



April 2005



## KATHY'S KORNER

### Kathy's Korner

It's 2005 and it started out pretty terrific for me. Kevin and I welcomed baby Brinley into our lives on January 4, at 8:49 am. She's a handful but she's been a lot of fun. She rolled over for the first time on February 17 and you'd have thought she performed her 1<sup>st</sup> double back by our reactions.

Judging still does exist in our lives and we have a very busy summer ahead of us. The Master Clinic in Reno June 10-12, National Symposium in Portland Oregon July 14-17, The National Course in Indianapolis, Indiana August 14-17 for current National rated judges and August 18-21 for first time invitees, Judges Cup August 27 & 28 and Region 1 Congress September 3-5. Please make sure to mark your calendar with these important events, especially Judge's Cup.

Obviously there are a lot of things going on this summer and you do not need to attend all of them. If I were going to pick just one it would be the National Symposium in Portland, Oregon. It will be the most fun and is tailored specifically for Judges. You will come away from it feeling very prepared to use the new rules and judge the new routines.

It has been a great 4 years of the old routines and I am excited to be getting new Compulsory music and routines. I hope that each of you will join me in another fun fantastic 4 years of Judging.

Hope to see all of you soon,

*Kathy Lopes*

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### The NorCal NAWGWJ Board

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# Technical Information From Region 1 Base Score

## What Are We Looking for At Regionals?

Submitted by Toni Cupal, Technical Assistant

Nevada NAWGJ hosted the second annual regional base score clinic Dec 3-4 at Las Vegas. We were lucky to have Connie Maloney, USA Gymnastics Women's Jr. Olympic Program Manager, and Sue Graff, Region I Technical Chairman, as our clinicians. Routines at level 8/9/10 were base scored on each event. The clinic was required for all judges assigned to a regional meet, but was open to all interested judges and coaches. NorCal NAWGJ paid the registration fees and provided a \$40 stipend to all our members who were able to attend.

While most of the notes below are from this year's clinic, I have included some items from last year's clinic by Sue and Audrey Schwyer since, in reviewing last year's notes, I thought they contained many good reminders which haven't changed. I listed (2003) after all points from the 2003 clinic. This year, Connie spent a lot of time on bars which was great, and she handed out a wonderful summary of compositional guidelines for bars. "Considerations for the

Evaluation of Composition for Level 8, 9, & 10 Bars, by Connie Maloney, 2004.) Many of her thoughts in this document can also be applied to beam and floor



### GENERAL:

1. Connie repeatedly emphasized that each level should be judged according to the difficulty requirements of that level and that routines that exceed difficulty requirements should not automatically be considered better. The first source of discrimination between athletes is execution. See her composition note for more details on this point.
2. Execution and amplitude expectations should NOT change from level to level, e.g. split leap deductions for a level 8 gymnast are the same as for an elite gymnast. (2003)
3. Regarding composition, Connie discouraged us from creating our own personal guidelines for what was required for good composition. She argued that there are so many variables to consider that any guidelines will certainly fall short before long. Her advice – "Use the rules that are written and then 'Let it flow!'" (Sounds like the Zen of judging gymnastics!)
4. Connie encouraged everyone to be consistent in our scoring throughout the season and not fall into the trap of "Oh, it's just an invitational..." early in the season. The problems with scoring high at invitationals early in the season are 1) gymnasts and coaches don't get good feedback early in the year and 2) gymnasts see their scores go down through the season as their gymnastics gets better.

So, stay consistent and use start value flashers from the beginning of the year.

