

To Region 1,

It has been a great honor and privilege to serve this Region these past 12 years. When I was voted into this position, I really didn't know what I was getting myself into. The position is really 2 jobs, the regional job and the national committee. This position gave me an opportunity to help author 2 cycles of compulsories as well as the JO optional rules. Within the region we were able to go from about one camp per year to 5 last year. These camps have provided education as well as a greater sense of camaraderie among our coaches and gymnasts. We also have raised approximately \$30,000 to \$50,000 a year to pay for all the apparel that our level 9's and 10's and coaches have earned when they qualify for nationals. The first year they received this apparel package we sent it out to each gym in a box and I was fashion expert picking the apparel. We have come a long way from that!

I would like to thank the Region 1 Board who have all been instrumental in making great things happen in our Region and have been incredibly helpful and dedicated in forwarding the Region and making my position a better experience. Jennifer Krause, our Regional Administrative Chair does her job for all the right reasons and really cares about all of our kids and coaches! I have enjoyed working with her very much! Jill Preston, for all of your work with the amazing apparel and cool stuff that our kids and coaches get, a giant thank you! I am especially thankful for not having to order or organize the girl's clothes these last years!

Shane McIntyre, for all your help with organizing and staffing these camps, and helping the camps to grow to the level they are now! Carol McIntyre what haven't you helped with? Thank you especially for your passion for gymnastics and caring about our Region! Neela Nelson, our RTC thanks for all your years of dedication and all your advice, which I will still continue to seek. Cassie Rice how amazing is it to have someone in our Region who coached an Olympian and cares about all the levels of gymnastics in our region! Debbie Farley thanks for both your friendship and leadership!

On the National Level I have been so appreciative to be associated with all the people on the JO National Committee and to witness their passion and dedication to our great sport. Many of us don't realize the time and energy that goes into these volunteer positions and how much of an impact they have on our athletes and our clubs. Tom Koll, the JO National Committee Chair, has been an inspiration to me and is someone I have the greatest respect for. I have enjoyed working with all the members of the JO National Committee and The Women's Technical Committee. I am proud to have been part of the USA Gymnastics National Committee and honored to have had the opportunity to positively effect so many of our athletes and coaches.

Go Region 1!

We are one!