

2011 Fall Gymnastics Coaches Clinic

Date: October 7th& 8th

Site: Glencoe High School Gymnastic Gym

Clinic Managers: Jen Harmoning/Deb Rudy

Clinicians: Coaches from Classic Gymnastics

Top 20 Training Team – Tom Cody

MSHSL Judges

Friday Night October 7th, 2011

5:30-6:00 Registration

6:00-7:30 Mini Sessions

1. Beginning Spotting Clinic – 4 Stations one at each event
2. Meets and Invites 101
3. Coaches Clip Board

7:40-9:00 Judges Clinic - Ann Suites, Craig Sundberg and Colleen Stark-Haws

will be there to answer questions you may have. **If you do have

questions please email your questions to Jen Harmoning at jharmoning@becker.k12.mn.us

9:00pm Coaches Mix & Mingle at the Glencoe Country Club

Saturday October 8th, 2011

8:00-8:30am Registration and Breakfast – Coffee, Rolls, Bagels and Juice

8:30-9:35 Bars with Classic Gymnastics

9:45-10:45 Going Outside our Comfort Zones – Tom Cody

10:55-11:55 Top 20 Training – Tom Cody

11:55-12:45 Lunch & Meeting

12:50-1:50 Floor with Classic Gymnastics

2:00-3:00 Vault with Classic Gymnastics

3:00-3:30 Clinic Evaluation and Wrap Up

**If you have extra questions, skills or anything that has gone unanswered today at the clinic feel free to stay after longer, there will be coaches available to help answer any of your questions.

Good Luck and Have an AWESOME Gymnastic Season!! ☺