

The Georgia State Clinic
Hosted By
GAUSAG/ GA-A.A.U/GA-N.A.W.G.J
Saturday, June 20th 2009
Roswell Recreation Center

- 8:00-8:30 - Check-in/ Registration (coffee and donuts)
- 8:30-9:30 - J. O.General update- Marian Dykes
- 8:30-9:15- Circuit Training for age group classes- Ali Williamson
- 9:45-10:30- Optional Bars- Dan Thaxton
- 9:45-10:30- AAU compulsory floor levels 2/3 - Kelly Thompson
- 10:45-11:45- USAG levels 7/8 update Vault/Bars/ Beam/ Floor- Marian
- 10:45-11:30- Fun games and ideas for team and classes-Denise Jessen
- 11:30-12:30- LUNCH PROVIDED (sandwiches/chips/fruit/drinks)
- 12:30-1:30- USAG levels 9/10 update vault/bars/beam/floor-Marian
- 12:30-1:30 - AAU compulsory beam levels 4/5- Kathy Campfield
- 1:30-2:15- Optional Vault- Dan Thaxton
- 1:30-2:15 AAU compulsory floor levels 4/5-Kelly Thompson
- 2:30-3:15- High performance conditioning-Paul Daniel
- 2:30-3:15- Putting together a smart routine for optional floor and beam routine-Kathy Campfield
- 3:30-4:15- Keys to optional tumbling- Dan Thaxton
- 3:30-4:15- AAU Bars levels 2-4- Ali Williamson
- 4:30-5:15- AAU program update with Denise Jessen, Cindy Furman, Gretchen Connell
- 4:30-5:15- 21st century tips for running a profitable gym- Jon Aardema
- 5:15-6:00- Coaches/Judges Forum

“What are the judges looking for?”

Questions and answers

With Marian Dykes, Sharon Doyle, Cynthia Davis, Cathy Campfield, Cindy Beasley

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Name(s): _____ Coach or Judge

Gym: _____

Address: _____

City/zip: _____

Phone Number: Gym: _____

Cell: _____

Clinic Fee \$25.00 per coach/judge

Deadline: June 17th 2009

Make check out to: GA-USAG

Return to: Drew Davis

Rockdale Gymnastics

1774 Old Covington RD

Conyers, GA 30013

Cell: 770-480-0182