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The Fall Season has zipped by in the blink of an eye, just like those trees shedding their vibrant leaves. As the leaves gracefully descend, I'm reminded of the saying, "Autumn leaves don't fall, they fly. They take their time and wander on this their only chance to soar." Autumn teaches us the elegance of transformation just as the gymnasts and judges transform each season.



NATIONAL JUDGES' CUP:
January 5-7, 2024 [VOLUNTEER TODAY](#) -

Please register for the days that you can be a part of this exceptional event. All judges, from Level 4/5 through Brevet, are enthusiastically encouraged to participate in this enriching experience.

Your presence would greatly enhance our event, and we wholeheartedly encourage you to join us! We are confident you will find it truly rewarding.



CONGRATULATIONS to the incredible USA gymnasts who've taken on the world stage and international competitions. We couldn't be prouder of our athletes and their incredible achievements. They are truly ascending to "new heights".

Rank	Nation	Gold	Silver	Bronze	Total
1	United States	4	3	4	11

Americans collect four more medals as Pan American Games artistic competition concludes



GREEN FLAG AWARD RECIPIENTS:
Congratulations and we honor these NAWGJ members who have made outstanding contributions to our organization: Shannon Osucha (TN), Joy Schmidt (LA), Kim Joye (GA), Annette Burgin (AL) and Paul Padron (SC).



NAWGJ EDUCATION CLINICS: NCAA CLINICS: You MUST pre register,

New to College Judging Registration [Link](#) Sunday, November 12, 2023 7:00 – 9:00 pm Eastern Time

New to College Judging (REPEAT) Registration [Link](#) Thursday, November 16, 2023 8:00 – 10:00 pm Eastern Time

NCAA Vault, Bars, & Procedures Clinic Registration [Link](#) Tuesday, December 5, 2023 7:00 – 9:00 pm Eastern Time

NCAA Vault, Bars, & Procedures Clinic (REPEAT) Registration [Link](#) Tuesday, December 19, 2023 7:00 – 9:00 pm Eastern Time

NCAA Beam, Floor, & Routine Summaries Registration [Link](#) Tuesday, December 12, 2023 7:00 – 9:00 pm Eastern Time

NCAA Beam, Floor, & Routine Summaries (REPEAT) Registration [Link](#) Thursday, December 28, 2023 7:00 – 9:00 pm Eastern Time



LEVEL 6, 7, 8, 9, & XSA NAWGJ 2 HR. ON-LINE CLINICS COMING IN DECEMBER - NAWGJ WEBSITE WILL POST DATES

I know you're diligently getting ready for the Optional season and I hope you're enjoying the challenge of applying all you've learned this summer. Our goal with these clinics is to help you reach new peaks with your education in your remarkable gymnastic journey!



[2026 - 2030 USA Brevet & National Judges' Course](#)

[Documentation Form](#)

[Category Description & Eligibility Criteria Table](#)


[Activity Involvement Chart](#)


[2026 USA Brevet Judge Course Eligibility Form](#)

[Leadership Approval Form](#)

[2026 National Judge Course Eligibility Form](#)

MOBILITY AND VIRTUAL COMPETITIONS:

 For the Development Program in effect since January 1, 2023: ONLY "LIVE" sanctioned competitions will be allowed for the purposes of mobility in the Development Program. This item will NOT be revisited at this time. Any questions should be directed to your RDPCC.

 The Xcel Program will continue to allow virtual competitions for mobility for the 2023-2024 season. Any questions should be directed to your RXCC.

[Member Club Guide to Bullying in the Workplace](#) effectively addresses the bullying issue and provides best practices to recognize and respond appropriately.

Check Your U110: U.S. Center for **SafeSport Core Course** Expiration Date: If your **U110** training expires on December 31, 2023, renew now to ensure your membership remains active through July 31, 2024.



11/6/23 9am-3pm: [TrueSport Talk](#) on Mental Wellness & the Modern Coach: Registration for the 2023 TrueSport Talks Symposium is now open! This free, virtual event will focus on those who are on the front line leading and inspiring our next generation of athletes – the coaches.



Winter Cup, Nastia Liukin Cup and Elite Team Cup Return to Louisville in 2024 - Running in conjunction with the 2024 Kentucky Winter Classic.



U.S. OLYMPIC
TEAM TRIALS
GYMNASTICS
JUNE 27-30, 2024 - MINNEAPOLIS, MN

The [2024 U.S. Olympic Team Trials](#) - Gymnastics are coming to Minneapolis, the final stop on the journey to the Olympic Games Paris 2024! The country's best artistic gymnasts vie for a spot on the U.S. Olympic Team.

[All-session tickets are on sale now!](#)

Check out the new Region 8 USAG website at region8gymnastics.org

Fort Worth to Host 2024 Xfinity U.S. Gymnastics Championships: part of the run-up to the Paris Olympic Games, America's top gymnasts compete in the [2024 Xfinity U.S. Gymnastics Championships](#).



May 30-June 2, 2024, at Dickies Arena, the Xfinity U.S. Gymnastics Championships will determine national champions and sets the National Team lineups that will compete for Olympic berths at the U.S. Olympic Team Trials.