

NAWGJ-USA VERMONT
STATE CLINIC
SANCTIONED

DATE: SUNDAY-SEPT. 18TH
PLACE: NORTHERN LIGHTS GYMNASTICS
TIME: 9:00 – 5:00

SCHEDULE:

8:00-8:45 STRETCH AND WARM UPS FOR FIRST EVENT

8:45: INTRODUCE JUDGES AND NEW MEMBERS

9:00: PREP OPT PRACTICE JUDGING VAULT
ROOKIE, NOVICE, INTERMEDIATE, ADVANCED

9:30: PREP OPT BARS

10:00: PREP OPT BEAM

10:30 PREP OPT FLOOR

11:00: JUDGES MEETING, UPDATES, TECHNICAL NEWS

12:00-12:30: WORKING LUNCH: UPDATES NY HIGH SCHOOL AND VT. HIGH SCHOOL

12:30 -1:45: EXPLORE THE NAWGJ WEBSITE: MARYLOU WILL TAKE YOU THROUGH THE WEBSITE WITH LINKS TO QUIZZES, VIDEOS, CHEAT SHEETS, GUIDES, LINKS TO USA ON HER LAP TOP FOR ALL TO SEE.

1:45- 2:45: WHAT WOULD YOU DO? DVD WITH SCENARIOS OF THE STRANGE THINGS NOT SPELLED OUT SO BE PREPARED!!!

2:45- 3:15: WHAT ARE WE LOOKING FOR COMPOSITIONALLY FOR REGIONAL COMPETITORS?

3:15- 4:30: DVD ON EXECUTION-EXECUTION, HOW MUCH, HOW LITTLE

4:30-5:00: HAND OUT DVDS AND TALK ABOUT THE GREEN MOUNTAIN, MILEAGE ETC.

COACHES: I WILL NEED 3 GYMNASTS AT EACH LEVEL FOR EACH EVENT SO I NEED 3 ROOKIES, 3 NOVICES, 3 INTERMEDIATES AND 3 ADVANCED TO DEMONSTRATE THE PREP OPT ROUTINES FOR US.

PLEASE LET ME KNOW WHO YOU CAN COMMIT TO BRING , PLEASE. WE WILL TRY TO ACCOMDATE.

JUDGES, IF YOU KNOW OF PEOPLE INTERESTED IN JUDGING, THIS WOULD BE THE CLINIC THEY MUST ATTEND. SPREAD THE WORD.