

Pennsylvania State Clinic

Date: September 25 and 26, 2010

Location: Gymettes, Harrisburg, PA

Fee: Gymnasts \$50.00

Coaches with gymnasts, and judges are free



Schedule

Both days will include compulsory (level 4 and up) and optional skills

Saturday, September 25

- 12:30 to 1:00 – Gymnast Registration
- 1:00 to 1:30 – Open Stretch
- 1:30 to 2:15 – 1st Rotation
- 2:15 to 3:00 – 2nd Rotation
- 3:00 to 3:45 – 3rd Rotation
- 3:45 to 4:30 – 4th Rotation
- 4:30 to 5:15 – 5th Rotation

Sunday, September 26

- 8:30 to 9:00 – Gymnast Registration
- 9:00 to 9:30 – Open Stretch
- 9:30 to 10:15 – 1st Rotation
- 10:15 to 11:00 – 2nd Rotation
- 11:00 to 11:15 – Snack Break
- 11:15 to 12:00 – 3rd Rotation
- 12:00 to 12:45 – 4th Rotation
- 12:45 to 1:30 – 5th Rotation

Clinicians include: Rich Fiorentino, Mike Vanim, Kevin Pope, Lynn Ross, Karen Clark, Cara Blumenschein, Barb Cutillo, Donna Guenther, Jill Morris, Chris Erickson, Jane Caruso, Xcel Gymnastics dance professional

Please join us in Harrisburg for Pennsylvania's 2010 State Clinic. Both days will focus on skills development for gymnasts. The girls will have an opportunity to rotate through all 4 events to work on techniques for mastering skills at their own level. The 5th Rotation will be dance and conditioning. Judges will be available to answer any questions you may have on deductions or routine construction. Clinicians will be able to focus on skills suggested by clinic participants, and will also be available to help with spotting techniques. You should submit your own skill training needs on the registration form, so we can plan to include them in the clinic. Teams will be assigned to either the Saturday or Sunday sessions.

The recommended hotel is the Holiday Inn Harrisburg West at 5401 Carlisle Pike, directly across from the gym (717-697-0321). Please return the attached registration form to Jill Morris with your check payable to PAUSAG by September 1.

Please note that gymnast registration is limited to 75 gymnast per day!