5. For personal development, Connie encouraged all of us to force ourselves to branch out of our comfort zones in non-critical situations. If you are uncomfortable on floor – ask for it at a local meet or an invitational where you can get lots of practice. She talked about how she doesn't like floor "boing-boings", but how after a weekend of judging floor, her comfort level is much higher.
6. Connie also addressed the need for chief judges to be respectful of their panel. She pointed out that simply thinking about the way things are phrased can make all the difference, e.g. using "Why did you have..." instead of "You should have had..."
7. And one final thought to remember, do not underscore excellence!! (2003)

### VAULT:

Sue gave an excellent vault lecture. She emphasized that vault is very hard to judge well and one should not put the weakest judges on vault. She noted that, unlike the other events, execution is NOT the most important thing on vault. SPEED, HEIGHT, DISTANCE, and DYNAMICS are most important with execution following these. So throw away your judging sheets and look for the "Wow!" factor.

1. HEIGHT: Height is NOT optional! There should be height and height should be maintained. You should see a block prior to flipping or twisting. Height can be deceptive so watch the center of gravity of the gymnast.
2. Recognize that acceptable height is RELATIVE to the vault being performed. More complicated vaults have "relative height" which is less than the height required of a simple vault. The height required depends both on the vault being performed and the size of the athlete.
3. DISTANCE: There should be distance, but the amount required is dependent on a number of things including the mechanics of the vault. Like with height, we must remember that "all vaults and all vaulters are not created equal" and we must allow our distance requirements to vary accordingly.
4. DYNAMICS: Dynamics incorporates many things including the crispness of the vault, having well defined body shapes in salto vaults, twists finishing by horizontal, whether or not the vault "FLIES" and if you say "Wow!". More dynamic vaults are well defined which leads to the corollary "If I can't tell what it was, it was not dynamic."
5. EXECUTION: Execution is not as important on vault. Be careful not to get hung up on the little things. However, do not reward very poorly

# Technical Information From Region 1 Base Score

## What Are We Looking for At Regionals?

executed or unsafe vaults. If a vault is poorly performed, execution is probably a big issue.

6. Start values do not provide enough separation in Level 10. We must encourage diversity and reward the athletes who are doing higher level skills. We tend to over award simple vaults. Simple clean vaults should not beat adequate complex vaults.
7. There is no such thing as a “vault in progress”. You judge what you see performed that day. This would apply to the gymnast who performs  $\frac{1}{4}$  on,  $\frac{1}{4}$  off front who is working towards a Kazamatsu. Per the new clarification, we judge this vault the same as a simple handspring front, but we DO apply deductions for the unspecified twist (up to 0.3.)
8. TWISING VAULTS: These vaults also require height. Horizontal is not OK. We should expect to see repulsion and then twist. If this does not occur, apply repulsion phase deductions and technique deductions.
9. All twisting vaults including those with saltos should finish their twist by horizontal.
10. Do not want to see segmentation – pike archy wiggle is not OK.
11. Arabian vaults – these will not travel as far as other vaults. Should see a nice twist and rotate around center. Look for sharpness of twist and flipping squarely front.
12. For layout vaults, if more than half the vault is not stretched then award open pike. It is a disservice not to do this since the gymnast may get a layout all year and then have a pike awarded at state or regionals. (2003)
13. Layout front half is often over scored. It should be straight during half turn and not pike down. (2003)
14. If a layout vault pikes down, deduct for body in the air and on landing if appropriate.(2003)
15. Finally, ranking is important in vault. The most accomplished athlete should win and we should award safe, progressive gymnastics. The simple clean vault should not beat the adequate complex vault in the same completion.

### **BARS:**

Standards of excellence: Body position, swing, dynamics, height of release elements. (2003)

1. Connie urged all judges to apply cast deductions consistently throughout levels and throughout the year. Remember the two cast exemptions at Level 8 are high bar casts into a peach or a bail  $\frac{1}{2}$  turn over low bar.
2. Counter “sit up saltos” should be caught from ABOVE the high bar. Take up to 0.2 for height if they are not. Legs should not cross through the vertical plane of the high bar. If they are very questionable, still give the “C”, but take full

execution deductions. Execution includes amplitude, arms at point of catch and leg form. Also, if the gymnast is casting into this skill, they MUST cast to handstand before this element. If they cast and just squat/pike onto the bar, apply a 0.1 deduction for cast below 45 degrees.

