

**THE SUMMER OF 2009**  
**ILLINOIS NAWGJ INFORMATION ON**  
**CLINICS, STUDY GROUPS, AND TESTING**

Illinois NAWGJ Clinics have an open attendance policy. Members and non-members are welcome to register and attend. Generally, Clinics charge a fee for out of state judges, non-members and ILNAWGJ members who did not work the past Judges Cup. Illinois NAWGJ will not be charging a fee for this summer's Clinics. Thank you for attending the Clinics. Please support and participate in the 2009 Judges Cup Meets; The South Judge's Cup and The North Judges Cup. See the website for more details at: [www.ilnawgj.com](http://www.ilnawgj.com)

**GENERAL CLINIC INFORMATION**

- Register with Deb Tritt, [debtritt@aol.com](mailto:debtritt@aol.com)-space and seating is limited. Registration will help with planning and organization (for seating and handouts) as well as for hospitality.
- Clinics 1, 2, 3 are **level 10 rules only and open to all**. Clinic 4 is all levels with testing.
- Each Clinic has a purpose. Those planning to test optional or at the different judging level may attend level 10 Clinics with an understanding of the purpose of each Clinic.
- Please be prompt, if late enter quietly and take a seat in the back.
- Please have respect for all presenters. Refrain from conversation and hold questions until the scheduled question and answer time or at the presenter's discretion.
- CPE Credit is based on credits for lecture hours attended
- Hospitality will be provided. ILNAWGJ will host meals for convenience and comfort.
- The Clinic set-up needs to be broken down and cleaned. Please help
- Volunteers are needed to help with organization and hospitality for all 4 Clinics. Please email all of the following: Kathie [gymjudge59@aol.com](mailto:gymjudge59@aol.com), Betty [eggsgymbetty@aol.com](mailto:eggsgymbetty@aol.com) and Jeanne, [ilsidjean@att.net](mailto:ilsidjean@att.net).

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**ADDITIONAL CLINICS IN ILLINOIS**

**THE USA GYMNASTICS REGIONAL CONGRESS WILL BE SEPTEMBER 18, 19, 20 AT THE RENAISSANCE HOTEL IN SCHAUMBURG**

VISIT THE USAG WEBSITE FOR MORE DETAILS. THE CONGRESS WILL FEATURE ALL LEVELS AND TESTING.  
REGISTRATION AND FEE REQUIRED. [www.usa-gymnastics.org](http://www.usa-gymnastics.org)

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## STUDY GROUPS

Study groups have been organized for those judges testing at the National level. Paula Noe, [paula.a.noe@gmail.com](mailto:paula.a.noe@gmail.com) and Judy Harwood, [jharwood@ameritech.net](mailto:jharwood@ameritech.net) are hosting Wednesday and Monday night sessions, respectively. Check the website or e-mail for further details.

Study groups can be organized for levels 4-10. Contact Kathie Gebhardt, [gymjudge59@aol.com](mailto:gymjudge59@aol.com) for help. Also, time is scheduled at the June 7<sup>th</sup> Clinic to help with organization.

## CLINIC #1 2009

When: Sunday June 7, 2009

What: Level 10 Uneven Bar Clinic

Where: Aerial Gymnastics Club, 630.495.0150  
1516 Brook, Downers Grove, 60515

Presenters: Sue Brosnan, Hilary Carlson, Jeanne Johnson and Peter Jansson

- Session 1 is for new and current Nationals and Brevet judges
- Session 2, The Uneven Bar Clinic is open to all. Only level 10 rules will be presented
- Everyone is invited to the Judges Brunch

### SESSION 1

#### CLINIC AND ORGANIZATIONAL MEETING FOR NEW AND CURRENT NATIONALS

7:00	Doors Open	Coffee, tea, and light breakfast
7:45	take your seat	
7:55 – 9:30*	Welcome/Intro	
	National Course Overview	
	National Course Questions and Answers	
	Study Group Organization	

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### JUDGES BRUNCH SPONSORED BY ILLINOIS NAWGJ

Everyone attending is invited to the Judges Brunch 9:30 – 10:15

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### SESSION 2

#### CLINIC-LEVEL 10 UNEVEN BAR LECTURE AND SKILL DEMONSTRATION

10:20	take your seat
10:30 -2:30	Uneven Bar Lecture and Gymnast Demonstration Basic Skills,

Combinations, Releases, Dismounts, Combinations Performing New Changes in the Code. In addition, the demonstration will be broken down into families with each family starting with the basic and developing into higher difficulty. For example: the giant family starting with giants, giant blind, giant 1/1, giant to 1/1 Higgins, etc. The clear hip family will develop from the "B" skill to the "E" skill and so forth.

Questions and Answers

Study Group Organization

## CLINIC #2

When: Tuesday June 16, 2009

What: Level 10 Floor Clinic

Presenter Sandy Oldham

Where: Maine South High School-Health Room  
Park Ridge, 60068

Doors open 5:00 Dinner and beverages

Lecture 6:00 to 8:30 Floor Presentation  
Question and answers

## CLINIC #3

When: Tuesday June 23, 2009

What: Level 10 Beam Clinic

Presenter Mary Lou Ackman

Where: Maine South High School-Health Room  
Park Ridge, 60068

Doors open 5:00 dinner and beverages

Lecture 6:00 to 8:30 Floor Presentation  
Question and answers

*See the May Newsletter and the website for complete directions to Clinic # 2 and # 3*

## CLINIC #4

When: Friday and Saturday August 21-22

Testing: All levels, 5/6, 7/8, 9, 10

What: All Levels, all events, lecture, in-gym

Presenters: a variety of Presenters to include  
some from Clinics 1, 2, and 3 and more

Host: Teresa Millmore

Where: Gymnastics Etc.

402 Olympia Dr. Bloomington, IL 61704.