

**NAWGJ STATE CLINICS
USA SAFETY CERTIFICATION COURSE**

NAWGJ STATE CLINIC:

DATE: September 12, 2010

TIME: 9:30- 5:00

LOCATION: REGAL GYMNASTICS 16 TIGAN DRIVE WINOOSKI, VERMONT

FORMAT: 9:30: MEET, GO OVER NAWGJ/USA INFORMATION

*10:00: ALL LEVELS OF BARS FROM Level 4, Prep Opt. High School and up
live gymnast demonstrations and judges evaluations*

*12:00: Lunch and open NAWGJ meeting: bring your lunch
Professionalism, New rules, JO update, financial reports*

12:30: Update on all levels of Beam

*1:00: All Levels of Beam 4-10 Prep Opt. Vt/NY High school
Evaluations*

3:00: SECOND PART OF NAWGJ MEETING/HANDING OUT OF DVD'S

3:30: ALL LEVELS OF FLOOR

5:00: WRAP UP AND CLEAN UP MANY HANDS MAKE LIGHT WORK

*ALL JUDGES ARE EXPECTED TO HAVE REVEIWD ALL RULES, PRINTED THE JO
UPDATE FROM USA GYMNASTICS (I WILL HAVE SOME EXTRA COPIES) AND
READY TO JUDGE. THIS WILL BE CLOSED SCORING THEN OPEN SCORING.*

*CPE: I WILL HAVE THE CPE FORMS AND SLIPS READY TO HAND OUT:
REMEMBER THAT YOU MUST GET HALF OF YOUR CLINIC CREDITS FROM
SANCTIONED CLINICS. THIS IS A SANCTIONED CLINIC.*

NAWGJ VAULT CLINIC:

*We have no site as of yet, we are planning this for Friday September 17th. We
need judges there so everyone is on the same page. We are hopeful that time will permit
us to add some Bars, Beam and Floor routines again. (Just a few) This will also be
sanctioned and we are looking at 6:30-9:00 PM.*

USA SAFETY CERTIFICATION COURSE:

DATE: SUNDAY, September 26TH 2010

TIME: 9:00 AM -1:00 PM COURSE TEST BEGINNING AT 1:00

LOCATION: COBRA GYMNASTICS AND DANCE

56 HOWE STREET

RUTLAND, VERMONT 05701

BUILDING H

THIS IS UP FOR REGISTRATIONS ONLINE RIGHT NOW, DON'T WAIT!!! RENEWAL AND NEW CERTIFICATIONS. IF QUESTIONS CALL MEMBER SERVICES: 1-800-345-4719

I WOULD LIKE SOME CLUBS TO BRING GYMNASTS TO THE SEPTEMBER 12TH CLINIC BUT FIRST MUST GET TOGETHER WITH ALICIA SO WE CAN REQUEST NUMBERS. WE WILL BE LIMITING THE NUMBERS IN EACH LEVEL. WE NEED GYMNASTS FOR THE PREP OPTIONAL AND HIGH SCHOOL ROUTINES WITH FULL ROUTINES ONLY.

We will also need some gymnasts for evaluation on the Friday, September 17th clinic.

Judges: you need to be ready to judge and also due to cost of sanctioning clinics: you need to get to part or all of the Sept. 12th clinic not only to remain active with CPE but be on top of your game.

More information to follow.

Gail McGann, SJD