

2015 Georgia Gymnastics Clinic Schedule

Time	Clinic Session Descriptions FOR SATURDAY, July 18, 2015		
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 2015-2016 Main Floor: Michelle Pomerantz & Sheila Ragle	Wayne Boyd	
9:30 to 10:30	Angles, Shapes & Connections...Oh My! Casts, circles, leaps, jumps, saltos & series Dance Room 4 Sharon Doyle	Year-round Productive Warm-ups Main Floor Enrique Trabanino	Beam Beam skills and drills Beam Area Michelle Pomerantz
10:45 to 11:45	Compulsory Practice Judging Scoring routines for levels 4/5 on UB/BB/FX - emphasis on major execution deductions Dance Room 4 Cathy Campfield, Cindy Beasley	Leaps & Jumps for Beam & Floor Progressions for basic leaps and jumps Main Floor Judy Prestigiacomo-Miller	Bars Pirouettes & turns and a little more. Main Gym Gerson Ramirez
12:00 to 1:00	No Fear – Judging High Level Bars Review of levels 9/10 SR & bonus along with C/D/E casts, circles, releases & dismounts. Dance Room 4 Michelle Donovan	Leg Power for Gymnastics Main Floor Enrique Trabanino	Backward and Forward Twisting Floor Area Brad McLaren
1:00 to 2:00	Lunch & Learn: R&P Review & Reminders Dos & Don'ts of judging etiquette. Dance Room 4 NAWGJ Panel	Lunch & Learn (Lunch Provided) Jason Braun from Meetmaker	
2:00 to 3:00	Optional Practice Judging Scoring routines for levels 9/10 on UB/BB with emphasis on start values & composition. Dance Room 4 Sharon Kelly, Natasha Groulx	Body Shaping Main Floor Enrique Trabanino	Gym 1 Classes Begin your Level 10 training here Back Floor Michelle Pomerantz
3:15 to 4:15	To A or Not to A Review of "A" value parts & elements of no value on UB/BB/FX. Dance Room 4 Michelle Donovan	Front Tumbling What works for me. Main Floor Judy Prestigiacomo-Miller	Vault The Phases of the Yurchenko Vault Vault Area Gerson Ramirez
4:30 to 5:30	Decoding the Code Shorthand and skill recognition. Dance Room 4 Michelle Donovan	Creating Great Yurchenkos Vault Area Enrique Trabanino	Developing Bar Releases Uneven Bars Brad McLaren