

## **NHSGA All American Teams**

To nominate a team for All American honors, follow these procedures:

- A. The coach must be a current member of the NHSGA.
- B. The Team Score is based on the accumulation of **four** (new this year) raw scores on each event.
- C. These scores are to be an average of three competitions, one of which must be in a championship competition (i.e. 5 or more team invitational, League, Regional or State meet series). Exceptions can be made by the NHSGA president.
- D. The score sheets must clearly show the competition involved and must be signed by the head judge, coach and athletic director. (Elite level only)
- E. The use of the All American Averaging Scoring from must be used.
- F. A typed or printed list of the team members' names, the name of your principal and your schools address, must be submitted.
- G. A \$5.00 application fee plus \$2.00 per certificate is required covering team members, coaching staff, managers and any other special individuals like your trainer or athletic director.

Non-returnable score sheets or copies of the original score sheets must be postmarked by **JUNE 1<sup>st</sup> 2010** to be accepted. Mail the Women's Team nomination to Bethany Mihaly, 74 Joes Hill Rd, Danbury, CT 06811

- H. Qualifying Scores:            Women's Scores  
   Standard/Elite  
   **130 / 145.65.00**

Honorable Mention: If your women's team averaged between **126.67-129.50** your team is eligible for 2 honorable mention certificates (one for the coach and one for the school). A fee of \$10.00 is required. Send your requests to: Bethany Mihaly, 74 Joes Hill Rd, Danbury, CT 06811

**Checks payable to: NHSGA**

Revised  
11-11-09

**Applications must  
be postmarked by  
JUNE 1, 2010**

## NHSGA All American Individual Gymnasts

To nominate a gymnast for All American honors please observe the following procedures:

- A. The coach must be a member of the NHSGA
- B. The qualifying score must be an average based upon five (5) competitions, two of which must be from tournament of five or more teams and /or from a league, regional, sectional or state tournament. (Exceptions can be made by the NSHGA president)
- C. For **Elite** gymnasts the non-returnable score sheets or copies of the original must clearly indicate:
  1. The gymnasts full name.
  2. The scores awarded.
  3. The signature of the head judge, coach and your athletic director.
- D. The use of All American Averaging Scoring Form for each nominated gymnast **MUST** be used and contain the following
  1. The age of the gymnast.
  2. The class in school of the gymnast.
  3. The All American average you computed with the meet sites and dates.
  4. What college the gymnast plans to attend after graduation. (if known for seniors only)
- E. A \$5.00 application fee per gymnast plus \$1.00 per event must be included. Checks payable to: **NHSGA**

The non-returnable scores sheets or copies of the original score sheets must be **post marked prior to JUNE 1<sup>st</sup>**. Mail Women's All American Gymnast Nominations to Bethany Mihaly, 74 Joes Hill Rd, Danbury, CT 06811

- F. Qualifying scores:      Women's Scores
- |                | Standard/Elite   |
|----------------|------------------|
| All Around     | 8.40/9.30 (37.2) |
| Vaulting       | 8.70/9.40        |
| Uneven Bars    | 8.50/9.40        |
| Balance Beam   | 8.50/9.35        |
| Floor Exercise | 8.80/9.5         |

Honorable Mention: Even if your team did have an All American individual, a coach can request honorable mention status for one or two of their most deserving gymnasts. No scores need to be submitted. Your recommendation only is needed. A fee of \$10.00 is required for either one or two certificates (no duplicates will be sent). Send requests to Bethany Mihaly, 74 Joes Hill Rd, Danbury, CT 06811 **Please make checks payable to: NHSGA**

**Applications must  
be postmarked by  
JUNE 1, 2010**



2009-2010  
NHSGA All American Teams  
**Average 4 scores this year**  
AVERAGING SCORE FORM

Name of High School \_\_\_\_\_

Address \_\_\_\_\_

City, ST, Zip \_\_\_\_\_

Head Coach's Name \_\_\_\_\_

Assistant Coach's Name \_\_\_\_\_

Principal's Name \_\_\_\_\_

E-mail Address \_\_\_\_\_ Please write neatly

Note: The copies of the score sheets submitted must be signed by the Head Judge, the Coach and the Athletic Director to be considered valid.

AVERAGE SCORES EQUALS: \_\_\_\_\_

	Meet #1	Meet #2	Meet #3
Opponent & Date of Meet	_____	_____	_____
Meet Score	_____	_____	_____

Comments and additional information: \_\_\_\_\_

A \$5.00 application fee plus \$2.00 per certificate is required covering team members, coaching staff, managers and any other special individuals like your trainer or athletic director. Please include a list of certificate winners. **Make checks payable to NHSGA**

\*\*Send Women's to:  
Bethany Mihaly  
74 Joes Hill Rd  
Danbury, CT 06811

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be postmarked by  
JUNE 1, 2010**

2009-2010

**NHSGA All American Women**  
**ALL AMERICAN AVERAGING SCORE FORM**

Gymnasts Name: \_\_\_\_\_

Year in School:     9   10   11   12     Date of Birth: \_\_\_\_\_

Name of High School \_\_\_\_\_

Address, City, State, Zip \_\_\_\_\_

Head Coach's Name \_\_\_\_\_ Phone Number: \_\_\_\_\_

E-mail Address: \_\_\_\_\_

NSHGA Member Circle One     Yes   No

**(If NO: A membership form MUST accompany this form)**

E-mail: \_\_\_\_\_ Please write legibly

NOTE: To be considered for ELITE ALL AMERICAN, copies of score sheets must be submitted and must be signed by the Head Judge, the Coach and the Athletic Director to be considered valid.

Event	Date and Score #1	Date and Score #2	Date and Score #3	Date and Score #4	Date and Score #5	Average
Vaulting 8.70/ 9.40						
Uneven Bars 8.50/ 9.40						
Balance Beam 8.50/ 9.35						
Floor Exercise 8.80/ 9.50						
All Around 8.40/9.30 37.2						

Send Form and Check to:

Bethany Mihaly  
74 Joes Hill Rd  
Danbury, CT 06811

\*\*\*A \$5.00 application fee per gymnast plus \$1.00 per event must be included.

**Make checks payable to NHSGA**

**Applications must  
be postmarked by  
JUNE 1, 2010**