

ALL LEVEL 4, 5 AND ALL STAR GYMNAST ARE
INVITED TO:
GET READY FOR STATES

THE SPIT AND POLISH CLINIC
HOSTED BY PARAGON GYMNASTICS

Clinic Date: Sunday, April 15, 2012

Cost: \$45 per gymnast (no team fees)

Location: Paragon Gymnastics
1410 Central Park Blvd.
Fredericksburg, VA 22401

Entry Forms Due: Friday, March 23, 2012

Scratch Date: Sunday, April 1, 2012

POC: Contact Michelle McClure or Jessica Taber at
meets@paragonparents.org or fax # 540-301-5021 to
Reserve your spot. Spaces are limited!!!!!!

Mail entry forms: Paragon Training Center
Attn: Spit & Polish
1410 Central Park Blvd
Fredericksburg, VA 22401

FIND OUT
WHAT THE
JUDGES SEE
IN YOUR
ROUTINES!



- Judges will provide coaches with scorecards of each event.
- Scorecards will show where deductions are being given.
- Time permitting; judges will discuss with coaches some common issues at end of each rotation.
- There will be NO viewing area. This is NOT a meet; parents are encouraged to drop gymnasts off.
- Snacks are provided for all gymnasts and coaches

**GIFT BAGS FOR
EVERY GYMNAST!**