3. In casting, a gymnast can cast to handstand and then split, but if they cast to a split, the front leg is considered the lowest part of the body and cast deductions will be applied appropriately.
4. After a fall, the routine begins again AS SOON AS the gymnast performs a value part. This means if they glide kip to get back on the bars, their routine has begun and all extra squat-ons or extra swings that occur after this point will be deducted for.
5. If a gymnast attempt a circling skill to handstand with a pirouette, but does not get within 10 degrees of vertical, award the value part for the root skill that does not go through vertical and DO NOT deduct for late completion of the turn, e.g. gymnast attempts a free hip  $\frac{1}{2}$ , but does not get within 10 degrees – award “B” for the free hip and do not deduct for late completion of turn.
6. GIENGER: Look for amplitude, leg form, straight arms when catching and timing of twist.
7. TKATCHEV: Deduct up to 0.2 for amplitude. Be consistent throughout the year and keep good models in your mind so you know what the height should be. Want the skill to float and extend out.
  - a. -0.05 – 0.10 if it goes up, but comes straight down
  - b. -0.15 if it goes up some, but line is directly down and back
  - c. -0.20 if no up and straight back, aka “butt-skimmer”
8. YEAGER: The end of it should feel just like the sit-up salto. Deduct for amplitude if it does not.
9. HIGGINS: If the gymnast does not arrive within 10 degrees of vertical, the value of the skill goes from a “C” to an “A”.
10. Level 8: Since Level 8’s can do “C”’s, if the gymnast performs a clear uprise to clear hip hand, a “C” element is recognized and awarded “B” as always in Level 8. If, however, the clear hip does not finish within 10 degrees of vertical, the gymnast is awarded two “B”’s, one for the uprise and one for the clear hip. (2003)
11. Level 10 release level deduction: Two “B” releases should receive a deduction of 0.2. Other combinations are harder to evaluate and require considering the types of releases, their value, and whether or not they are connected. Do not discuss what you plan to do ahead of time, just do what your gut tells you. (The Zen thing again... J)
12. After a fall, two pump swings are allowed to reestablish momentum. A third swing would be

# Technical Information From Region 1 Base Score

## What Are We Looking for At Regionals?

- counted as an extra swing and a 0.3 deduction taken. (2003)
13. "B" clear hip and pike sole circles will get "B" value unless the gymnast's hips touch the bar. Deduct up to 0.2 for amplitude of the extension below 45 degrees. Evaluate amplitude by looking at line from shoulders to lowest point (hips or feet). (2003)
  14. Stalder circle does NOT require open hip line at the end of the circle. Evaluate amplitude of finish by looking at the line from shoulder to hips. (2003)
  15. Hop skills in which the hop is completed in the descending phase retain value of ROOT skill and do not fulfill special requirement of a flight element, e.g. cast handstand hop to reverse grip during descent = "B" with no flight. (2003)
  16. Giant circle half turn that does not get within 10 degrees of vertical is an "A" provided the half turn is completed at or above 45 degrees. Under 45 degrees the element does not have value and under horizontal it receives a .1 deduction. This is important because if the swing is less than 45 degrees it does NOT count for special requirement at level 9. (2003)
  17. In evaluating choice look for elements that require body shape changes during elements. (2003)
  18. Direction can also include forward vs backward swinging skills, not just the direction the gymnast is facing on the bars.
  19. Remember the basic deductions:
    - a. Hitting the floor: 0.5 for push off, 0.3 for hit, 0.05-0.1 for light brush
    - b. Hitting the apparatus: 0.2 for hit, 0.1 for brush
  20. Level 8's do not need a B dismount, they need a BIG dismount and this is what we should consider when deciding if the dismount was a high point when evaluating progressive distribution.
6. Onodi – watch for square hips and straight arms. Can show flight after the hands or not, but should have flight before the hands.
  7. Remember front leg in switch split leaps must reach 45 degrees. If it does not, value as a simple split leap.
  8. Switch side – the timing of the turn is often questionable. Use "incomplete turn in dance elements" deduction (up to 0.2) if gymnast begins to turn hips before take off. On beam it is rare that the gymnast would do so much of the turn prior to take off to not award the skill, hence it should usually be rewarded and appropriate deductions applied. Ronde jambe technique for the switch of the legs is OK. (2003)
  9. For connections, give benefit to the gymnast if you are unsure and use the 0.05-0.10 tempo deduction. If gymnast is changing directions in connection, there will be a slight stall. Adjusting their feet, however, breaks the connection.
  10. During connected turning elements, if a stop occurs, it is broken. However, if the gymnast continues to move, EVEN if a partial turn occurs on the beam, the connection is not broken. A tempo deduction can be applied as appropriate (up to 0.1). (2003)
  11. Back handspring swing downs should not crash onto the chest. Deduct execution if such a landing occurs. (2003)
  12. Tourjete half must still meet the requirements of a tourjete – sharp ½ turn, 180 degree split – and then be followed by a sharp ½ turn. (2003)
  13. Switch ring – it is OK if back leg is straight (on FX too) as long as foot is at head height and head is released backward. If front leg is "drooping" below horizontal take insufficient split deduction. (2003)
  14. On outward full turns, make sure they pick up foot quickly enough to count as a full turn. (2003)
  15. Gainer out of a leap is connected as long as leg continues moving. (2003)
  16. Deduct up to 0.2 for cowboy'd legs. Full cowboy is -0.2. Take it. (2003)

