

## MAY NAWGJ NEWS UPDATE

**CONGRATULATIONS:** To all the gymnast who participated in Level 8 Regionals. It was nice to have representation.

**SAFETY COURSE:** We will only be able to run one LIVE Safety Course each year. It needs to be in conjunction with a State Clinic. I have sent in for Saturday, Sept. 17<sup>th</sup> at Northern Lights Gymnastics beginning at 4:30. Conclusion at 9:30. You must pre-register, no walk ins, and must register by September 1<sup>st</sup>. If there are not 10 participants, the course will be cancelled by USA Gymnastics. The course should be posted by the end of next week as they confirmed they had received my request. I suggest you register as soon as it is posted to secure the course. You may take the course within 1 year of your expiration date so if your safety expires in June or July of 2012, you may take the course in September of 2011. If you have any problems registering online, do not call me as I can not help you in that matter, you must call USA Gymnastics at 1-800-345-4719. To download a form to register by snail mail go to [www.usa-gymnastics.org](http://www.usa-gymnastics.org) and click on womens at the top and then on the left, click on education. It will direct you to download a form or register online. Make sure if registering online, you check the live course.

The course code : GM09172011VT.

**STATE CLINIC:** The NAWGJ State clinic will be Sunday, September 18<sup>th</sup>. The schedule has NOT been set at this time. I am open to suggestions. Last year' s clinic where we used gymnasts was very successful. I would love to have gymnast demonstrators. Feedback is always good so let me know your wishes.

The date for the State USA Gymnastics meeting has not been set at this time. Jill will be forwarding that information soon.

I was fortunate to have judged Regionals as well as Level 10 Nationals and they were awesome meets. I would not mind doing a short segment of what to look for compositionally for a regional Level 8 or Level 9 competitor to assist our Vermont coaches.

Wish for Sun and nice weather.

Enjoy,  
Gail McGann, SJD