

NorCal NAWGJ Presents:

***Region One High Skills Clinic with Linda Thorberg
And
Level 6-10 Critique Meet***

Sunday, December 11, 2016

Meet Site:

Edge Gymnastics

6780 Sierra Ct. Suite K

Dublin, CA 94568

Entry Fee: \$95 per gymnast

High Skills Clinic

Athletes will be demonstrating live skills for evaluation and critique. Brevet judge, Linda Thorberg, will host this clinic and give insight on skills and connections we see during optional season judging.

Clinic is open to judges, perspective judges and coaches.

This will be a Regional Clinic, so it can receive CPE credit.

Do you have Level 7-10 athletes who would be interested in demonstrating for this clinic?

Contact Lori O'Dell by October 16th:

lorinorcalsjd@gmail.com

**** Please note that we are trying to keep demonstrating athletes to around 4 per gym.****

Critique Meet

No awards will be presented.

Each athlete will receive a written critique on each event.

Judges will be available to answer questions during and after the meet.

This meet is meant to be informal.

Gymnasts are not required to show full routines on all events.

This is a USAG sanctioned event.

Full routines must be scored for mobility.

Since the meet takes place in 2016, athletes cannot use this competition to qualify to NorCal State or petition to Region One Championships 2017.

Entry Deadline: Thursday, October 20, 2016 or when full.

Refund Deadline: Friday, November 4, 2016

Spectator Admission: \$10 (7 years old & up); 6 years old & under free

Please see the NorCal Coaches Site for entry forms:

<http://www.norcalgym.org/>

Questions??? (Coaches ONLY)

Please contact Penny Moyce-**Meet Director** ABSBmom@aol.com or 650-591-8734

This meet fills very quickly every year. Don't delay...register early!