

SEPTEMBER 2015
NAWGJ- VERMONT UPDATES

Happy Fall is here along with some wonderful weather. Enjoy it now before we are all to hectic and also trying to survive snowstorms.

REMINDER: Make sure all coaches and judges are staying on top of the downloading all the replacement pages for both the Code of Points and the Xcel code. If you are a NAWGJ and have clicked the link to receive emails that tell you when there are updates, this is so helpful. Basically, the last few were just the new printed pages with the changes from the Technical committee meetings. It is important that everyone has these changes so you will not be caught short at a meet. If you are a coach, just go to Women, Technical Updates and download where it says replacement pages. It is very easy to get them from NAWGJ. Go to nawgj.org and when the home page comes up, look to the right side of the page, you can click and be directly connected to the USA website where the pages are located.

MUSIC: If you have any music with humming, words etc., I sent you all a link the end of August with an email from Pat Panichas on where to go and what you need to do to get the music approved. Notice on page 230 in the Code (a new page) that the coach should carry the approval form to competitions as a form of verification that the music has been approved and should not receive a deduction. If you do not have that form, it may be subject to a deduction. It is now September and I have no idea how long the approval process takes so if you music in question, I would begin the process today.

JUDGES: I have assignment fees from Le Studio, Woodman's and Sunrise but some of you are delinquent in returning signed forms and or copies of USA cards to me. I can NOT do those assignments until I get them. THE DEADLINE IS TUESDAY, SEPTEMBER 29TH. DO IT, PLEASE.

I have attached the list of meets with the judges who have indicated they are available. Some meets may need 1 more judge (Candyland Dec. 6th needs one more) Look at it and check it out.

CLINIC: October 11th at Central Vermont Gymnastics 80 Commercial Drive Waterbury, VT 05676. Time 10 AM to 3 PM. Clinician will be Tony Retrossi
This is sanctioned and I have sent the form to Connie Maloney for CPE credits.
The focus will be starting with basics and leading up to advanced skills. He will cover the technical demands of vault, tumbling and bars. Judges in particular could find it beneficial because it will show good technique as opposed to compensatory technique. It can also help the judges spot faults before they occur by knowing what to look for.

Take advantage of this wonderful opportunity to learn more and also earn CPE credits.

So, don't FALL behind, stay on top of everything and have a great season.
Gail McGann, SJD