### BEAM:

Standards of excellence: Body position, height or acro and dance, rhythm, dynamics, good variety of elements. (2003)

1. Level 8 can use rolls as the forward/sideward element. (2003)
2. Front and back handsprings should show flight. Deduct up to 0.2 for lack of height if little or no airtime present.
3. Side aerials should have height and straight legs and the chest should come up quickly.
4. Front aerials won't move forward much if done correctly.
5. Front tucks should land in an upright position.

### FLOOR:

Standards of excellence: Body position, height of tumbling and dance, artistry, variety of elements. (2003)

1. Tumbling landing deductions are mostly about control. Ideally, front foot should stay in place as gymnast lunges.
2. Flysprings must be low and long and accelerate. It should look like a flipflop in reverse and be very efficient – light, beautiful, but powerful.



3. In twisting saltos, want to see gymnast go up – twist – and come down. If not, the salto lacks dynamics. Also, you can cheat into a salto twist as well as out of it. Watch for this as you may need to devalue the skill.
4. Double back should open body position as they land. Deduct those that land still in a compressed position.
5. A hint to help judge the “boing, boings” – say the names of the skills as the gymnast performs them to help you capture both the body shape and the amount of turn in each of the two or three skills.
6. Turns with leg at horizontal – leg must be AT horizontal, not above horizontal and you can allow the gymnast some time to get it up to that point at the beginning of the turn and to get it out of that position at the end of the turn (45 degrees of turn is allowed for establishing and coming out of the position). If between leg arrives (or drops at end) between 45 degrees and 90 degrees of turn, deduct up to 0.2. If more than 90 degrees is missing, devalue the skill.
7. Switch side – large early turn happens much more often on floor. If hips almost completely turned before take off, award “B” side leap instead of “C” for switch side. Also, if straddle after switch is done with no turn, i.e. facing the same direction as take-off, award “B”. (2003)
8. Front layout height expectations should be different depending on what it is used in combination with. A “front whip” type technique is OK IF it is followed by a very high level skill like a double front. In more normal bounding tumbling, front layout should go up more than a whip would. (It was not discussed at this clinic, but based on discussions with coaches and judges, I would suggest the height standard be rotation around shoulder height.) (2003)

Whew! If you made it this far, you deserve a medal. Of course, your work is not done, please also be sure to fully review the “What’s New for the Women’s Junior Olympic Program in 2004-2005” as well as get updated copies of the element value sheets, the new vault charts, and the Technical Handbook errata sheet (latest is dated September 30<sup>th</sup>, 2004 for the September 2003 edition).

