



# PERFECTION ACROSS PA

## 2019 STATE CLINIC

### PARENT INFORMATION



**Pennsylvania Gymnastics understands that success is achieved when the parent, coach and athlete all work together toward a common goal. This is why we are offering parents education opportunities at this year's State Clinic.**

**WHEN:** September 28, 2019

Check-In: 2:15pm

Start Time: 2:30pm

Approx. End Time: 4:45pm

**WHERE:**

Centre Elite Gymnastics

177 Champion Drive

State College, PA 16803

**WHAT: This will take place approximately 2.5 hours prior to gymnast pick-up**

**2:30-3:30** Pennsylvania Gymnastics has recently partnered with Positive Coaching Alliance and they will provide education to the gymnasts, parents and coaches throughout the weekend. The Parent course- "The Second-Goal Parent" focuses on winning in life through sports. It will help you to ensure your children gain the higher value of youth sports regardless of their results. This course is paired with the coaching workshop of becoming a "Double-Goal Coach" and your athletes will learn how to become a "Triple-Impact Competitor."

For more information on these courses visit: <https://www.positivecoach.org/>

**3:45-4:45** For the next hour, you will be presented with Nutrition Guidance for your gymnast. Kerry Bair is the registered dietician behind "Food For Fuel: High Performance Nutrition." Kerry a former gymnast herself, now licensed dietician helps gymnasts reach their goals through proper nutrition. Kerry will provide tips to you on how to fuel your gymnast to help them to their peak performance. Kerry will also be working with the gymnasts throughout the day on what to eat, when to eat it and how this can help their training and meet performance. On Sunday, Kerry will be working with the coaches on how to incorporate nutrition education in their own programs.

For more information on Kerry Bair and her work visit: <https://www.foodforfuelrd.com/>

#### **REGISTRATION INFORMATION:**

**Cost:** Free with gymnast registration into the clinic

Your gymnast must be registered through [www.meetmaker.com](http://www.meetmaker.com)- PA State Clinic 2019  
Whoever is registering your athletes need to be aware of your participation.

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