



### **2019 Team 7 Edge Clinic**

The objective of this clinic is to unify the gymnasts and coaches in preparation for the best outcome at nationals. The gymnasts will be grouped according to age group, and 2 age groups will rotate to each event for a “mock-style” meet to practice warm-ups and perform routines. This is not a sanctioned meet: soft landings and modified routines are fine! Safety is our priority! Judges will be assigned to events to review deductions. We will also discuss training day for nationals.

**Where: Apollo Gymnastics, 12700 Apollo Drive, Woodbridge, VA**

**When: Sunday May 5<sup>th</sup> 2019**

**Who: All gymnasts who have qualified to compete at JO Nationals, plus 1<sup>st</sup> alternates**

*Note: This is a sanctioned event. All gymnasts attending this clinic must be accompanied by a coach from their gym (preferably the coach that will be attending nationals)*

**Region 7 will pay entry fees to JO Nationals for all gymnasts who attend the clinic with their coaches.**

### **JO APPAREL PACKAGES WILL BE DISTRIBUTED AT THE CLINIC**

**No registration required: if an athlete cannot attend, her coach must notify Jen Bortz, RACC, before the end of the Level 10 competition at regionals, and provide a check for \$175. to cover the JO Nationals entry fee and shipping for JO apparel. Check payable to “Region 7”.**

**Schedule: (TENTATIVE: FINAL SCHEDULE WILL BE POSTED ON REGION 7 WEBSITE**

11:00-11:30	Registration/Check-in
11:30-11:45	Opening/Overview of Age Groups and Clinic Format
11:45-12:15	Stretch
12:15-3:30	Rotations
3:30-4:00	Details for Nationals, Training Day, Closing

***GO REGION 7!***