



First Class Invitational News!

Summer 2010

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Nastia Liukin Supergirl Cup An Inspirational Experience



Nikole Addison, of Coast Elite Gymnastics qualified at the Presidential Classic with a 36.65 AA

Nikole Addison, a wonderfully accomplished level 10 gymnast from Coast Elite Gymnastics in Ft. Myers, Fl. qualified for the Nastia Liukin Supergirl Cup at the 2009 Presidential Classic. We asked Nikole about her experience competing at the Nastia Liukin Cup.

USAC: How did you feel when you learned at the Presidential Classic that you had qualified to compete at the NL Cup?

Nikole: I was extremely excited. I was speechless. I couldn't believe that I actually made it.

USAC: Was competing on a podium at the NL Cup a very different experience than a regular meet?

Nikole: Competing on podiums was an awesome experience. The podiums made you feel like you were on top of the world.

USAC: What was it like meeting Nastia?

Nikole: Meeting Nastia was very inspirational. She always made everyone feel welcome.

USAC: What were some of the special things that NL Cup athletes were treated to?

Nikole: The athletes were treated to meet Nastia, get two leotards, new warm up and cool Adidas stuff and watch the Tyson American Cup.

USAC: What was the most exciting or memorable part of your experience?

Nikole: Everything was exciting, but the most memorable was competing on the podiums.

USAC: What did you learn from your experience competing at the Nastia Liukin Supergirl Cup?

Nikole: I learned that you always have to be confident in what you are doing and to always believe in yourself.

USAC Calendar of Events

October 22—24, 2010

FRIGHT INVITE

Coral Springs, FL

(entry deadline 9/15/10)

www.frightinvite.com



Dec. 31, 2010—Jan. 2, 2011

NEW YEAR'S INVITATIONAL

Disney's Coronado Springs Resort at

Walt Disney World® Resort

(entry deadline 11/15/10)

www.disneyinvite.com



January 28—30, 2011

SUN & SURF SPECTACULAR

Coral Springs, FL

(entry deadline 12/15/10)

www.sunsurfmeet.com



February 18—20, 2011

PRESIDENTIAL CLASSIC

ESPN Wide World of Sports

Complex at Walt Disney World®

GIRLS & BOYS

(entry deadline 12/15/10)

www.presidentialclassic.com



March 4—6, 2011

AMERICAN TWISTERS

TIM RAND INVITATIONAL

Coral Springs, FL

(entry deadline 01/26/11)

www.twisterinvite.com



\$5 of every entry is donated to the Tim Rand Memorial Fund, benefitting Region 8 athletes, coaches and judges

Tim Rand Memorial Fund

"Together, we can do anything"



The Tim Rand Memorial Fund was set up to continue Tim's work of educating and supporting athletes, coaches & judges. Since the fund has been set up it has raised over \$35,000 with all proceeds going directly to Region 8 for the benefit of athletes, coaches and judges. In 2009 & 2010 the fund paid the National entry fee for all of the qualifiers to JO Nationals from Region 8. For the last three years, the TRMF has contributed to the FL State clinic and the SC Judges clinic. The fund has also contributed to the 2009 All Star Trip and the Eastern National athlete gift. The TRMF is dedicated to the support of the Region 8 gymnastics community.

Tim Rand was the late owner of American Twisters gymnastics and served as Regional Elite Chairman, Regional JO chairman and was a USA National Team Coach for the USA. As the Regional JO Chairman, Tim set up the Regional Training camps that continue now as well as the athlete apparel fund for our National athletes. He also was a well respected clinician and educator. Tim lectured at USAG National and Regional congresses, NAWGJ National Congress as well as State workshops. He was featured in 27 USECA videos that are still being distributed now.

Thank you to everyone that has donated to the TRMF over the last 3 years! I sincerely appreciate your support and recognition of Tim.

Toni Rand



Tim Rand Memorial Fund donation forms are available at www.usagfl.org



*Exciting, fun filled memories that
last a lifetime*

www.usacompetitions.com

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USA Competitions Staff

Randall Sikora is USAC's Company President. He is also the owner of both American Twister Gymnastics in Coconut Creek Florida, and Boca Twister Gymnastics in Boca Raton Florida.

Sharyn Strickland is the Director of Operations for USA Competitions. A former gymnast and coach, Sharyn has been judging gymnastics for over 29 years, and holds a National rating.

Gary Anderson is our Floor Manager for all USA Competitions events. He is the creator of the Capitol Cup competition format. Gary's organization, professionalism, energy and sense of fun is a big part of what makes our events first class.

Lindsay Gallego is the Director of Corporate Sponsorship and Advertising for USAC. Lindsay holds a BA in Psychology (LSU, full scholarship athlete, 4 x Academic All American), and an MBA in Sports Business Management (UCF).

Clayton Kent is our Master of Ceremonies for all USAC events. He is also the Vice President of Operations for both Twister gyms. Clayton is a graduate of and former scholarship competitor and Academic All American for the University of Massachusetts. Clayton was a finalist for the 2002 Nissen Emery Award.

Kevin Griffin serves as the equipment and computer scoring manager for all USAC events. He is the Vice-President of Operations for Lightning City Gymnastics of Tampa, Florida. Kevin oversees incoming and outgoing equipment shipping and trucking, and competition setup. He is in charge of meet directing and scoring at over 35 events per year.

We appreciate you!

We'd like to extend our sincere thanks to each and every one of you for your support of and participation in USA Competitions events. It is our mission to provide the very best competitive experience for every athlete, coach, parent, sibling and spectator. USA Competitions events are family friendly - competitive venues are first rate, host hotels have quality and value, competitions run on time, awards are unique and abundant. USAC meets are memorable experiences that will leave you feeling thrilled and rewarded!

We wish you a safe, happy and prosperous summer. Best of luck in & out of the gym. We'll see you at the competition!

Sincerely,

Randy, Sharyn, Gary, Lindsay, Clayton & Kevin