



NAWGJ Mission:

to provide professional development for its members and to support and promote women's gymnastics in the United States



May 2020

Contents:

**VIRTUAL
CONGRESSES**

CPE is DUE!

TO DO...

TX Board

STAY IN THE LOOP - WE ARE BETTER TOGETHER

KEEP UP! VIRTUAL CONGRESSES ARE THE WAY

USAG VIRTUAL CONGRESS: AUGUST 8-9, 2020

*All registrants are encouraged to check their email frequently for information regarding the Virtual National Congress & Trade Show. Some information may be time sensitive, and we are working quickly to keep registrants up to date on what's new and what to expect.

A special thank you to everyone for their patience and understanding as we navigate the transition of this most important event.

We are confident that the 2020 Virtual National Congress & Trade Show will provide a safe and rewarding educational experience for all attendees.



**REGION 7 IS
OFFERING A
VIRTUAL
SYMPOSIUM**

Space is limited.
See the flyer for details
and registration.

NAWGJ VIRTUAL SYMPOSIUM

Region 7 2020 6 CPE HOURS

Sunday, June 7, 2020

Hours: 9:00 a.m. - 4:00 p.m. EST

Cost: \$50 pp

Checks payable to:

Region 7 NAWGJ

The week before
you will receive information
& very simple video instructions

PRESENTERS:

Myra Eifenbein-RTCC Region 7, Linda Thorberg-RTCC Region 4
Bonnie Synol-RJD Region 7

MAIL TO: Brant Lutska 92 State St. Perth Amboy, NJ 08861

SESSION TOPICS

9:00 Welcome, Bonnie Synol

9:05 JO Update, Xcel Update, Myra Eifenbein

10:00 Optional Balance Beam, Concentration Pauses, Connections,
Tempo, Linda Thorberg

11:00 Bar Skills, What's the Symbol, What's the Value, What's the
Bonus? Linda Thorberg

12:00 Lunch break

1:00 Vaulting, Good, Better, Best! Myra Eifenbein

2:00 Floor Exercise, Skill Recognition and Value, Linda Thorberg

3:00 Safesport as it pertains to Judges, Are YOU ready to get back
in the gym? Brant Lutska

3:30 Professionalism and Responsibilities, Bonnie Synol

4:00 Ending

★ I Need your Names, Email & Text # ★

Space is Limited Questions text Brant at 724-469-0410



**Annual CPE
records may
be turned in
at anytime
now!**

**Official Due Date is
May 31, 2020**

**CPE requirements have been
significantly reduced due to the
pandemic.**

****Remember that those who do not
have current CPE will be assigned
LAST and will take a \$5 pay cut.
Get it done!**

**BE READY
WHENEVER IT'S
TIME!**

**Make sure you are
up to date on your
Memberships,
SafeSport,
Background Check &
Safety Certification.
Most expire on July 31**

Has anything changed? Keep your info updated!

Update GymJAS

Update your:

- Membership and credential expiration dates
- Availability for assignments
- Personal information
 - **Emergency contact name**
 - **Emergency contact number**
 - **Address, e-mail, phone number**

GymJAS



JOIN US FOR
Social
HOUR

THURSDAY, JUNE 4 8:00-9:00pm

Join the online meeting:

<https://join.freeconferencecall.com/txsjd>

Online meeting ID: txsjd

Dial-in number (US): (605) 313-6098

Access code: 116961#

RE-CONNECT WITH GYM
FRIENDS

RELAX

CATCH UP

SHARE STORIES

MAKE FUTURE PLANS

ENJOY THE COMPANY

About Texas NAWGJ

TX NAWGJ Mission

To provide professional development, leadership, and support to Texas NAWGJ members and to unify and promote women's gymnastics throughout the state.

TX NAWGJ State Governing Board (SGB)

If you have questions, please reach out to your SGB members.

Please **thank them** for their many hours of dedication to Texas gymnastics.

[Jack Dunlop](#) - District 1 Assigner and High School Coordinator

[Kevin Freeman](#) - District 2/3 Assigner

[Denise Coats-Lauriat](#) - District 2/3 High School Assigner

[Jenny Robinson](#) - District 4/7 Assigner

[Erika Franklin](#) - District 5/6 Assigner

[Jennifer Porter](#) - Secretary/Newsletter Editor

[Tiffany Schwartz](#) - Treasurer

[Laurie Skelton](#) - Event Coordinator

[Bonnie Crawford](#) - State Judging Director (SJD)