

2016 Georgia Gymnastics Clinic Schedule

Time	Clinic Session Descriptions FOR SATURDAY, June 11, 2016		
7:45-8:10	Registration		
8:15 to 9:15	USAG State Chairman's Annual Open Meeting Dance Room 4 Michelle Pomerantz & Marian Dykes		
9:30 to 10:30	Comp HS Vault: Training the Eyes, Part 1 Differentiating Handsprings Dance Room 4 Sheila Ragle	Front Tumbling Main Floor Kurt Hettinger-Auburn University	Keeping workouts fun and productive Rec-Pre Team Preschool Area Derrin Moore
10:45 to 11:45	Opt Vault: Training the Eyes, Part 2 Differentiating Tsuks & Yurchenkos Dance Room 4 Cathy Campfield, Michelle Donovan	Using Trampoline to teach skills Main Floor/TT/Tramp Jorgen Faulk	Introduction to HUGS Starting a special need program in your gym Preschool Area Cindy Bickman
12:00 to 1:00	BB Acro & Dance Series: You giving that? When to connect & when to break Dance Room 4 Michelle Donovan	Getting your athletes recruited Main Floor Kurt Hettinger- Auburn University	Injury Prevention Classroom Courtney Johnson, DPT
1:00 to 2:00	Lunch & Learn (Lunch Provided) Unruly Rules Marian Dykes	Lunch & Learn (Lunch Provided) Collegiate Acro and Tumbling- Are there more scholarships out there? Heather Ould	
2:00 to 3:00	Dance Angles: How big? How much? Split positions & turn completion Dance Room 4 Sharon Doyle	Beginning bar releases Main Floor Jacobo Giron	Building a better foundation Level 1-5 Back floor Kelly Keown
3:15 to 4:15	BB Bonus Jeopardy: What's that worth? Review of beam acro & dance bonus Dance Room 4 Michelle Donovan	Beam Laurel Hambrick	Developing form How to get those legs straight Classroom Sara Jane Hamrick
4:30 to 5:30	(4:30-5:00) Averaging Scores Process & practice when ProScore crashes (5:00-5:30) Chief Judge & Meet Ref Bingo Dance Room 4 Cathy Campfield, Michelle Donovan	Conditioning Circuits for Team Main Floor Kelly Keown	Hands on spotting Beginner and intermediate bar skills Allye Gibbons

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