

VIRGINIA STATE CLINIC FOR ALL COACH'S & JUDGES

REGISTER BY FRIDAY, OCTOBER 21ST, 2011

Hey Coach's & Judges...don't miss out on this terrific educational and informational professional development opportunity. This is a great chance for coach's and judges to hear the latest USAG JO Program updates and to ask questions about optional & compulsory rules, requirements & routine evaluation.

- Linda Thorberg - Region 4 Technical Committee Chair
- Skill Recognition & Technique
- Uneven Bar Releases & Pirouettes
- Routine Evaluations - Applying Deductions - Coaches & Judges
- Junior Olympic Program Updates
- Judges receive CPE Clinic Credit
- Coaches Prepare for Competition Season!

Accommodations

HOST HOTEL:



Holiday Inn North Beach

39th Street & Atlantic Avenue, Virginia Beach, VA 23451

Hotel Phone: 757-428-1711 • Worldwide Toll-Free Reservations 1-800-HOLIDAY (465-4329)

<http://www.vboceanfrontnorth.com/>

- Rooms are \$119.00
- Please make your reservations by September 29th.
- USE "VAUSAG STATE MEETING" WHEN MAKING RESERVATIONS

Directions

Follow I-64 East to I-264 East to the Virginia Beach Oceanfront. Turn left onto Pacific Avenue; continue 18 blocks to 39th Street, turn right onto 39th Street. The hotel will be at the end.



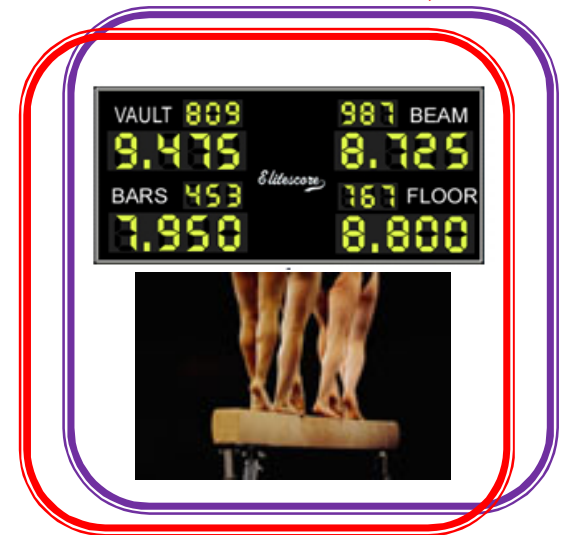
ATTENTION MEMBERS: VANAWGJ MEMBERSHIP MEETING SAT. OCTOBER 29TH 3:45-5:00PM
VAUSAG STATE MEMBERSHIP MEETING SATURDAY, OCTOBER 29TH - 5:30-7:30PM / VA MEMBERS SOCIAL HOUR 7:30-8:30PM

TO:

VANAWGJ
Diane Berry, VA State Judging Director
1213 Hartford Court
VA Beach, VA 23464



OPTIONAL AND COMPULSORY CLINICS FOR COACH'S & JUDGES OCTOBER 29TH & 30TH, 2011



EDUCATION IS THE KEY TO SUCCESS!



HELD IN CONJUNCTION WITH
VAUSAG STATE MEETING
SATURDAY, OCTOBER 29TH
5:30-7:30PM

JOIN US FOR A MEMBERS
SOCIAL HOUR 7:30-8:30PM
BEER, WINE, SODA & FINGER FOOD SERVED

**VIRGINIA NAWGJ PRESENTS
Compulsory & Optional Clinic
For Coaches and Judges
October 29th & 30th, 2011**

Guest Lecturer

**Linda Thorberg,
USAG Region IV
Regional Technical Chair**



Virginia coaches and judges would like to welcome Linda Thorberg to Virginia Beach as the guest lecturer for the October VANAWGJ sponsored Judges & Coaches Clinic.

Linda is the USA Gymnastics Regional Technical Chairman for Region 4, and also a Brevet Judge. She is a former Minnesota State Chairman and has been a coach at Thompson Academy of Gymnastics (TAGS) in Minnesota since 1977. She has conducted clinics for coaches and judges at the State, Regional and National level for all levels of gymnastics.



Linda has 30 plus years of working with preschoolers, classes and team. She puts all that experience to use as an official USA Gymnastics National Instructor for the Preschool Fundamentals Certification Program. She is the co-owner of Flipping Education with Brant Lutska which provides preschool gymnastics program ideas and training for all. See more at www.flippingeducation.com.



Clinic & Meeting Schedule

Saturday, October 29th, 2011-Optional Clinics

- 7:45am-8:00am Check In
- 8:00am-9:00am JO Rules Update-Review what's New for 2011-12
What do I do IF??-Unusual situations & how to handle them - For Judges & Coaches
- 9:15am-10:15am Shorthand Challenge-Brush up on your symbols & Practice new ones on all events/Routine Review
- 10:30am-11:30am Uneven Bars L7 & 8-What is the Start Value?
- 11:45am-1:15pm Lunch Break
- 1:15pm-2:15pm Uneven Bars-Releases, Circles & Pirouettes-What is it worth? What is the symbol? What is wrong with it?
- 2:30pm-3:30pm Floor Exercise-Acro Skills-Let's evaluate Forward & Backwards
- 3:45pm - 5:00pm VA NAWGJ State Judges Meeting
- 5:30pm - 7:30pm VAUSAG State Membership Meeting
- 7:30pm - 8:30pm VA Member Social Hour

Sunday, October 30th, 2011-Compulsory Clinics

- 8:15am-8:30am Check In
 - 8:30am-9:30am Handspring Vaults-Most Important Parts
 - 9:45am-10:45am Compulsory Bars-L4-5-6 Are you getting it down?
 - 11:00am-12:00pm Compulsory Beam & Floor-Evaluating the most important parts.
 - 1:00pm Judges Testing* & Safety Certification*
- *Register online at www.usa-gymnastics.org for judges testing and safety certification.

Registration Deadline

Friday, October 21st, 2011 is the deadline for registration. Please endeavor to register ASAP for planning purposes. There is an added fee for each registration received after 10/21/11. Thank You!



Registration Form

Registration Deadline: Friday, 10/21/11

Check & Pay for all Clinics Attending:

	Price
<input type="checkbox"/> Clinic Sessions 1 & 2 Sessions – Saturday, October 29 th , 2011	\$100.00
<input type="checkbox"/> Clinic Session 3– Sunday, October 30 th , 2011	\$60.00
<input type="checkbox"/> After October 21, 2011 – Add \$10.00	\$10.00
<input type="checkbox"/> On Site Registration – Add \$25.00	\$25.00

TOTAL

Name _____
Address _____
Phone _____
E-mail _____

Method of Payment

- Check
- MasterCard/VISA
- Make ALL Checks Payable to: VANAWGJ
- I am a VA Judge and have attached my voucher or payment.**

Credit Card #: _____

Expiration Date: _____

Credit Card No. _____ Expire Date _____

Signature _____

MAIL OR FAX WITH PAYMENT TO:

VANAWGJ
Diane Berry, VA SJD
1213 Hartford Court
VA Beach, VA 23464
Phone: 757-474-2220
Fax: 757-474-2221
E-mail: berrydb1@aol.com