



# TX NAWGJ

e-mail completed form to:  
Bonnie Crawford, TX SJD  
[sjd@txnawgj.org](mailto:sjd@txnawgj.org)

Judges who test up to a new level are required to practice **each event** for a **minimum of 1:30 hours**:

<b>Name</b>			
<b>USAG #</b>		<b>Level</b>	
	<b>Method #</b>	<b>Date</b>	<b>Signature</b>
<b>Vault</b>			
<b>Bars</b>			
<b>Beam</b>			
<b>Floor</b>			

## Methods:

1. **Traditional**
  - a. Attend live session (with permission)
  - b. Sit near panel at event
  - c. Discuss with judges as feasible
2. **Online practice session**
  - a. Recommend routines published on NAWGJ website with scores
3. **Happy hour – 10 routines**
  - a. Advanced preparation
  - b. Facilitator randomly assign attendees to present routines to the group
4. **Education mentor sits in stands with judges at a meet or live clinic (e.g., college bound)**
  - a. Mentor fields questions and discusses important points

Once completed, please e-mail this completed form to Bonnie Crawford, TX SJD at [sjd@txnawgj.org](mailto:sjd@txnawgj.org).