

**From:** Jane Flynn <[sjd.maryland@gmail.com](mailto:sjd.maryland@gmail.com)>

**Date:** 25 February 2024 at 9:35:31 PM GMT-5

**To:** Jane Flynn <[sjd.maryland@gmail.com](mailto:sjd.maryland@gmail.com)>

**Subject: Regional Congress, Excel Clinics , High School Gymnastics**

**Reminder To complete Regional Congress form by March 10 , 2024**

Hi Judges,

It's time for the early-bird registration for this year's Region 7 Congress; which will be held July12-14, 2024 at The Hilton Harrisburg, located at 1 North Second St., Harrisburg, PA 17101.

This group registration is for those who will attend one FULL day or more of the Congress. This includes Friday and/or Saturday of the event. (Sunday is only a half day). The total amount of the group registration will be divided by the number of registrants, and will be subtracted from your Education Allowance. (Estimated around \$150, plus any other registration fees).

You can make your hotel reservations by going to: <https://usagymrc.com/region7/> . If you want to take any of the add-on courses, such as safety, developmental coaches courses, etc..., you will need to register for those on your own.

By agreeing to be part of this group registration and completing the form, you are committing to attend at least one FULL day of the 2024 Region 7 Congress. If you are unable to attend at least one FULL day, you are agreeing to reimburse Maryland NAWGJ for the registration fee we paid on your behalf.

**RSVP by March 10, 2024.** Please click on the link below to complete the form. Thank you!

I've invited you to fill out a form:

[2024 REGION 7 CONGRESS - JULY 12-14](#)

**EARLY BIRD GROUP REGISTRATION (DEADLINE March 10th, 2024)**

**[FILL OUT FORM](#)**

[USAG - Region 7 Congress](#)

**Reminder**

**Excel Virtual Clinics begin next week**

**Please go to NAWGJ website to sign up.**

**Schedule of clinics attached**

**Reminder**

**High School Gymnastics is fast approaching**

Please contact Ricky Stakem as soon as possible for more information and assigning:  
[rickystakem@gmail.com](mailto:rickystakem@gmail.com)

Thank you

**Jane Flynn**

NAWGJ Maryland State Judging Director

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