

North Carolina 3rd Annual Regional Clean-Up Clinic

March 27, 2010



Who: ALL Level 8 – 10 NC Regional Qualifiers and State Team Members
Only NC State Team Members for Level 5, 6, and 7

When: Saturday, March 27, 2010 *Tentative Schedule*

Level 10, 9, and 8's	9:00 am – 1:00 pm
Level 7, 6, and 5's State Team	2:30 pm – 6:30 pm

Where: **Foothills Gymnastics**
920 29th Ave. NE
Hickory, NC 28601
828-328-3794
www.foothillsgym.com

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QUESTIONS regarding the clinic should
be directed to BENJI STERN @
benjistern@ncmensgymnastics.com.
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Cost: FREE

Entry Deadline: Tuesday, March 23, 2010

PLEASE EMAIL Benji Stern at (benjistern@ncmensgymnastics.com) your clubs entry form by the deadline.

Purpose of Clinic: The purpose of the clinic is to build unity among NC gymnast prior to Region 8 Championship. *The clinic is open to **all** optional qualifiers and **the State Team Members** for Level 5, 6, and 7.*

In addition, we will have our National Rated Judges on the events they have been judging this year to offer advice on the routines and answer questions, as well as give coaches a better understanding of what they have been deducting for during the season. This will help the coaches and gymnast better prepare for Regionals. Three of our NC Judges will be judging at the 2010 Region VIII Championship this year.

In order for a gymnast to attend, they must have a coach with them. We unfortunately will not allow gymnast to be able to participate without their coach as it will this will not benefit the gymnast. This will insure that the information that is giving to the gymnast is going to their coach as well and give the coach a better understand of the deductions and what is being looked for by the judges. If you have any questions about this, please do not hesitate to email Benji Stern.

Hotels:

Comfort Suites
Exit 125 on I-40
1175 13th Ave Dr SE
Hickory, NC 28602
828-323-1211

Crowne Plaza
Exit 125 on I-40
1385 Lenoir Rhine Blvd SE
Hickory, NC 28602
828-323-1000