One final note from Connie, “This judging stuff is hard work!”

Have a great season! Toni

January 2005

Dear NCAA Judge,

As you are all aware, the Collegiate Coaches Association (NACGC/W) has implemented a program of selection of officials for NCAA competitions, using an NAWGJ appointed assigner. This new system was implemented with a focus on trying to develop consistency in scoring.

**The system was proposed and supported by the NACGC/W with the following rationale:**

- To eliminate bias
- To eliminate the intimidation factor
- To develop consistency in officiating across the country
- To control costs
- To discontinue selection of judges by coaches and meet sites and events by judges
- To create a system for impartial assignments for meets and events
- To lay the groundwork for future development of an educational component.

**The NCAA coaches have reiterated that they want consistent scoring with judges applying the specific NCAA rule modifications and all JO rules applied to their athletes in a fair and consistent manner as written. When accepting a collegiate assignment it is our responsibility to know and apply the rules. Mitigation of the rules ultimately means inconsistency from site to site.**

Please remember these changes are being implemented to strengthen and support the collegiate programs and ultimately their athletes. It is imperative that the rules be applied as written in the Code of Points and in the JO Technical Handbook. Failure to apply the rules consistently across the country will ultimately be unfair to the athletes. It is also important that we judge the routine as performed on a given day or night. We all know that even the most outstanding athletes do not give their best performance at every competition, we must judge the performance we see, not what was performed on another date.

The coaches have placed their trust in our abilities to apply the rules as written. We do it very well when we judge JO competitions. Please do not doubt yourself or the job you have been trusted to accomplish.

Best Regards for a wonderful judging season,  
Carole Ide  
President NAWGJ

# Upcoming Events and Information

## Active Status

You must complete an active status card every year and send it to Karen Stump [skestump@charter.net](mailto:skestump@charter.net) by December 31 of that year. Always keep a copy of it for your records.

If your active status card is incomplete it will affect your ability to judge or test. You may only be assigned on meets as a last resort. This is a rule from NAWGJ National that we **must** follow.

## Pay Your Dues!

NAWGJ will not pay late fees for dues. If your dues need to be paid prior to Judge's Cup, **pay them** so they are not late. If you work judge's cup, NAWGJ will pay your dues and you will be one year ahead. Playing 'catch-up' each year can mean not getting assignments and having penalties assessed for being late.

## Judge's Cup Information

Judges Cup will be held August 26 & 27 at Sacramento State. We will be using the "Summer in Greece" theme again so put on your thinking cap now and try to come up with a costume to wear. Please try to keep one of these days free as we will need everyone's help to put on a great meet.

## Judge's Training

We are offering a training session on Sunday, July 10 from 9:30 to 5:00 pm, at Technique Gymnastics in Rancho Cordova. Guest instructors Jennifer Battaglia and Jade McClean will be reviewing the level 5 & 6 beam and floor routines and any changes to the bar routines. There will also be live demonstrations of the routines. Lunch will be provided. The cost will be \$30 before June 26, \$40.00 after June 26. This will be a great chance for everyone to start becoming familiar with the routines especially if you are planning on taking the level 5/6 test in Portland at the National Symposium.

## Testing

Your first opportunity to test will be at the National Symposium on Sunday, July 17. All levels of the test will be given starting in the am with level 5/6. I am hoping that I will be able to give the tests at Region 1 Congress as well, but do not have this confirmed yet. Your current rating will be in effect until December 31, 2005, but judges who have tested will be used at meets before judges who have not taken the test.



Give these people a high-five for passing their tests when you see them!

**Trisha Abad** 5/6  
**Leesa Berahovich** 5/6 & 9  
**Jessica Chow** 5/6  
**Anna Currey** 5/6  
**Lora Perez** Level 9  
**Lauren Tatsuno** 5/6  
**Rod Radunzel** Level 10

**Suzy Delgado (Smith)** was married this summer. Suzy has been with NorCal for almost a year after coming to us from Arizona. Congrats Suzy!

