

# 2016 Region 8 *OPTIONAL* Clinic Only

For information regarding the 2016 Regional Future Stars Competition / Technical Sequence Evaluation please visit the Region 8 Website ([www.r8mensgymnastics.com](http://www.r8mensgymnastics.com)).

The Region 8 Clinic is an opportunity for gymnast who will be competing Level 8 – 10 during the 2016 - 2017 season to work with our regions Master Coaching Staff. In addition, the Region 8 Clinic will serve as another evaluation of the Region 8 Elite Team Members who will be via for a spot on the Region 8 Elite Team that will be competing at the Elite Team Championship. This year again we will host the coaching symposium. Selected members of the Region 8 Master Coaching staff will be sharing drills and techniques for some of the crucial optional skills. Also, we will have Region 8 judges on hand to give information to coach's regarding skills and routine construction.

**Date:** Saturday, October 1 – Sunday, October 2

**Location:** Roswell Gymnastics  
Physical Activities Center  
10495 Woodstock Road  
Roswell, GA 30075

**Cost:** Level 8, 9, & 10 Gymnasts - \$100.00 per gymnast  
Non-assisting or not willing to help the master staff (Simply observing) \$25.00 per coach  
Attending the coaching education / judging update ONLY \$25.00 per coach  
Willing to help or assist the master staff and go to the coaches' education / update No Charge

## Tentative Schedule: AGE IS BASED ON MAY 31, 2017 – as per new age group program

<u>GROUP A</u>	<u>GROUP B</u>
<ul style="list-style-type: none"> <li>• Ages 15 – 18 year old</li> <li>• Region 8 Elite Team Level 10 members for the 16-17 season</li> <li>• Level 10 JO &amp; JE</li> <li>• Level 9 (ages 15 – 16)</li> <li>• JD (ages 15 – 18)</li> </ul>	<ul style="list-style-type: none"> <li>• Ages 11 – 14 year olds</li> <li>• Region 8 Elite Team members Level 8 and 9 for the 16-17 season</li> <li>• Level 8 JO &amp; JE (Ages 11-14)</li> <li>• Level 9 JO &amp; JE (Ages 13 – 14)</li> <li>• JD (ages 12-14)</li> </ul>
Saturday, October 1 – 8:30 am – 12:30 pm	Saturday, October 1 – 2:30 pm – 6:30 pm
Sunday, October 2 – 8:00 am – 11:30 am	Sunday, October 2 – 12:00 pm – 3:30 pm
Coaches Education and Judging Update with Mike Juszcyk (President of the NGJA) Saturday, October 1 – 12:30 pm – 2:30 pm	

## Entry Deadlines (please use the Official Entry Form for the Region 8 Optional Clinic-below)

- **Wednesday, August 31** - Region 8 Elite Team Members Early Registration Deadline
  - **The Elite Team registration** must be received by Friday, August 31 to secure your spot in your respective group. Any entries received after August 31 will be subject to availability.
- **Friday, September 16 or when cap is reached** – Level 8 – 10 gymnast

**Payment must be made in form of CHECK that is payable to – REGION 8 MEN'S GYMNASTICS**

*\*There MUST be at least 1 coach from each club, with gymnasts in each clinic session.*

<p><b>ALL ENTRIES SHOULD BE SENT TO:</b> entries must be on the official Region 8 Clinic Entry Form <b>Mail to hard copy and payment to:</b> eNeRGy Kidz Attn: Benji Stern 5400 Atlantic Springs Road Raleigh, NC 27616 (919)-790-9400</p>	<p><b>Hotel Information:</b> DoubleTree by Hilton Hotel Atlanta – Roswell 1075 Holcomb Bridge Road Roswell, GA 30076 770 – 992 - 9600</p>
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Questions regarding the clinic should be emailed to Kevin White ([kevnastics1@yahoo.com](mailto:kevnastics1@yahoo.com)) or

Benji Stern – updated email address ([ncmensgymnastics@gmail.com](mailto:ncmensgymnastics@gmail.com))

