

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](mailto: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!**