

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.