We also have a few new faces in NorCal. **Dona Jones** is joining us from Region 5. She judges, coaches, consults and choreographs for clubs around the country. **Ryan Covo** has recently come to NorCal from San Diego. Ryan both coaches and judges. Please give these people a warm welcome when you see them!

## Congratulations

**Li Lu** delivered a bounding baby boy, John David, on Sept. 9<sup>th</sup>, weighing 7 lbs and measuring 20 inches long!

**Jamie Ulloa** delivered a healthy baby girl, Amilia Elizabeth, on Oct. 11 after only 45 minutes of labor! Wow!

**Kathy Lopes** delivered baby girl Brinley on January 4 at 8:49 am

**Maureen Kohler** delivered her second baby girl on January 8<sup>th</sup>

**Kristine Shawler** gave birth to Clavin in January

**Liz Crandall-Bader** is going to have her second baby boy in May



All About Us

*If there is anyone we missed, please let us know so we can include you in the next newsletter!*

# Recertification and Retesting Information



Every judge, will have to test to become certified on the new compulsories. The test **registration** will be on-line. The first opportunity to test Levels 5-10 will be at the NAWGJ National

Symposium in Portland July, 2005, and the next opportunity will be at USAG Congress in August.

NAWGJ Nor-Cal just got notification that we will be able to host the test at the Region 1 Congress in September.

## Levels 4-6

The new compulsory routines will be presented at the Master Compulsory Workshops in June, 2005. Levels 5 & 6 will be covered on the first two days of the workshop, and levels 1-4 will be covered on the third day. A listing of the approved compulsory elements is available on the USAG National web-site. The new routines will be effective August 1, 2005.

## Levels 7-10

The new rules for Levels 7 through 10 will be introduced at the Technical Symposiums/Master Clinics in June, 2005. The optional levels 7-10 will be covered on Saturday and Sunday. There will be some overlap with the presentation of compulsory levels 1-4. Levels 7-10 will also be presented at the NAWGJ National Symposium and the USAG National Congress.

## Level 10

Judges who have held a Level 10 rating in 2 cycles (1997-2005) are eligible to attend a Level 10 Recertification Course. These courses will be given at:  
Master Workshop (Louisville & Reno)  
NAWGJ National Symposium (Portland)  
USAG National Congress (Indianapolis)

The new Level 10 rules will be introduced at the Master Workshop in June 2005. The first testing opportunity for judges who need to retest or are planning to test up to Level 10 will be at the NAWGJ National Symposium in Portland.

You need to have practice judged two Level 10 sessions if you are planning to test up

## National-First Course

All current National or Brevet-rated judges are eligible to attend. The course will be held August 14-17, 2005 in Indianapolis. Judges who attend the First National Course will not be required to take a graded "practical" exam, but will be required to score a minimum of 80% on the written exam to retain their National rating.

## National-Second Course

Judges who have held a level 10 rating since at least December 31, 1997 are eligible to attend. The course will be held August 18-21, 2005 in Indianapolis, IN. Judges who attend the Second National Course will be required to score a minimum of 80% on both the written and practical exams to achieve a National rating. The written test for National Judges will consist of one concept questions and some visual (video) skill and connection identification, emphasizing new changes in rules and element values.

All National Course participants will be allowed one re-test opportunity (per part — written and/or practical) to be administered by a member of the Technical Committee at a Regional or National USA Gymnastics event. Each region will offer a re-test opportunity. All re-tests must be completed by December 31, 2005.

## Brevet

The FIG has officially made the decision to continue to use the current code through the next World Championships in November 2005. It has been suggested that the Intercontinental Course will probably be held in December 2005 and the Brevet courses in the USA would be sometime after that — nothing confirmed but possibly in January or February 2006. Present Brevet ratings will be valid until the new courses.



