

April 2024

Happy spring to everyone!

I'd like to begin by congratulating all of our athletes and coaches on a tremendous season. Now that DEV and Xcel Regionals are in our rearview mirrors, we have only Level 9 Westerns and Level 10 Championships left on the competitive calendars. Best of luck as you head into these prestigious meets.

State Meet Bids – We are already looking forward to next season and putting together the calendar. DEV State will be March 21-23, 2025 and Xcel State will be held on March 28-30, 2025. Please email your state meet bids for both DEV and Xcel to me by June 1st. There is a bid form that can be found on our state website that must be completed. Feel free to add any additional information or documentation that will help us in the decision-making process. Your state board will meet sometime in June to discuss and award the bids.

Side Note – Xcel Regionals are in Madison, WI and DEV Regionals are in Minneapolis in 2025.

Invitational Dates – If you would care to be included on the Iowa USAG calendar for the 2024-25 competitive year, please email me your invitational date.

Website – We are in the process of creating a new website. When Todd retired, we were left wondering how to make changes and updates to the existing website. Nobody seemed to know! Much of the information on the site needs updating as well, so we decided it would be best to start fresh. Look for that coming later this spring.

Head Tax Checks – For those of you wondering why your check for head tax has not yet been cashed, it is because I have been waiting for the official USAG bank stamp. I have given up the wait and will send these checks off for depositing. Thanks for your patience.

Westerns – Iowa GymNest will be hosting the Level 9 Western Championships in Coralville on May 3-5th. Stop by the Xtream Arena to check out the action and cheer for our Iowa qualifiers. Good luck, Ladies!

Region 4 Decisions – Here are a couple items from the recent Region 4 board meeting that might be of interest to you:

- There will be no more event specialists for Silver and Gold at Xcel Regionals. This is due to the size of the meet and space constraints.
- You are all invited to a Region 4 party at Congress in Minneapolis on Friday before the women's competition. Time and place to be determined.

Remember that my committee and I are here for YOU. If there is ever anything that you need, we are just a short email or phone call away.

Kelly

