

## **Summer NAWGJ NewsUpdate Clinic Information**

**Nawgj State Clinic:** Saturday, September 6<sup>th</sup> and Sunday, September 7<sup>th</sup> 2008.  
Location, Dunkley's Gymnastics Camp, Kibbe Farm Road, South Hero, Vermont.  
Times 3-9 on Saturday and 8:30 to 3:30 on Sunday. Registration is required (even for freebees so I know numbers) Overnights, let me know also.

**Clinic Schedule:** At the end of the news update

**JO Update:** Remember to take all the information from the latest Technique and get the changes or clarifications in your books. I usually photocopy the pages and cut and paste them into both my handbook and flipchart so I have both available at meets.

**New Range of Scores goes into effect August 1, 2008:**

9.5-10.0 = .2

9.0-9.475 = .5

8.0- 8.975 = .7

Below 8.0 = 1.0

**Judges Mileage Reimbursement: July 1, 2008** Mileage will be .58 cents per mile. We will discuss mileage, carpooling and even car rentals at the state clinic. Remember economic times are tough on both judges and the meet directors and clubs.

**Safety Course:** The Risk Management Course will be held on Sunday, September 14<sup>th</sup> 2008 at Northern Lights Gymnastics, 94 Olcott Dr., White River Jct. , Vt. 05001 (mailing) physical is Wilder, Vt. Use map quest for directions, it is easy just a mile off I91. The course time is 9:30 AM. Books will be handed out at the course, we start on time. It is 4 hours plus the one hour allowed for the test so 5 hours. It will be interesting and fun.

**Please, Please, Please pre-register.** You may fill out the form on the back of any Technique and the course code is GM09142008VT. Fax or mail it in. This must be received by the office a minimum of two weeks prior to the course. Anything later results in a late fee. You can register online, some people have told me that is not working right now, so, if you have trouble, you can also go to forms on the [www.usa-gymnastics.org](http://www.usa-gymnastics.org) website and download this form to mail or fax in. You may also call and register by phone with a Credit Card 1-800-345-4719. I do ask you to please register in advance, if you register on-site, you will have to stay after everyone has tested so I can do the paperwork. Even though USA has given us a fee schedule to follow with pending memberships, athlete memberships etc. many times when I ask if they have a pending membership etc. I get "I don't know", "I am not sure", or "I can't remember" or "my owner just told me to come" All are welcome but it helps to pre-register and the USA Office can help answer any questions to the fees charged. When I have to guess, I sometimes overcharge, USA does reimburse but it takes a few weeks so save everyone

time and energy and **Pre-register. Thanks If renewing your safety, just put renew on the form.**

**Nettie Awards:** At the NAWGJ National Governing Board Meetings, Nettie awards are presented for best layout, best humorous article, best article, best video and best web site. Well, we did submit a video three years ago (remember Dianna Ross and Shushunova's) well, it did not win. This year I submitted our website [www.vermontgymnastics.com](http://www.vermontgymnastics.com). Guess what.....I have a trophy here from NAWGJ for the website!!!! I will present this trophy to Stano who is our webmaster.

**NAWGJ CLINIC  
SEPTEMBER 6<sup>TH</sup> AND 7<sup>TH</sup>**

**Saturday, 9-6**

**3-4:30 Ethics**, assignments, email and signed contracts, replacements, inquiries, what hat do you wear? Judges cup, state and national, governing board duties and officers, alcohol and drugs, cell phones, carpooling, mileage and car rentals. Recruiting and course and testing for next summer

**4:30- 5:30 Level 8 practice judging USA and Jr. High UB and BB**

**5:30-6:00: pot luck supper, everyone bring a dish to share, BYOBeverages**

**6:00-7:00- Vaulting with Marylou, compulsory and Optional**

**7:00- 8:00 Kara and Alicia Skill Identification of acro floor skills and dance skills**

**8:00 – 9:00 Bar grips, the LiLi clinic DVD and skill ID for Advanced Bars releases**

**End of Saturday unless people want to go longer...I will**

**Sunday, 9-7**

**8:30-10:00 High School Assigning** by Alicia, High school and club athletes, what you must do by Nancy, High school rules and updates by Kara. Judges sheets and gymnasts worksheets/ routine check offs by Gail

**10:00- 12:30 guest clinician Shelby Jones (resume to follow)** Dance combinations, give or not, dance skills how it really looks, techniques for teaching dance (turns, leaps and jumps)

Original connections

How to find your groove (or your gymnast)

Building on your strengths (let us help you find them)

**12:30 – 1:00 Lunch , bring a dish to share BYOBeverages**

**1:00-2:00 Prep Opt. rules and the program, can we attract high school athletes too ?**

**2:00- 3:00 New DVD on dance and connections, skill identification on Beam  
3:00-3:30 handout DVD's- gifts- Q and A brainstorming.**

**All NAWGJ Vermont and Affiliates free, All Vermont coaches, free, all others \$25.00 (there is no one day fee, it is flat fee for both days whether you choose to stay only one)**

**Registration for all free members: email me by August 25<sup>th</sup> so I know numbers and if overnight also**

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**Registration : DEADLINE: August 25th**

**Name:\_\_\_\_\_**

**Address:\_\_\_\_\_**

**phone:\_\_\_\_\_ Fee: \$25**

**NO ONSITE REGISTRATIONS, MUST REGISTER IN ADVANCE VIA MAIL.  
MAKE CHECK OUT TO NAWGJ-VERMONT AND MAIL TO  
GAIL MCGANN  
PO BOX 631  
BOMOSEEN, VERMONT 05732**

**Thank you,**

**Gail McGann, SJD**