier to State Championships and State Cups for the 2023 season. This is explained and outlined in a table in the updated 2022-2023 Fast Facts linked here:

[2022-2023 Fast Facts](#)

**STATE QUALIFICATION FORM - NEW FOR ALL DEV PROGRAM LEVELS AND XCEL DIVISIONS:** In an effort to make the verifying of over 5000 athletes a little more efficient, we are requiring that each club submit a qualification form ([HERE](#)) for each State Competition weekend (so if Levels 4-6 are on the same weekend, they can be included on the same qualification form, etc.). Failure to submit the form to the committee email ([massusagcommittee@aol.com](mailto:massusagcommittee@aol.com)) prior to the entry deadline will result in a \$5.00 fee per athlete. There is no fee for forms submitted on or before the entry deadline :)

**REGISTRATION FOR STATE COMPETITIONS** is done via Meet Reservations, and then payment via Meet Maker. All State meets are up and ready for registrations.

## STATE CHAMPIONSHIPS / STATE CUPS SITES, DATES, DEADLINES...

March 11-12: Level 4-6 State Championships at Algonquin Regional High School  
Level 5/6 - Saturday March 11  
Level 4 - Sunday March 12  
Qualification deadline - Sunday February 26  
Entry deadline - Tuesday February 28

March 25-26: Level 9-10 / Xcel Diamond and Sapphire State Championships at Shrewsbury High  
Levels 9-10 - Saturday March 25  
Xcel Diamond / Sapphire - Sunday March 26  
Qualification deadline - Sunday March 12  
Entry deadline - Tuesday March 14

April 1-2: Level 7-8 State Championships at Fitchburg High School  
Level 7 - Saturday April 1  
Level 8 - Sunday April 2  
Qualification deadline - Sunday March 19  
Entry deadline - Tuesday March 21

April 29-30: Xcel Platinum States at Fitchburg High School  
Qualification deadline - Sunday April 9  
Entry deadline - Tuesday April 11

May 6-7: Xcel Silver and Xcel Gold States at Shriners Auditorium in Wilmington  
Xcel Silver - Saturday May 6  
Xcel Gold - Sunday May 7  
Qualification deadline - Sunday April 9  
Entry deadline - Tuesday April 11

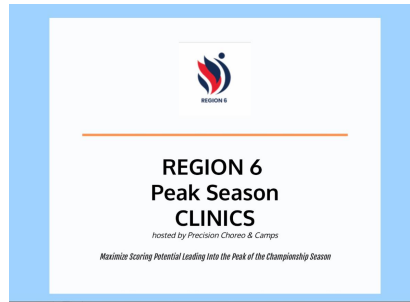
May 13-14: Levels 1-2-3-XB States at Shriners Auditorium in Wilmington  
XB - Saturday May 13  
Level 1-2-3 - Sunday May 14  
Qualification deadline - Sunday April 9  
Entry deadline - Tuesday April 11

\*\* Please note - Requests to compete in a different session than what is assigned will not be considered. State Championships are not the same as Invitational meets. Please communicate this to your families.

\*\* Coaches meetings will be held via Zoom and not at the start of every session of every state meet. There will be one Zoom Coaches Meeting for all Dev Program State Championships (TBA the week preceding Level 4-6 States). There will be one Zoom Coaches Meeting for Xcel Coaches (XP and XD; TBA the week preceding XD States in March). There will be one Zoom Coaches Meeting for Level 1-2-3 and Xcel Bronze, Silver, and Gold (TBA the week preceding XS-XG States in May).

**CLASS OF 2023 - GRADUATING SENIORS:** In an effort to avoid engraving 100+ individual plaques in a ten day period, we are asking that the names of your Class of 2023 gymnasts be sent to Michele.archer@aol.com no later than February 15. Please still indicate them as graduating seniors when you complete your Meet Maker submission for each state meet. As always, our injured graduating seniors will be recognized for their years of dedication to our sport, so please do include their names when you submit your other seniors via email.

**RECENT REGIONAL NEWSLETTER:** Important information from our Regional Chairman is linked: [Region 6 Newsletter Here](#)



## **Precision Choreography Peak Season Clinics!**

### **WHAT IS THE FOCUS OF THESE CLINICS?**

**Clinicians, Judges, Coaches, & Athletes working together toward greatness.**

**Vault:** Defining and Improving Body Positions and Landing Positions

**Bars:** Pirouette Angles, Precision of Handstands, Dismount Body Positions, Landing Positions

**Beam:** Rhythm in Connections, Rhythm & Tempo Changes, Footwork, Posture/Body Line, Artistry, Dismount Amplitude, Direction, and Landing Positions

**Floor:** Footwork, Posture/Body Line, Artistry, Landing Positions/Choices in Tumbling, Reducing Turn Deductions, Leap/Jump Amplitude, and Body Positions.

[Click here for more information](#)

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