

**AUGUST NAWGJ 2015
UPDATES/ CLINIC INFORMATION**

**AUGUST 16TH: SUNDAY NAWGJ=VERMONT STATE
JUDGES CLINIC**

**LOCATION: DUNKLEY'S GYMNASTICS CAMP, KIBBE
FARM ROAD, SOUTH HERO, VERMONT**

TIME: 8:00- 6:00 SANCTIONED CLINIC

**FREE TO VERMONT NAWGJ AND USA MEMBERS
ALL ELSE \$25**

8:00-9:00 ARTISTRY ICE BREAKER

**9:00-11:00 TOOLS FOR XCEL: BARS, BEAM, FLOOR
SILVER-DIAMOND**

**11:00-12:00 WHAT'S THAT DEDUCTION?
TOP TEN**

**12:00-1:00 WORKING LUNCH BOARD AND BUSINESS
MEETING, CONTRACT SIGNING/ USA MEMBERSHIP
CARD**

**1:00-2:00 BARS: SCRIPTING AND SKILL
IDENTIFICATION**

2:00-2:30 Kara artistry

2:30- 3:00 TECHNICAL UPDATES

3:00- 4:00 KEN AND BETH FOOT POSITIONS ON BEAM

4:00-5:00 KARA HIGH SCHOOL GYMNASTICS

**5:00- 6:00 TECHNICAL UPDATES CONTINUED
(MICHELLE) AND QUESTION AND ANSWERS**

**BRING A COPY OF YOUR USA MEMBERSHIP CARD TO
ATTACH TO THE CONTRACT**

***BRING THIS AVAILABILITY:PLEASE BRING THIS FILLED
OUT FOR ME***

YES OR NO (PLEASE WRITE)

Nov 21-22 Harvest Meet at NLG

Dec 13 Sectional meet Nr 1 at Kingdom

Jan 9-10 Royal meet at Regal

Jan 24 Sunrise Snowflake meet at Sunrise Gymnastics

Feb 7 Sectional meet Nr 2 at LeStudio

Feb 13-14 I love Vermont at Champlain Valley

March 19-20 Green Mountain Inv. & Sectional Nr 3 at Green Mountain

Apr 2-3 State Championships at ???

KEEP IN MIND THAT DOING ONE DAY OF A TWO DAY (UNLESS IT IS IN THE BURLINGTON AREA) COSTS THE MEET DIRECTOR EXTRA FOR MILEAGE SO FOR THE HARVEST, TRY TO DO BOTH DAYS. THANKS, GAIL

BRING YOUR USA NEWS WITH THE TECHNICAL MINUTES SO YOU CAN FOLLOW ALONG ON THE UPDATES.

BUDGET WILL BE SENT TO BOARD MEMBERS AFTER THE 10TH OF AUGUST WHEN I DO THE FINANCIAL REPORT.