## Nor-Cal NAWGJ Judges Compulsory Clinic

NAWGJ  
Nor-Cal  
is hosting a  
Compulsory  
Training  
Clinic

Bring your own materials, compulsory book/notebook, for note taking. We can not reproduce or sell the new USAG compulsory books.

You may be able to order them online at :  
[www.usa-gymnastics.org](http://www.usa-gymnastics.org)  
prior to the NAWGJ Nor-Cal clinic in July.

The materials will go on sale after the Master Workshops in June.

*Who:* NAWGJ Northern California  
*What:* New Compulsory Clinic  
*When:* Sunday, July 10  
*Where:* Technique Gymnastics  
Folsom Blvd, Rancho Cordova



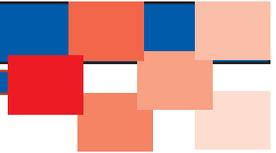
NAWGJ Nor-Cal is offering a training session on Sunday, July 10 from 9:30 to 5:00 pm, at Technique Gymnastics in Rancho Cordova. Guest instructors Jennifer Battaglia and Jade McClean will be reviewing the level 5 & 6 beam and floor routines and any changes to the bar routines. There will also be live demonstrations of the routines. Lunch will be provided. The cost will be \$30 before June 26, \$40.00 after June 26. This will be a great chance for everyone to start becoming familiar with the routines especially if you are planning on taking the level 5/6 test in Portland at the National Symposium.

**Cost:** **\$30.00 per person postmarked by June 26**  
**\$40.00 per person postmarked after June 26**  
**Price includes lunch**  
*Registration at the door will be \$40.00 and may not include lunch.*

**Make Checks Payable to NAWGJ ALL  
FEES ARE NON REFUNDABLE!**



# Nor-Cal NAWGJ Judges Compulsory Clinic



July 10 9:30-5:00  
Technique Gymnastics  
Folsom Blvd  
Rancho, Cordova, Ca

ENTRY MUST BE POSTMARKED BY  
June 26,2005

Please return this form with your check to:  
Kathy Lopes  
479 Bettencourt Lane  
Marysville, CA 95901  
Phone: 530-749-2918

Name \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

E-mail \_\_\_\_\_

I am registering \_\_\_\_\_ # of people.

Names of People besides yourself you are registering (may attach second page if needed):

- |          |          |
|----------|----------|
| 1. _____ | 4. _____ |
| 2. _____ | 5. _____ |
| 3. _____ | 6. _____ |

I have enclosed \_\_\_\_\_ dollars.

**Bring Your own materials or notebook for taking notes. We can not provide or sell the new compulsory books.**

Due to the amount of material we need to cover, the lunch break will only be one hour.  
We are trying to get a count for lunch, please let us know if you are planning to eat at the Clinic:

\_\_\_\_\_ Yes, I will be eating the provided lunch      \_\_\_\_\_ No, I will have lunch on my own  
(please put number of people eating)

\*\*Registration at the door will be \$40.00 and may not include lunch.

# Calendar of Upcoming Events

Month	Date	Event
June	10-12	Master Clinic-Reno Nevada
	8-12	Pacific Rim Competition-Seattle, Washington
	2-5	Master Clinic-Louisville, Kentucky
July	10	NAWGJ Nor-Cal Compulsory Clinic-Technique Gymnastics
	14-17	NAWGJ National Symposium-Portland Oregon
August	11-13	USAG National Congress-Indianapolis, Indiana
	14-17	National Course #1-Indianapolis, Indiana
	18-21	National Course #2-Indianapolis, Indiana
	27-28	NAWGJ Nor-Cal Judges Cup
September	3-5	Region 1 Congress

**July 17**  
**First Testing Opportunity**  
**NAWGJ National Symposium**  
**Portland Oregon**



**Jeri Foley**

7525 McMullen Way  
 Sacramento, Ca.95828

Fax:916-682-3853

We're on the Web!  
[www.nawgj-ncal.org](http://www.nawgj-ncal.org)