

**CO NAWGJ Optional Clinic
November 13, 2022**



This clinic hosted by CO NAWGJ, is a collaboration between judges and coaches to discuss start value, composition, technique, and execution deductions for Dev. Program Lv. 7-10. We will also briefly discuss the rules for the new Xcel Sapphire Pilot Program for the 2022-23 season.

WHEN: Sunday, November, 13, 2022

WHERE: Hilton Garden Inn Denver Airport
16475 E. 40th Cir.
Aurora, CO 80011
(303) 371-9393

COST: \$50*, lunch included
*Free for judges who volunteered a minimum of 3 sessions at the 2022 Judges Cup.

[\[REGISTER HERE\]](#)

Payment will be due on-site, the day of the clinic. Cash or Check only. Checks should be made out to: CO NAWGJ

Clinic Schedule

8:30 AM - 9:00 AM: Registration
9:00 AM - 9:15 AM: USA Gymnastics Updates (Nichole Otterson)
9:15 AM - 10:45 AM: Floor Exercise (Nichole Otterson, Lisa Grenier)
10:45 AM - 11:00 AM: Break
11:00 AM - 12:00 PM: Vault (Lynn Day, Rich Villareal)
12:00 PM - 1:00 PM: Lunch (provided)
1:00 PM - 2:15 PM: Uneven Bars (Nichole Otterson, Rich Villareal)
2:15 PM - 2:30 PM: Break
2:30 PM - 3:45 PM: Balance Beam (Lynn Day, Sam Acosta)
3:45 PM - 4:00 PM: Break
4:00 PM - 5:00 PM: Xcel Sapphire (Donnalyn Trevathan)

Questions? Please contact Lynn Day: lynndayjudge@gmail.com