

**FALL 2010 NAWGJ CLINIC  
SUNDAY, SEPTEMBER 12, 2010  
REGAL GYMNASTICS  
16 TEGAN DR.  
WINOOSKI, VERMONT**

**9:30-10:00 GYMNAST WARM UP**

RULES UPDATE LEVEL 4-10  
L7 CAST/ L 7/8 ADDED SKILLS  
FALLS INFORMATION  
FLYAWAY SPECS HB/ LB  
COMP. L 10 RELEASE DEDUCTIONS  
KARA: VT HIGH SCHOOL  
LAURA: NY HIGH SCHOOL

**10:00-12:00 BARS ROUTINES: 4 JUDGE PANELS 4-10 PR OPT HS**

Be Prepared to Judge SV and Scores

**12:00-12:45 WORKING LUNCH: NAWGJ STATE MEETING**

BRING YOUR LUNCH  
CANNONS, CONTRACTS, CPE FORMS,  
JUDGES REQUIREMENTS  
SECTIONAL/STATE PAYMENTS  
CAR POOLING  
FINANCIAL STATUS  
NATIONAL JUDGES CUP  
EMAIL/FACEBOOK/CELL PHONES  
GREEN MT. CUP  
USE OF NAWGJ.ORG WEBSITE/QUIZZES/VIDEOS  
CO-SJD'S/ FUTURE

**12:45-1:00 BEAM UPDATES**

STRETCH JUMPS, FLIGHT SERIES, NEW ELEMENTS, PRESS HS  
SKILLS REQUIRING HOLDS  
TURNS AND PIVOTS, STRONG FEET

**1:00-3:00 BEAM ROUTINES 4-10 PLUS PREP OPT HS VT/NY**

**3:00-3:30 FLOOR UPDATE**

**DVD HANDOUTS**

DANCE SERIES/ WHERE TO CHEER/ SALTO LANDINGS  
COACH ON FLOOR

**3:30-5:00 FLOOR EXERCISE ROUTINES**

**5:00 HANDOUT CPE CREDITS**

**SIGN SANCTION**

**FRIDAY  
SEPTEMBER 17, 2010  
VAULTING CLINIC  
GREEN MOUNTAIN GYMNASTICS  
6:30- 9:00 PM**

**6:30-7:00 VAULT UPDATES  
7:00-9:00 JUDGING ALL LEVELS FOUR JUDGE PANELS**

**SUNDAY  
SEPTMEMBER 26, 2010  
SAFETY COURSE  
9:00-1:00 COURSE  
1:00 WRITTEN TEST**

**COBRA GYMNASTICS AND DANCE  
56 HOWE STREET BUIDLING H  
RUTLAND, VERMONT 05701  
REGISTER ONLINE  
COURSE CODE  
GM09262010VT**

**NAWGJ WISHES TO THANK REGAL GYMNASTICS AND GREEN  
MOUNTAIN GYMNASTICS OWNERS AND STAFF FOR  
PROVIDING USE OF THE FACILITIES FOR CLINICS, JUDGES  
TRAINING AND MEETINGS AT NO COST TO NAWGJ-  
VERMONT.**

**THIS IS A WONDERFUL DONATION TO OUR ORGANIZATION**

**I WISH TO THANK IN ADVANCE SHELBY JONES/ COBRA  
GYMNASTICS AND DANCE FOR USE OF THE FACILITY FOR  
THE SAFETY COURSE FOR USA GYMNASTICS.**