



PERFECTION ACROSS PA

2019 STATE CLINIC



ATHLETE CLINIC INFORMATION

WHEN: Saturday, September 28, 2019

ATHLETE CHECK-IN: 8:00 AM

Clinic will start promptly at 8:30 AM

PARENT PICK-UP: Approx. 5:00-5:30pm

WHERE:

Centre Elite Gymnastics
177 Champion Drive
State College, PA 16803

WHAT: This is our 3rd Annual State Clinic for competitive USAG gymnasts. It is open to any athlete level 4-8. Gymnasts will take part in an all day camp experience, training on Vault, Bars, Beam, Floor, Dance, Trampoline, Strength and other fun activities. In addition to great activities, judges will be stationed at every event to critique the gymnasts as they train. Members of the Penn State Club Gymnastics team will be in attendance to assist our new and returning clinicians. This is great opportunity to build relationships with gymnasts they will share their competitive experience with. For those that participated last year, we hope to see you again, as well as some new participants!

REGISTRATION DETAILS: www.MeetMaker.com- Pa State Clinic 2019 \$125.00 per athlete

REGISTRATION DEADLINE: September 13, 2019 or until full (only accepting 200 athletes)

CONTACT INFORMATION: Please direct any questions you may have regarding the clinic to the Education Committee - PAUSAGeducation@gmail.com

IMPORTANT INFORMATION: This is a sanctioned event; so all USAG memberships must be up to date. The gymnasts will be receiving a GK leotard, so please indicate their size through MeetMaker registration.

GYMNAST RESPONSIBILITIES: Athletes must have any personal equipment they require for practice, including sneakers. They must also pack a lunch, water bottle and an extra snack for the day.

COMMITTED CLINICIANS:

Tom Bair- Central Bucks Gymnastics

Kerry Bair- Nutrition Specialist

Lisa Boben- Xquisite Gymnastics

Lori Dexter, Northeast Gymnastics Academy

Gregory Johnson, Gym. Center of Hershey

Janelle Kelly, Rainbow Gymnastics

Eduardo Pozo- GymOlympic Gymnastics

Ryan Schulz, Gymkhana Gymnastics

Rob Tagge- Dynamats Gymnastics

POSITIVE COACHING ALLIANCE

Gymnasts will take part in activities through Positive Coaching Alliance. Pennsylvania Gymnastics' new partner is attending the clinic this year to teach the girls how to become a "Triple Impact Competitor-" learning to improve themselves, their team and their sport as a whole.