

# Hands On Spotting Clinic

## 8/2/15

### SuperiorGym

#### Schedule

	Topic/ Clinician	Topic/ Clinician
10:00:00 AM - 10:50:00 AM	Introduction to Front and Back Twisting - Flip Not Flop/ <b>Chris Young</b>	Circle Skills on Bars: Clear hips, Stalders, and Toe Shoots, OH MY! / <b>Scott Wilson</b>
11:00:00 AM - 11:50:00 AM	Leaping, Jumping, Turning - Chassè Your Life Away / <b>Monica Ward</b>	Back and Front Giants - Not Jolly, Nor Green / <b>Justin Reynolds</b>
12:00:00 PM - 12:30:00 PM	LUNCH	
12:45:00 PM - 1:35:00 PM	Beam Tumbling, Connections, and Dismounts - I Really Hope That You're Square / <b>Margaret Morgan Lee</b>	Casting and Pirouetting Angles - Are You Acute Or Obtuse? / <b>Gary Lee</b>
1:45:00 PM - 2:35:00 PM	Introducing the Yurchenko Style Vault - Not My Chenko / <b>Gary Lee</b>	Developing a Strong Round Off, Handspring, Layout - Are You Going The Distance / <b>Curtis Rucker</b>
2:45:00 PM - 3:35:00 PM	Developing Handspring Fronts and Tsukahara Vaults - Not A Butt-ahara / <b>Sarah Meyers</b>	Bar Dismounts - Like a Candle Stick In The Wind/ <b>Scott Wilson</b>
3:35:00 PM - 4:00:00 PM	Open Discussion	

Registrations at MeetMaker.com

\$65.00 Registration Fee if individual does not attend State Congress

Includes Light Lunch



10:00 AM - 4:00 PM

Hands On Spotting Clinic  
 Superior Gymnastics  
 220 Dominion Drive, Morrisville, NC, 27560  
[NC-USAGymnastics.org](http://NC-USAGymnastics.org)