



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- 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

