



NAWGJ NorCal is offering 2 great opportunities, on the same day and location, to prepare for optional season:

The Region One High Skills Clinic and Level 6-10 Critique Meet

Sunday, December 10, 2017 at **Edge Gymnastics**
6780 Sierra Ct. Suite K, Dublin, CA 94568

High Skills Clinic

Brevet judge, **Linda Thorberg** will host this clinic, and offer insight, evaluation, and critique of skills and connections performed by live demonstrators.

Clinic is open to judges, prospective judges, and coaches.

This is a Regional Clinic, and attendants will earn CPE credit.

Clinic is tentatively scheduled for 1:30 pm, immediately following the Level 7 Judges' Cup Qualifier.

Please r.s.v.p. to Lori O'Dell, lorinorcalsjd@gmail.com

Critique Meet

Entry Fee: \$95 per gymnast, payable to **NAWGJ**

Entry Deadline: Friday, October 20, or when meet is full!!

Refund Deadline: Friday, November 10, 2017

Send Entries fees to: Edge Gymnastics, Attn. Kristin

6780 Sierra Ct., Suite K

Dublin, CA 94568

Register: on the USAG meet reservation site:

<https://usagym.org/app/meetRegistration.html>

Spectator Admission:

Adults (12 years old & up) - \$10

Kids 6-11 and Seniors over 60 - \$5

Kids 5 years old and under – Free

Schedule: The critique meet is tentatively scheduled for 4:30 pm, following the High Skills Clinic.

- 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 2017, athletes cannot use this competition to qualify to NorCal State or petition to Region One Championships 2018.

For more info, coaches and Team administrators may contact:
Kristin Shawler, **Meet Director:** kristin@edge-gymnastics.com or 925-479-9904; meet info will be posted at www.edge-gymnasticsmeet.com.

This meet fills very quickly... register today!