



# PERFECTION ACROSS PA 2019 STATE CLINIC



## COACHES INFORMATION

### WHEN:

Sunday, September 29, 2018  
Coaches Check-in: 8:00 am  
End Time: Approx. 5:00 pm

### WHERE:

Centre Elite Gymnastics  
177 Champion Drive  
State College, PA 16803

### WHAT:

Continuing education is a vital aspect to any job and the State is offering an additional learning environment for the third year to our PA gymnastics professionals. Pennsylvania Gymnastics' new partners, **Positive Coaching Alliance**, will start off our day with a 2 hour workshop and certification course. You will become certified as "Double-Goal Coach." You will learn how to coach for the Mastery of Sport, Fill the Emotional Tanks, and Honor the Game.

In addition to our PCA Workshop, the state is also providing our annual Coaching presentations. This will include demonstrative mini clinics covering lesson planning, drills, technical aspects of skill development for your compulsory-beginner optional gymnasts. note taking, we encourage you to create a dialogue with our presenters, review spotting techniques shown and be as interactive as you want. In the effort to remain consistent throughout the weekend, the presenters will be some of the same coaches your athletes will experience during the Saturday Camp. Our goal is to work together across the state and provide a fun learning atmosphere for coaches and athletes.

### PRESENTERS AND TOPIC LIST:

**Kerry Bair:** Nutrition- How to Educate Your Parents

**Tom Bair:** Daily Basics- The Essentials

**Lisa Boben:** Beam Dance for Young Gymnasts

**Lori Dexter:** Tumbling- Creating a Strong Block

**Gregory Johnson:** Release Progressions for the Pak and Shoot-over

**Eduardo Pozo:** Conditioning Year Round and Keeping the Gymnasts Engaged

**Ryan Schulz:** Level 6/7 Vault- How to Transition to Level 8

**REGISTRATION DETAILS:** [www.MeetMaker.com](http://www.MeetMaker.com)- PA State Clinic 2019 \$100.00 per coach

DEADLINE: September 20, 2019

**IMPORTANT INFORMATION:** This is a sanctioned event, so all USAG memberships must be up to date.

**CONTACT INFORMATION:** Please direct any questions you may have regarding the clinic to the Pennsylvania Gymnastics Education Committee: [PAUSAGeducation@gmail.com](mailto:PAUSAGeducation@gmail.com)