

From: Jane Flynn <sjd.maryland@gmail.com>

Date: 7 March 2024 at 5:41:21 PM GMT-5

To: Jane Flynn <sjd.maryland@gmail.com>

Subject: Regional Congress final reminder due by 3.10.24 Link to sign up for Pre Season Prep and High performance

Hello MD NAWGJ JUDGES

Final reminder to sign up for Regional congress due by 3/10/24

Please see links below to sign up for Pre Season Prep and High Performance

Jane Flynn <sjd.maryland@gmail.com>

Sun, Feb
25,
9:35 PM
(11 days
ago)

to me, bcc: Alexander, bcc: Alicia, bcc: Aliya, bcc: Amy, bcc: Anthony, bcc: BETH, bcc: Carly, bcc: Carme
bcc: DEANNA, bcc: Dennette, bcc: Diane, bcc: Donna, bcc: ELIZABETH, bcc: Elizabeth, bcc: ELIZABETH, I
bcc: Jennifer, bcc: Jill, bcc: Julia, bcc: JULIE, bcc: Katherine, bcc: LINDA, bcc: LINDA, bcc: LINDA, bcc: LU
bcc: RICKY, bcc: Roya, bcc: SARA, bcc: Sherrie, bcc: Susan, bcc: Tina, bcc: xuwen, bcc: ALICIA

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)

[USAG - Region 7 Congress](#)

[FILL OUT FORM](#)

From: Jane Caruso <janecaruso2@gmail.com>

Date: March 7, 2024 at 9:02:05 AM EST

To: Bonnie Synol <bsynol61@gmail.com>

Subject: Registration to volunteer at Pre-Season Prep and High Performance Camps

Dear SJDs,

Please send the following links to our membership.

Thanks,

Bonnie

Below are the links to register to volunteer for the Pre-season Prep and High Performance Camps.

The schedules are pretty close to exact. The description of activities available for each time block will be published at a later date. We will do our best to accommodate everyone's volunteer preferences within the scheduled activities.

Thanks

Jane

Pre-season Prep Camp

Arena Gymnastics, Hamilton NJ, July 19-21 - DEADLINE to register to volunteer is June 28th.

<https://forms.gle/uZiEXsnvbpb9SCx89>

High Performance Camp

Apollo Gymnastics, Woodbridge VA, September 13-15 DEADLINE to register to volunteer is August 23rd

<https://forms.gle/e6dg4vE2WN5rwQWd9>

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Jane Flynn

NAWGJ Maryland State Judging Director

(443) 603-8330

SJD.Maryland@gmail.com