

2014 Georgia Gymnastics Clinic Schedule

Time	<i>Clinic Session Descriptions FOR SATURDAY, July 12, 2014</i>		
7:45-8:10	Registration		
8:15 to 9:15	USAG State Chairman's Annual Open Meeting & JO Update: Changes in the USAG program for 2013-2014 Dance Room 4 / Clinician: Marian Dykes	Applying Team Principles to Rec Classes Main Gym <i>Sharon Doyle</i>	
9:30 to 10:30	Compulsory Balance Beam Text and drills Back Floor <i>Sharon Kelly</i>	Front Tumbling Main Floor <i>Judy Prestigiacomomiller</i>	Training Teams Preparing Young athletes for competition Preschool area <i>Becky Oppenheimer</i>
10:45 to 11:45	Ask a Judge Anything goes - questions you have always wanted to ask a judge, Dance Room 4 <i>Sheila Ragle</i>	Leaps & Jumps for Beam & Floor Main Floor <i>Judy Prestigiacomomiller</i>	Cast handstands, pirouettes and blinds for all ages and levels Bar Area <i>Kelly Keown</i>
12:00 to 1:00	Compulsory Floor Exercise Text and drills Back Floor <i>Sharon Kelly & Cynthia Davis</i>	Vault Traditional Entry Vaults Main Gym <i>Gerson Ramirez</i>	Progressions on tumbling skills Aimed at young students Preschool area <i>Becky Oppenheimer</i>
1:00 to 2:00 Lunch (provided)			
2:00 to 3:00	Xcel Update for 2014-15 – Part 1 Dance Room 4 <i>Marian Dykes & Sheila Ragle</i>	Yurchenko Vault The Phases of the Yurchenko Vault Vault Area Brad McLaren	Beating the Optional Beam Beast Beam tumbling and progressions Beam Area <i>Kelly Keown</i>
3:15 to 4:15	Xcel Update for 2014-15 - Part 2 Dance Room 4 <i>Marian Dykes & Sheila Ragle</i>	Conditioning Main Floor <i>Gerson Ramirez</i>	Balance Beam fun and progressions To eliminate fear in young students Preschool area <i>Becky Oppenheimer</i>
4:30 to 5:30	New Opportunities for Your Gymnast to Compete in College Acrobatics & Tumbling Dance Room <i>Heather Ould</i>	Uneven Bars Developing Bar Releases Bars Area <i>Brad McLaren</i>	AAU New AAU Xcel & AAU update for 2014-15 New AAU Prep Opt Back Floor Area <i>Denise Jesson & Jim Mousseau</i>