



Louisiana NAWGJ In Gym Experience Verification

Name _____ Rating _____

Date	Hrs In Gym	Club	Level of Gymnasts	Coach Signature

Total

Deadline: December 1st Each year

Louisiana judges need a minimum of 6 hours of in gym experience at the level judging each year in a minimum of 1 ½ - 2 Hr increments. You may get a Maximum of 2 hours by working in your own gym. If completing a Regional In-Gym card, you only need 3 additional hours of Compulsory experience. **Make a copy of your Regional card before mailing to Marian Dykes and send the copy to the SJD.**

Region 8 Verification of In-Gym Experience for 2010 Regionals

Name: _____ Rating: _____

Address: _____ City: _____ State: _____ Zip: _____

Phone: (H) _____ (W) _____ Email: _____ @ _____

Date	Hrs In Gym	Club	Level of Gymnasts	Coach Signature

Total

You must have this card completely filled out with at least 9 hours of in-gym experience, signed and returned to Marian Dykes, 4651 Buford Highway, Atlanta, GA 30341 with a copy to Sheila Ragle, 1870 Eagle Summit Court, Lawrenceville, GA 30043. Completed cards must be received by June 1, 2009 to be eligible to judge any 2010 Region 8 Regional Competition. Fax - (770) 457-0943. You will receive confirmation of receipt within ten days.

Criteria

Each experience must be a minimum of 2 hours. The level of gymnasts must be equal to or greater than the level of meet the judge wishes to be considered for. (i.e. Level 9 & 10 Regionals = in-gym experience with Level 10 or Elite. Level 8 Regionals = in gym experience with Level 8, 9, 10 or Elite, etc.)

Training sessions at an Elite National Qualifier competition or above meet may be used. Training sessions at Elite Regional or J.O. competition may not be used. Division 1 NCAA in-gym training is allowed and considered comparable to Level 10. Hours may be from a Regional or National JO or Elite Training Camp. (A training camp may only count for either in-gym experience or CPE credit - can not be simultaneous .) This experience must be an interactive experience; it is not sufficient to sit in the stands and watch workout. Judges must call ahead to schedule gym time. The judge's activities should be under the supervision of the gym's coach.

The judge should keep in mind that the gym club you are visiting is a business. The judges should remain professional and cordial at all times.