



USA GYMNASTICS
TENNESSEE MEN'S GYMNASTICS

2016 Tennessee State Men's Clinic & Coaches Clinic September 17, 2016

The 2016 TN Men's State Clinic will give ALL Tennessee gymnasts Level 4 - 10 the opportunity to come together and work side by side with their peers and the best coaches in the state. Gymnasts that attend will be working in groups that will allow more attention from the coaching staff as well as build camaraderie with others at their same level. This year we are limiting the number of gymnasts attending, so that the quality of clinic can be greater.

Who: Any TN gymnast Level 4 - 6 (64 Gymnasts) / Level 7 - 10 (56 Gymnasts)

Where: GymTek Academy
5331 Western Ave
Knoxville, TN 37921

Cost: \$50

Deadline: September 1, 2016
Please email entry form to: victory.gymnastics97@gmail.com

TN Head Tax: \$15

TENTATIVE SCHEDULE

Level 7 –10 Saturday Sept. 17th

56 gymnasts spots

- 8:30am - 1:00pm workout

Level 4 –6 Saturday Sept. 17th

64 gymnasts spots

- 3:00pm - 7:30pm workout

COACHES MEETING AND WORKSHOP- Saturday Sept. 17th 1:00 - 3:00pm

Lunch will be served at State Meeting

If you would like to be a part of the Coaches Workshop as a speaker/demonstrator, please contact Matt Henry or Allan Malone. We would like to have 3 individual 15 to 30 minute presentations. Topics could include but are not limited to event training, specific skill training, training plans, or dealing with boys. Let's all do our part to make TN gymnastics great!!