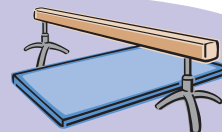


OPTIONAL
 REGION 8
 USA GYMNASTICS
UPDATE



FOR COACHES & JUDGES

**Same Weekend as
 Level 9, 10 & Elite
 Training Camp**

**AUBURN, ALABAMA
 OCTOBER 14-16, 2005**

REGISTRATION: **\$110.00** Early Bird by August 20th
\$150.00 After August 20th and on site

PLEASE NOTE: All Coaches and Judges must register for this update to attend the sessions. Any registration fees paid for the Training Camp for Level 9, 10 & Elite, being held the same weekend, will NOT apply towards this clinic.

HOTEL:

The Hotel at Auburn University and
 Dixon Conference Center
 Auburn, AL
 Phone: 334-821-8200
 Group Name: Region 8 Gymnastics Clinic
 Rate: \$99.00



CLINICIANS:

*Marian Dykes
 Sheila Ragle
 Paul Padron
 Brad Harris*

SESSIONS TO INCLUDE:

- ◆ Review of the Changes in the USAG Competitive Rules
 - ◆ Emphasis on Optional Rule Changes
 - ◆ Questions and Answers on New Compulsories
 Compulsory Routines will NOT be taught



JUDGES EXAM WILL BE GIVEN

**For More
 Info Contact:**

Marian Dykes
770-451-6910
 mariandykes@aol.com

Deb Kornegay
205-951-0184
 DebGK@Bellsouth.net

Sheila Ragle
770-513-7015
 sragle@bellsouth.net

PLEASE USE ONE (1) FORM PER PERSON

COACHES & JUDGES OPTIONAL UPDATE

October 14-16, 2005 with Level 9, 10 & Elite Training Camp

AUBURN, AL

FOR INFORMATION CONTACT: SHEILA RAGLE, DEB KORNEGAY, or MARIAN DYKES

NAME: _____

USAG #: _____ EXP. DATE: _____ SAFETY EXP.: _____

MAILING ADDRESS: _____

CITY

STATE

ZIP

PHONES: _____

HOME

WORK

CELL

FAX: _____ EMAIL: _____ @ _____

GYM AFFILIATION: _____ JUDGES RATING: _____

I WILL OR I WILL NOT ATTEND THE BANQUET. (Please check one)

I give permission to publish this information: _____

Signature

\$110 Early Registration by August 20th

\$150 After August 20th and on site

Please make checks payable to: Region 8 Congress

MAIL REGISTRATION TO:

SHEILA RAGLE

Region 8 Optional Update

1870 Eagle Summit Court

Lawrenceville, GA 30043-6669

(770) 513-7015

E-MAIL:

Sheila Ragle

sragle@bellsouth.net

Deb Kornegay

DebGK@Bellsouth.net

Marian Dykes

mariandykes@aol.com

FOR OFFICE USE ONLY:

DATE RECEIVED:	AMOUNT RECEIVED:	CHECK #:	PAID BY: