

The 2006 Regional Awards were presented at the Banquet/Auction of Regional Congress on Saturday, September 30. Dave Rettig, State Administrative Chairman for New Jersey ran the election this year, and presented the following awards.

REGIONAL COMPULSORY CLUBS

Each club received a plaque with all six club names engraved.

Delaware: Mid-Coast Gymnastics - With a strong gymnastics program Mid-Coast continues to help keep gymnastics growing in Delaware.

Maryland: Sportsplex - While only competing for a few years, no club has made more of an impact than Sportsplex. They completely dominated the Level 6 State Championships, as they not only won in the small team division, their score would have won the large team division despite having only 5 kids and needing to count every score! They racked up 9 Individual State Titles, and one of their gymnasts was All Around champion in each age group they were entered in. They placed 3 gymnasts on the State Team (Top 6 regardless of age group). Following this up, they won the Level 5 State Championship by over 2 points, and their 6 gymnasts each finished no lower than 4th in the All Around and notched 6 Individual State Championships and placed 2 kids on the State Team. They added a 2nd place team award at Level 4 States, put another child on the State Team, and notched 8 more Individual State Championships. Everyone in Maryland is on watch for this team as they enter Optionals next season.

New Jersey: U.S. Gym –

Pennsylvania: Berks - Berk's Gymnastics has continually produced champions, both individual and team, at all levels for over 30 years. We should not forget that the history of excellence starts at the compulsory levels, and Berk's produced this years Level 6 Compulsory state champions, a feat that is as deserving of our admiration as the accomplishments of their finest high level gymnasts.

Virginia: Ocean Tumblers - They out placed every other compulsory team at all compulsory state meets in Virginia in 2006, and are without a doubt one of the most highly competitive compulsory club programs in the state of Virginia. Congratulations to all gymnasts, coaches and club owners on a great year!

West Virginia: Flip Flop Shop - An aggressive team with depth that shows determination to make the routines no matter what. The team has great unity and enthusiasm for the sport, and hosted an enjoyable Level 4 - 8 State Meet in their new facility this year. Congratulations, Rhonda, Dave, Susan, the Boosters and the TEAM!

OPTIONAL CLUB OF THE YEAR

Paramount - For the past several years Paramount has consistently placed teams in the top five at our Levels 8, 9 and 10 state meets, winning Level 9 in 2006. A high percentage their gymnasts have qualified to Regionals every year. They have always had very happy and friendly gymnasts who tend to stay with their program from the time they start

competing to the time they graduate. Their program has always maintained that all their gymnasts are important, no matter what level they are or what place they stand on the podium.

ELITE CLUB OF THE YEAR

Hill's - For the past 15 plus years, Hill's has been one of our marquee clubs in the Region, having representatives at the past four Olympics. They are always among the top clubs in the nation, and this year was no different. At the Visa National Championships, three Hill's gymnasts (Brittany Ranzy, Corrie Lothrop, and Kytra Hunter) showed that they are still a force to be reckoned with, all placing in the top 20. Leading the way was Corrie Lothrop, who placed 6th All Around in an incredibly tough Junior Division. Led by USA Gymnastics Hall of Fame coach Kelli Hill, the future for Hill's looks just as bright.

JUDGE OF THE YEAR

Lynn Perrott - We won't embarrass anyone by saying how long Lynn has been judging, but suffice it to say she still knows the deductions for a cast wrap. While serving as our Regional Administrative Chairman, Lynn has also been one of our top judges, and that is the award we are giving her today. The one thing all coaches ask for in a judge is that we know when we see them that the gymnast will get the score she deserves. That is always the case with Lynn. In addition, Lynn is always thinking of helping the gymnast to improve, and is always ready to help the gymnasts by letting coaches know if someone is missing a requirement, where a major deduction is, or helping out with all of the State and Regional Clinics we had this year. Lynn has always wanted to do everything she can to help our gymnasts, and it is a privilege for us to take this time to say "Thank You."

(Note from Lynn: This nomination was a surprise to me, and I can only say I'm honored to be recognized for doing what I love! Thank you, Region 7, for all the support you have shown me over the years, and thank you for this special award.)

SPIRIT OF 7 - PRO

Linda Johnson - Since taking over as Regional JO Committee Chairman, Linda has taken the lead in building a spirit of camaraderie and teamwork throughout Region 7. In the past year, she has been instrumental in the creation of five new clinics that have helped improve our athletes, while also building a sense of togetherness and friendship among the clubs. The High Performance Clinic, Team 7 Edge, Summer Sizzler, Pre-Season Prep, and Future Prospects Camp have all helped to promote a bond and a sense of Regional pride more than anyone has seen in a long time. Linda has been at the forefront of all of these clinics, earning the nickname "The Queen of Clinics." Linda has done an incredible job putting all of this together, and has truly re-defined what it means to have the Spirit of 7.

SPIRIT OF 7 - ATHLETE

Amy Tedder - Amy, a level 10 gymnast from Prestige Gymnastics in Lancaster, Pennsylvania was diagnosed in the fall of 2005 with a very rare type of cancer, Hodgkin's Lymphoma of the bone. Despite facing a very uncertain future, with all the fears that the word cancer itself brings to mind, Amy met the challenge head on, much as

she did her own gymnastics. Amy met with her friends and teammates and told them exactly what she was facing, and how she was going to fight for a complete recovery. Her own determination and confidence inspired the same in her family and friends.

Amy underwent surgery followed by extensive chemotherapy. She was sick from the chemo, lost a great deal of weight and then she lost her hair. What she never lost was her spirit and her fight to once again become whole. Amy's faith in God, her doctors, and in the love of her family and friends remained constant even through her sickness and pain.

Amy has completed her treatment, and despite facing a lifetime of testing and monitoring has been declared cancer free. Amy is no longer able to compete in the sport of gymnastics; it's simply too hard on her body after the therapy she endure. Yet, she finds herself in the gym, coaching and mentoring other young gymnasts, sharing their love of the sport. The rest of her time is spent in the experience and spirit of her senior year in High School.

Amy shares her story of courage and God's grace by being a spokeswoman in her community, sharing her story with area high schools and other organizations. We embrace her and honor her. Amy has been an incredible inspiration to everyone who has been fortunate enough to cross paths with her, and she is no longer considered a cancer patient but a cancer survivor.