



Ode to Our Future National Judges



To all those brave souls
Who've chosen to experience the National testing scene

We are truly excited for each of you
And have no doubts at all that you'll each make it through

Achieving your desired rating in the end
And you never know, potentially making new friends

In order to achieve that coveted rank
You must be sure that at test time your mind is not blank

It's just for a short time that you'll have to remember
'Cause those memorized values and rules will likely
change in September

But for now, to succeed, you must commit to memory
Deductions, values and requirements on this testing journey

Once you can write and recite all those facts for sure,
You should think about all the other stuff you must
remember to look for....

You are already proficient in adding, subtracting and averaging
But we could all use more practice at seeing and gauging

All those angles of completion of turning skills on bars
Grip positions, amplitude of casts, getting it all
make us see stars!

Did she over or under rotate; was there total absence of open?
How do you measure distance from the table again?

On one particular thing you can generally count
You won't likely see more than one element prior to the mount

Was her degree and exactness of turn just right?
Were her ankles crossed, body in alignment,
was her body tight?

Was there leg separation or was she lacking in split?
Was it bent knees or insufficient tuck, which would you call it?

When attempting to perform her special requirements
Did she unknowingly perform uncharacteristic elements?

Was the choice of elements in her series
a desirable selection?

Was her tempo slow or was there a continuous connection?

If you have time enough to look for balance between
pirouettes and flight

Will you be able to recall if her dismount had any height?

When she dismounted did you see deep squat
or steps on landing?

Were there additional movements to maintain her standing?

Do you temper or kill the visible execution mistakes?

Should you do as "they" say or as "they" do?

Think quickly a \$2 raise is at stake!

Extra swings, flexed feet, release elements, choice up to the level
Have you forgotten to add back connective and additive value?

Don't forget dynamics of performance and artistic impression

Did you feel aggression, expression or were you
left in a depression?

When taking the film part of the examination
Don't let the distance between start values leave
you in frustration

As they keep telling us, our start values don't have to agree
They just conveniently forget to mention that to
the coaches you see

By the time you've determined your score
through the sweat, tears and laughter,
Will you remember if she saluted before and/or after?

When it's over and you've survived without
a complete meltdown
You will certainly celebrate with a night on the town!

Good luck, best of wishes, you can do it, we just know it!
Now it's time to settle down, take a deep breath and



"GO FOR IT!"



*From the mind & pen of Kristi Aguilar
Louisiana National Judge*